



The Witchcraft Course by Ginny Metheral Lesson 6: Cleansing & Grounding



Hopefully you have settled into a basic understanding of magick and you are now using your craft regularly. The greater the practice the better you will be! However, when you begin to normalise your craft and involve it as part of your everyday a problem arises and mostly that is one of doubt. The more that you practice, the greater the understanding and perversely - the greater the disbelief and confusion.

It is quite difficult to believe what you are doing if you are practising by yourself. Often people come to me saying they feel that they have made everything up, and that they are quite mad as what they are finding, feeling and seeing is so unbelievable. Of course, my reaction is to laugh kindly and assure them that they are not imagining anything. If they have felt, seen or heard anything, then this is because they have felt, seen and heard it. Not because they are using their mind to play tricks on themselves, or they are imagining these things. During your everyday you do not let your mind play tricks, or just imagine you have felt/seen something, do you? If I really, really, really want something, I do not make it up that I have it, but instead I work for it. This is the same with your practice. Just because you want something to be true, then experience that truth, does not mean that you made up that truth.



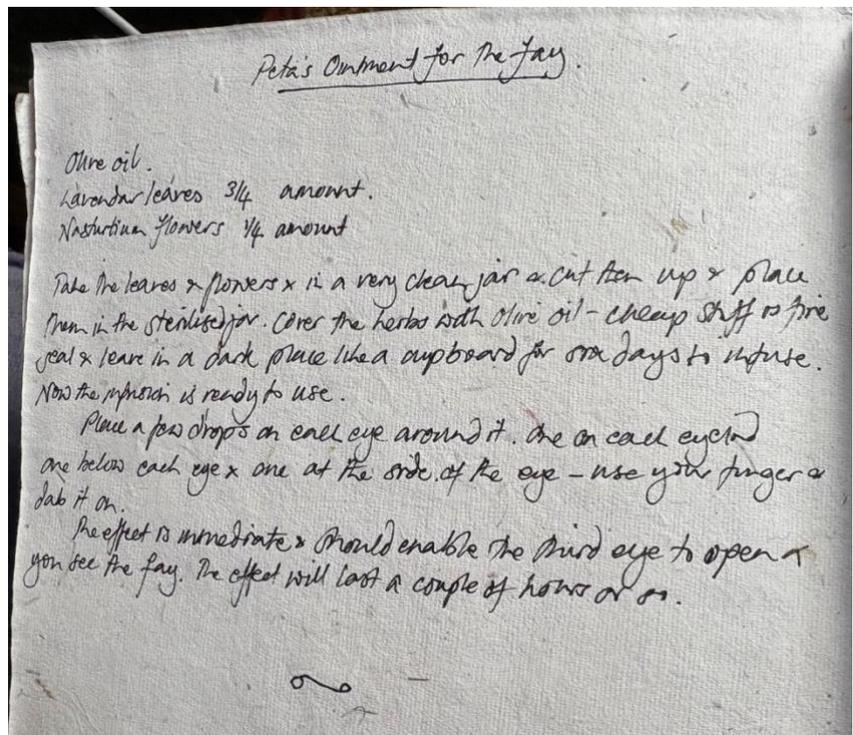
Trusting your instinct, your experiences and even your eyesight is difficult in witchcraft. What we are dealing with is not seen, hence why it is called the 'Occult,' a word from the Latin meaning 'hidden'. These are not everyday experiences and they are mostly unverifiable. I can say again and again, 'trust your instinct', but until you make a conscious decision to do so, you will never improve. This is your natural scepticism that needs to be put aside for the moment. As you continue in your practice, you will prove the outcomes to yourself more and more.

This is one of the reasons that I insist you keep a Book of Shadows **and write everything down**. Below is an excerpt from my own Book of Shadows of many years ago, of a spell I was given to help me to see Fairies.

Note: Peta was my Spirit Guide at the time, but most unusually he was of the Elven Race. I could see and communicate with him quite easily but was struggling at the time to 'see' the other Fae in my home. Peta gave me this spell oil that would help me do so, and it did.

If you saw this anywhere but here – would you not think 'this woman is mad'? Now this does beg the answer yes... but am I? Or do I see things that others don't. If I see things that others don't, wouldn't you like to too?

(N.B. When choosing a page to photograph from my Book of Shadows, I was struggling to find something which you would be able to read or was suitable. I decided therefore, to use my pendulum to dowse for the best page, and this is what I got)



The point of this introduction is to try and instil some belief into you. Without trusting yourself, you cannot progress. However, this is not necessarily your first major struggle, you also may be dealing with Negative Energy.



