



Rose Ariadne's 7 Day Magick Mini Course - Day #1:

"Building Your Magick Belief"

Visit Rose Ariadne At Her Two Internet "Homes":

[Rose Ariadne's Blog](http://www.rose-ariadne.com)
<http://www.rose-ariadne.com>

[Mastering The Magick Of Witchcraft](http://www.masteringmagickwitchcraft.com)
<http://www.masteringmagickwitchcraft.com>

Dear Friend,

Before I start the first lesson, I just wanted to explain something to you. I have been worried about this course...

You see, there are so many "levels" of experience in Witchcraft - and I knew I'd be creating this 7 day mini course for many people at various different levels...some complete beginners, some have been practicing for years, and everybody in between.

So, after much thought I realized something - and it all became so simple...

We all use Magick every day (even if we don't realize we are doing it) - no matter what our experience level. The real secret is your connection to that Magick energy lying inside of you. The power that we were all born with.

This connection to Magick energy is the one thing we all share, no matter what our experience levels - and I am going to show you how to connect with it even more. And as you increase your ability to tap into Magick, I will provide some spells - which may seem somewhat simple - but don't let that fool you...

They will show you how far you have come in just these 7 short days. Ok, enough of that...here is the first lesson...

Our belief (or lack of belief) is the single most important factor in whether our Magick (and spells) succeed and bring us miracles, or fail miserably - and even "backfire". I've said this before, but it is so important that I have to say it again...you've just GOT to believe it what you are doing, and you have to believe it is going to "work" before you even send the Magick out in a spell, ritual, or otherwise.





So then, this exercise is designed to raise belief in yourself, your Magick, and everything "Magickal" in your life. Please don't just read through this lesson, and put it aside. It is extremely important that you find time to actually DO this lesson (even if you are experienced and feel it's too basic).

After you have done this exercise (following the steps I give you) - everything you do, every spell you cast, and every bit of Magick energy you send out, will go out with more intensity, and effect things in your world more than it ever has before. It is inevitable.

- 1.** Find some time alone, where you have some peace and quiet. I want you to find place that you will be able to make dark (don't make the room dark yet, but find a room that you will be able to make dark when we get to that part)
- 2.** Now, I want you to find a candle that you feel represents you. It could be one of your favorite color...or it could be one that when you pick it up you feel something special - it just "feels" right. Most importantly, you need to look at this candle as if it is an extension of your heart and soul. I know it sounds funny, but I am serious. Take as long as you need to find the "perfect" candle for you.
- 3.** If you are experienced with candle Magick go ahead and anoint your candle with protection based anointing oils...but if you have no idea what I'm talking about, here is what I want you to do:

Take the candle, and sit in a comfortable position on the floor. Put both of your hands around the candle, and hold it in your lap. Now, I want you to clear your mind and slow your breathing. Take long, deep, even breaths. Relax.

When you are relaxed I want you to think about your past and your present. I want you to think about who you are as a person - how you feel, how you think, what problems you have, and what you truly love in life. As you think of your true self, and who you really are as a person - I want you to "think" those thoughts into your candle. Visualize every thought you have "transferring" into the candle...if it helps, you can visualize a white puffy jet stream travelling away from your head, and into the candle in your hands...

Focus on this for a few minutes (or longer), you'll know when you've put enough of yourself into the candle.

- 4.** Now, in the room, I want you to build an altar. This could be something as simple as a little stool or even a chair. You can get as "ornate" as you want to get, but anything will do.





5. Next, place the candle in a candle holder and set it on your altar in the room. Light the candle.

[Click here](#) to see a picture of how to set up your candle on the blog (make sure you are connected to the Internet)

6. Now, I want you to turn off the lights, close the curtains, and create a dark room. This dark room represents the clarity of emptiness, and the candle represents all that you are.

7. Sit on the ground in front of your altar and the burning candle and focus on the flame. (another thing that really helps is to put on some soft background music - something uplifting that touches you) I want you to visualize the Magick energy in this candle (the energy that YOU put into it...the energy that is the essence of YOU) being released into the the emptiness and darkness all around you.

8. Close your eyes and feel your Magick energy filling the room - starting from the floor, up the walls, to the ceiling. Feel the warmth starting to build in the room. As you visualize this warmth, you will begin to actually feel it.

9. In your thoughts I want you to bring an idea of complete belief in yourself and the Magick energy that fills the room - the Magick energy that **YOU** just sent out. Put aside any bad things that have happened to you in the past...if they pop into your mind, quietly acknowledge them and cast them aside. They don't matter right now.

Grab hold of everything that is good in your life, everything that you have accomplished, and everything that is possible for you with the powers you were born with. Believe in everything your heart tells you. Think about all of the people in this world that accomplish amazing things with Magick - psychics, fortune tellers, Witches, shamanic healers... from ancient times they have all uncovered the secrets to tapping into the full power of Magick within them...the SAME Magick that lies within you.

You are not different than they are, and if you believe in your Magick, and all of the wonderful miracles it can bring you - there is no stopping the beautiful things that you can accomplish in your life and the lives of your loved ones.

10. Continue focusing on this belief in yourself and in your Magick for no less than 7 minutes (the longer, the better). Build the belief up until you forget you ever had a single doubt in the past. Admit to yourself that you **ARE** special, and are filled with Magick just as much as any other person on this earth...





11. Now, open your eyes and look around you. Take 3 deep breaths, and then snuff out the candle...

If you liked this lesson, you are in store for a lot more! Not only are the future lessons even better (much better, and more interested), but you will also want to check out my [Home Academy](http://www.masteringmagickwitchcraft.com) at <http://www.masteringmagickwitchcraft.com>. It's difficult to explain all of the miracles I have put together for you, so check it out when you get a chance...

Congratulations! You just did an exercise to boost your belief which is the heart and soul of everything you do in Magick. The seed of belief that you just planted in your own heart can never be taken away from you. The next time you do any Magick (whether it is a spell, a ritual, or just sending positive energy to someone) you will notice a difference...everything you do will be more effective - everything will "work" better.

I'd love to hear how this worked for you, please let me know here...

<http://www.rose-ariadne.com/tell-rose-ariadne-your-story/>

And make sure to visit the blog periodically to check my new posts:

<http://www.rose-ariadne.com>

Oh, and check out my life's work here...

<http://www.masteringmagickwitchcraft.com>

Get ready for Day 2 of the course coming up tomorrow...now that your belief in your Magick is set, it's time to make sure 1 more thing is "set" before we move into the really fun stuff!

Till tomorrow!

Brightest Blessings,

Rose Ariadne

Your Warm and Caring "Resident Witch In Charge"

P.S. If you have a friend or family member that could benefit from these lessons, please send the lessons to them. You can either email the lessons to them, or just tell them to visit my blog and other sites by using this special webpage:

<http://www.rose-ariadne.com/tell/tell.cgi>

