



## *Sacred Order of Living Paganism*

Lesson Outline

Shanddaramon

Level Two Class One: Intro/ Personal Aura

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### **Preparation**

- Begin a new Book of Days (Journal)
- Begin a Book of Shadows (Book of Whimsy organized and divided into parts)
- Write and perform an Initiation Ceremony
- Change to yellow cord for pendant

### **Questions to consider:**

- What are the goals of Second Degree studies?
- What are the requirements for the Second Degree?
- What is your relationship to deity?
- How has it changed since you began your studies as a Seeker?
- How is meditation important to the practice of Paganism?
- What is the aura?
- What is the purpose of “clearing the aura” for meditation?

### **Study:**

- Second degree requirements
- Basic meditation procedure
- Clearing the aura

### **Activity:**

- develop and practice a meditation procedure
- do an aura clearing meditation

### **Recommended Reading:**

- Exploring Aurals: Cleansing And Strengthening Your Energy Field by Susan G. Shumsky

### **Follow-Up:**

- Submit answers to the above questions
  - Report on your aura clearing meditation
  - Enter all information into your BoS
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## SOLP 2nd Degree Requirements

### Second Degree

- Profess a desire to continue study
- Create Second Degree magick books
  - Book of Shadows
  - Practitioner Journal
- Develop methods for aura cleansing and protection.
- Create an inner temple
- Enact the four elemental meditations.
- Enact meditations to open the seven main chakras
- Enact meditations on the three deities
- Enact symbolic meditations.
- Enact a ritual for the purpose of raising and directing energy.
- Begin psychic work
  - awareness
  - meditation practices
  - psychometry
  - viewing auras
  - scrying
  - dream work
  - clairvoyance and clairaudience
- complete 10 hours of spiritual direction
- Participate in all sabbats, esbats, and astors
- Teach others
- Initiation to Second Degree

## Meditation Procedure

- 1) sit comfortably
- 2) center your body with the earth
- 3) mentally create a sacred space around you
- 4) fill and clear your aura
- 5) ground and center (use a tree image)
  - a) image of sending roots to Mother Earth
  - b) image of sending branches to Father Sky
  - c) image of self as trunk in the middle - strong but flexible
- 6) relax completely  
starting from feet and working up, concentrate on each part of your body becoming very warm, heavy, and relaxed
- 7) body check - after relaxing, scan your body to make sure all is relaxed
- 8) focus on the breath
  - a) imagine breathing with your whole body
  - b) breathe in warmth and relaxation
  - c) breathe out inner tension
- 9) emotional relaxation
  - a) allow this time to be a gift to yourself
  - b) accept and love yourself
- 10) mental relaxation
  - a) slow your thoughts down
  - b) relax your mind
- 11) journey to your inner temple
- 12) enter your inner temple
- 13) call the quarter guardians  
north, east, south, west
- 14) approach your inner altar
- 15) mentally draw circle around your altar
- 16) call upon your deities
- 17) do the specific work related to your meditation goal
- 18) when through, review what was done
- 19) mentally open the circle around your inner altar
- 20) thank your deities
- 21) release your guardians  
west, south, east, north
- 22) exit your inner temple
- 23) return home
- 24) breathe full breaths
- 25) lighten the body
- 26) ground
- 27) withdraw imaginary roots and branches
- 28) stretch

## Clearing the Aura

(to be done as the “work” section of a meditation exercise)

Enact meditation procedure

Breathe in slowly and fully. As you breathe, imagine bringing energy from the earth up from the bottom of your spine, through your back and into the head. At the end of the in-breath, hold your breath for a moment and then breathe out. On the out breath, imagine taking this same energy and filling your entire aura with it. Start from the head and work down. Drain that energy back into the earth when you complete your breath. You can use your hands as a physical guide, if you wish. Bring the hands together and move up close to the body on the in-breath. When breathing out, let the hands come apart and drift down beside you at about the distance of the edge of the aura. Concentrate on filling this space with positive energy and draining any negative or stagnant energy. Pay attention to any places where there may be stuck energy. Do this at least 3-5 times and then relax and enjoy the sensations.

Complete and end your meditation procedure.