Negative Energy is simply energy that is unhelpful and unprofitable to you and your workings. Nothing else. It does not hold consciousness, and it does not go out of its way to 'get you'. However, holding lots of negative emotions can attract others with those same feelings to you. Emotions that are distressing are not necessarily the same as negative energy:

For example: We all produce unhappiness, but this is something we need (and therefore it is helpful) in order to understand happiness. The two work together. You cannot have a high without knowing what a low is. We also may need unhappiness as it can act on you as a kick up the butt, which again is a good thing. Unhappiness only becomes negative energy for (mostly) the following reasons:



a) When we take negative energy from someone else.

Taking energy away from someone, be it



unhappiness, stress, worry or whatever issue they are feeling, will never benefit anyone. Not the person you take it from and not yourself as you carry it about. People will often take energy from others when they are supporting them through difficult situations. They feel sorry for them and unconsciously 'help', by taking away some of these feelings. Why does this not help? Because that person needs to feel those deep emotions, in order to learn and grow. If you take them away, they cannot learn from them, so the next time this situation and those feelings arise, they may be unable to deal with them.

People who have high empathy can be extremely prone to this as are parents of adult children. The instinct to protect and help jumps in, and energy is removed subconsciously. The good news is that, once you understand not to do this, then you subconsciously tend to stop.

b) When we 'overdose' on it.



Overdosing on unhappiness only really occurs when you are being forced into that situation by Demonic Entities. This is much more common than you would suspect and can lead to severe mental health issues. If you suspect that you have a demonic entity attached to you – please message me and I will be able to remove it for you. This is not something that I can teach in an online course, but I can remove them

remotely and this will enable you to immediately improve your mental health. You will recognise having demonic entities attached to you through one or all of the following:

- When you dream, they are Nightmares or bad dreams.
- Feeling **very** low/depressed and **not** dreaming at all.
- Being miserable and although support from others helps, it **never** lets up and gives you respite.
- Dealing with emotions such as anger/hatred/irritation and not being able to control them properly.
- Other night time sleep issues such as sleep paralysis, insomnia because of worry/stress
- Just being in poor mental health, is a different issue and needs help from trained professionals. However, you can be in poor mental health and have an entity attached. Again, this is difficult to self-diagnose so if you think this is the case, please message me.



The reason why you do not want to carry around negative energy is

- It is harmful to your magickal workings and can skew your results.
- Negative energy also can have a downwards turn to your mental health.
- If it is particularly bad, it can physically change your dowsing answers from pendulums/cards etc.
- You can pass on this negative energy to other people, causing them distress.

Exercise 1: Finding Negative Energy– 10 Mins

This is simply to find out if you are carrying negative energies or helping you to diagnose negative entities.

Requirements: Pen and Paper, your pendulum.

1. As always, we start with a circle to power up your intuition. Using your prana only, cast a circle around you and the working area saying these words aloud.

'I cast a circle to help me connect to my aura'

2. Holding your pendulum, lean in and connect to the stone and ensure it is calibrated properly (i.e. please show me a yes/no).



3. Ask your pendulum each of the following questions:
 - a) Am I carrying another person's energy?
 - b) Do I have too much of my own negative energy?
 - c) Do I have an Entity attached to me?



If the answer to c) is Yes, **message me**.
 If the answer to c) is No, **but** you feel this is wrong, **message me**. Entity attachments can physically move your pendulum changing your answers (although this is rare).

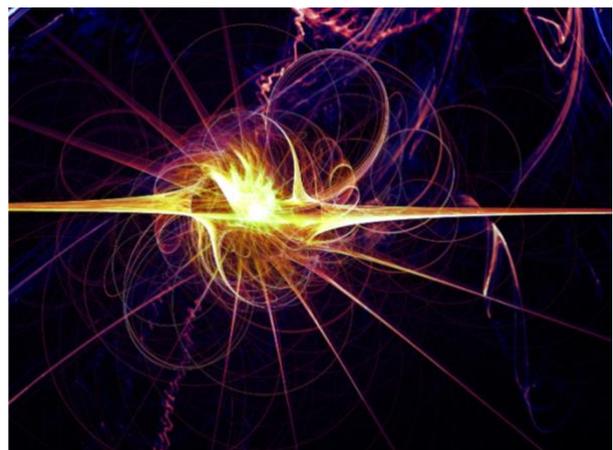
Please do not continue with this lesson, until I have looked you over and given the 'all clear'.

