

EMPOWERING OURSELVES THROUGH MAGICK

In witchcraft and magick in general, we become more powerful witches or magick users by working on ourselves.

We are the source of our power, not some external deity.

But when many of us first start on this path, we can run into a few problems with this notion. TV, media, family, friends, celebrities, governments and authority figures all push an idea of societal cohesion where we are told to "think of others before ourselves", that we should work for "the greater good", and that we should always be "good citizens".

"They" are more important than "us", essentially.

We spend a huge portion of our life worrying about what other people think about us as individuals, often seeking validation from others - we stifle our speech, we stifle our actions and we hide our intentions for fear of being rejected by those around us.

We have been taught many false lessons in life and one of the main ones is how to dislike ourselves.

We often choose to hide these deep-seated feelings which have come about by the actions of others, such as feelings of guilt, of not being good enough, and of self hatred.

But by hiding them and pushing them down, it actually empowers them more, and this act of repression diminishes your own true power and the raw magickal force which resides inside us all.

This is a lesson we need to unlearn!

All thought produces form of some kind or another.

So by extension, all of these negative self-loathing thoughts we have about ourselves begin to manifest themselves in our reality. We may not go for that new job because we don't feel good enough. We may not talk to that attractive person because we fear rejection. We may not go climb that mountain because we fear we aren't capable, and so on and so on.

When we feel anxious and fearful in a situation - and we experience something which brings these buried feelings up - what we are actually doing is projecting the image of the beliefs we hold sacred out into our physical world.

The key to flipping all of this on its head and to unlearning these false lessons we've been taught (and to truly take our own power back) is to instead teach ourselves to LOVE who we are.

We have our 'self' (small 's') and our 'Self' (large 'S'), but the two are not the same!

The small 's' 'self' is what we think others want us to be, what we believe we are according to what we've been led to believe.

That isn't real - that's merely a social construct. It's the self that society has told us we are.

The big 'S' 'Self' is who we **ACTUALLY** are. It's our authentic self. The 'us' who we know is deep within.

The happy, self confident, powerful Self who has always been there.

As the saying goes, who were you before the world told you who you should be?

And who would you like to become instead...?

The choice is yours (and always has been).

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