4. If you have no negative energy on you, then congratulations you are currently clear.
5. If you have answered yes to 3a or 3b: Then take up your pen and paper and write down **where** you think the energy is attached to you, and whose energy it is, as well as what type of energy it feels like. (sadness/worry/anger)
 Tip: Mostly – people will carry negative energies around the head or shoulders.
6. Place the paper on which you have written your findings beneath the pendulum and question the pendulum as to the truth of each statement you have written.

Homework 1: Your findings: 10 Mins

Using your pendulum to confirm/deny, please write to me on Messages your responses to the following questions:

- 1) Are you holding any negative energy?
 - a) Is it yours?
 - b) Is it someone else's?
 - c) Where are you carrying it?
 - d) How is it making you feel?
 - e) Do you think it is an entity?
- 2) If you are clear of energy:
 - a) Do you feel totally 'normal'?
 - b) Do you have any feelings of 'heaviness' over your shoulders?
 - c) Are you finding it difficult to get any information about your aura?
- 3) Finally, does your pendulum agree with your initial answers or has it given a different response?



Cleansing:

Hopefully by now you will understand the importance of checking for negative energies. But what happens when you find them? Cleansing yourself of them, of course. There are different methods to do this, depending on the type of energy that you have discovered. If it is entity energy – message me (as I keep on saying!) if it is someone else’s negative energy, then we will start with a smoke cleanse.

Exercise 2: Smoke Cleansing – 5 Mins

Requirements: Incense stick/smudge stick



You may all have done this exercise before, it is something that is very popular on social media and among different communities. It has been in use, since the dawn of time, and there is good reason for this. The reason why smoke works so well, is that smoke has a signature energy which is somewhere between the Element of Fire and the element of Air. This energy physically ‘pushes’ the negativity you may be carrying off and out of your aura. This smoke does need direction though. So please follow these directions:

- 1) Light your incense stick so it is smoking beautifully.
- 2) Concentrate on any negative energy that you have found (or if no negativity was found, think about removing any vestiges of negative energy).
- 3) Slowly move the incense around the head several times.
- 4) As you move your incense stick around the head think about whether the movement of the incense stick is smooth, or is it sticky, or is there a bump in its journey round? These are often found at the back of the head and shoulders.
- 5) Continue to move your incense through all the aura of your head and shoulders.
- 6) If any areas feel sticky, bumpy, heavy, or resistant to the incense, ‘scrub’ the smoke through that area until you feel clear.
- 7) Using your pendulum ask whether you need more cleansing?

After this, you should feel lighter, more refreshed and easier in your aura. Write down this experience in your Book of Shadows.

Exercise 3: Ritual Cleansing

Requirements: Bath or shower! A salt scrub

Occasionally a smoke cleanse is not enough. You need physical exertion on the area to rid yourself of the negative energies that remain. This can easily be done by when you are washing by using a salt scrub. Salt has cleansing and



protective energies and is connected deeply to earth energy making it a 'go-to' ingredient for witches. You can easily make a salt scrub yourself following this recipe

Ginny's Salt Scrub



1 Cup: Rock salt of choice
 ½ Cup oil of choice. I like Almond or Avocado, but jojoba, coconut or olive oil all work well.

15-ish drops of Essential Oil: Pick your favourite – I always (always) use rose.

1 tsp extras (optional): You can add anything you like or keep it plain. I use oatmeal, dried herbs, dried flowers and lavender oil as a preference.

Mix everything together and add the essential oil in parts (use your own nose for how strong or weak you like it) then

store in a clean jar with a lid. This will happily keep for 6 months.



In the shower (or bath if preferred) simply scoop up handfuls and scrub away paying particular notice to the back of the neck and shoulder area. When rinsing with the water, be mindful to push any negative energy away with the water down the drain and out of your home. Water is excellent for revitalising and invigorating as well as cleansing and purifying, so try using this scrub when

you need a lift. (Or as part of a skincare routine use twice a week, steam yourself first to open the pores and add moisturiser afterwards to replenish)

Bathing is one of the easiest ways to ritually purify yourself for the following reasons:

- 1) It has a thoroughness to it which smoke cleansing doesn't, as water can cover all parts of your body at the same time, getting into every area.
- 2) The water is washed away down the drain with any negative energy, removing it completely from your body and home – smoke only pushes it away from you.
- 3) Using physical cleansing with salt scrubs whilst bathing also will remove the stickiest of energies which smoke might not be able to remove.

But it is not always convenient to ritually bathe, hence the use of a smoke cleanse.

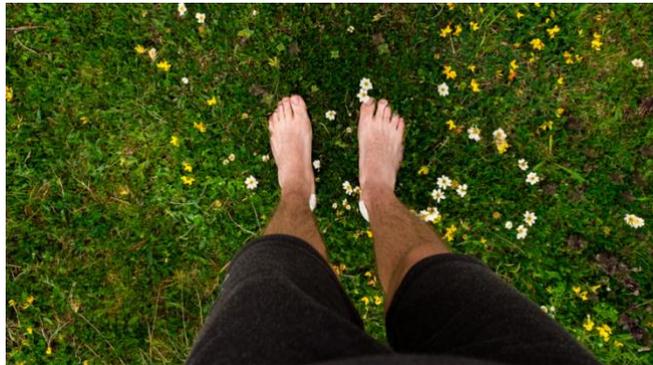
Homework 2:

Please let me know the results of your bath/shower

Once you have fully cleansed your energy, you can now turn your sights to grounding.

Grounding

Grounding is not just standing on the earth and taking a deep breath (although this can be very grounding and feels wonderful). Grounding is about becoming physically connected, emotionally balanced and spiritually ready.



Grounding is rather like warming up before a running race. It puts you into the best physical, emotional and spiritual state so that you can perform magickal workings to the best of your ability. Grounding has the added benefits of:

- Prevents energy overload,
- Enhances magickal focus and clarity
- Aids emotional regulation and spiritual safety
- Brings you into direct connection with the earth's magick.

Develop your own Grounding Techniques

Before starting any intense rituals, or simply as part of a witchy routine, I would always ground myself. It is not necessary to ground yourself each day but some people like to, as it is such a pleasant experience. Grounding is something that you should do to your own foibles and tastes. There are four main steps for grounding:

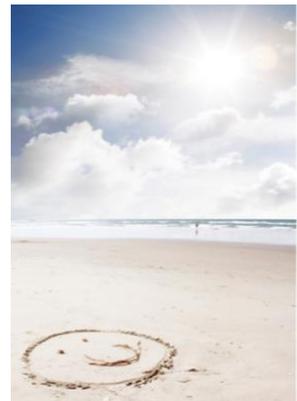


- 1) **Cleansing** is always the first step.
- 2) Balancing your emotional state is second. This directly affects your physical circumstances so, improving your emotional state will immediately improve your physical.
- 3) Looking to the Physical. Even if you are suffering from a chronic illness, you can put your body into the best possible condition to practice the Craft.
- 4) Connecting to your spiritual self. Commonly called 'opening the third eye'.

Exercise 4: Balancing your Emotional State – 20 to 30 mins

In order to help balance your emotional state, you need to identify which emotion is ruling the roost at the moment. This obviously changes on a day-to-day basis, so it is important to identify the emotion each time you do this.

- 1) What you are looking for is the largest emotion that you are feeling that has a negative effect on you i.e. stress, anxiety, anger, scattiness, frustration, confusion, apathy etc.
- 2) Once you have identified the emotion, decide how high it is on a scale of 1 – 10 with one being the lowest and ten the highest.
- 3) Please write this down along with this exercise in your B.of.S. This firms up the number and intent. Sometimes people say 'I am a 7 to 8', if this is so, then write down the higher number.
- 4) To repair the emotion, choose one or more of the following methods, or if nothing appeals try something else. If you are unsure, dowsing the answer using your pendulum:



- Holding a crystal(s)
- Meditation or breathing exercises
- Using smoke around the body part that holds the emotion
- Discharging the energy into a bowl of water
- Using a candle flame to discharge the energy
- Placing the energy in salt and then burning the salt
- Using essential oils, either burning them or massaging into pulse points

- Drinking herbal tea (choose the tea with your pendulum or sixth sense)
- Splashing cold water on your face (an excellent emotional regulator!)



You will know when the method has finished its work as you will have stopped paying attention to what you are doing and start thinking about 'did I leave the iron on...etc'. This takes anything from 30 seconds to ten minutes.



Once the method has been applied it will take anything up to 15 minutes to fully balance your emotions. Wait for this time to elapse and then scale the emotion from 1-10. I would expect the emotion to drop at least one point if it started 5 and under, and several if it was over 5.

Homework 3:

Please describe this exercise and its results on Messages.

Exercise 5: Balancing your Physical State

The physical body requires physical needs and so the easiest way to balance this is to look to its immediate relief. The body is under stress when it is the following:

- Hungry
- Tired
- Dehydrated
- Needs the Bathroom

If you can identify any of these as a need, then balance your body by

remediating this situation. You might have a chronic illness, but as nothing can be done for this currently, please ignore the illness for the time being and concentrate on the above aspects only. Tiredness is one that is difficult to overcome in the time available, but if you acknowledge tiredness, you are kinder to yourself and take things slower. This will remedy the tiredness effect somewhat.

And that is all you have to do!



Exercise 6: Looking to the Spiritual



Now that you have performed exercises 1 to 4, you are ready to move onto the spiritual zone. One of the easiest to do on this list as all the prep work has already been done, You simply need to connect to the third eye and become mindful of yourself. I find the following method the quickest for all.

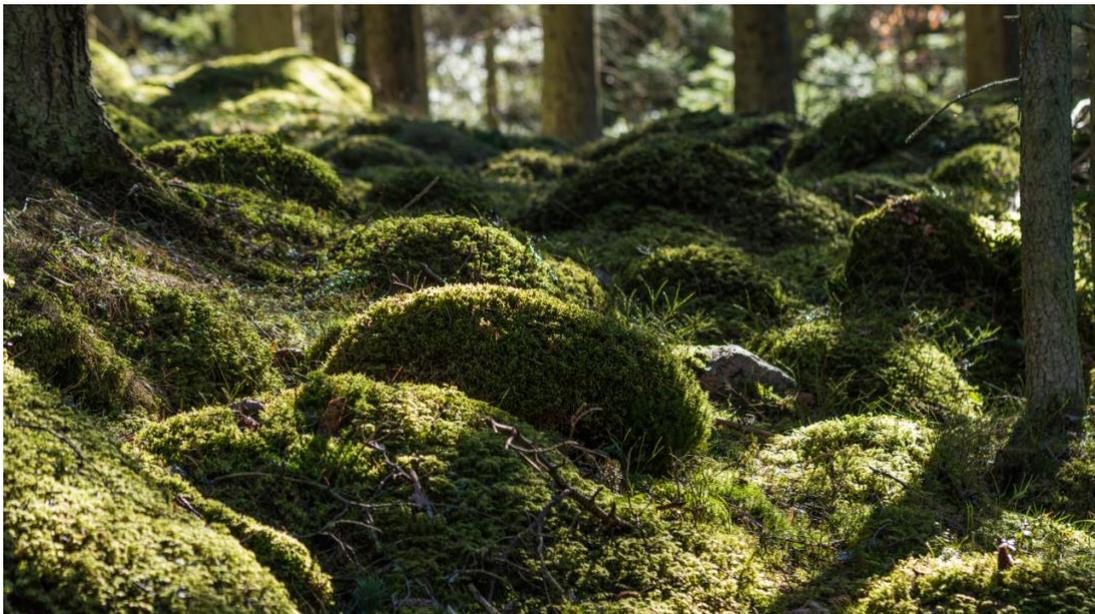
- Sit or stand comfortably
- Take a few deep breathes

to help calm and centre

- With a gentle circular motion rub the centre point of your forehead between your eyes.
- With your mind delve into that area behind the ‘third eye’ and ‘feel’ the brain.
- Once you can ‘feel’ the brain you are ready.

Simply being fully mindful of the area is enough to connect you to your third eye, ‘opening it’

Exercise 7: Grounding to the Earth



Grounding to the Earth connects you with its energy. This is best done barefoot on the earth but can easily be done in a top floor flat. Simply follow the instructions and you should feel the energy rising.

- 1) Start by removing your shoes if you are not going barefoot.
- 2) Comfortably sit/stand with your feet flat to the floor and hip width apart.
- 3) Visualise your feet growing roots down and into the earth. Push any negative vibes into the earth.
- 4) Once you have your root system in place, pull up earth magick into your feet. Your feet should start to feel tingly or warm or just different.

- 5) Settle into the feeling. Someone described it once as like having your feet in a lovely pond of water on a hot day. I feel it is electrical tingles throughout my feet and a great energisation of that are.
- 6) You can practice pulling in the energy up your legs, and back down again or try filling your whole body with the energy.
- 7) Once you have finished simply release the roots.

When to use grounding:

- Before divination, spellwork & astral travel.
- During high emotional states
- Group grounding rituals are excellent before group rituals
- After intense workings, ground to dispel the excess energy,

Homework 4

Please describe the grounding to me, and how you felt the connection was, how it made you feel and any physical effects you had. Also let me know when you think it is best for you to use grounding and how often you feel it is necessary to do so.



Homework 5

Write up your grounding technique in your book of shadows and how often you think it should be performed. Also include the effects you feel from grounding.

Let me know on Messages the final grounding technique that you have developed.