Clear the Field

Set the conditions of permission before a working so it runs without interference.

YOU NEED

a quiet room, a door you can close

THE WORKING

1. Close the door and silence every device.
2. Set out only the objects the working will use.
3. Breathe slowly and let each passing noise in the mind go by without following it.
4. Ask yourself if you feel open, focused and present.
5. Begin the working when the answer is yes, and keep clearing when it is no.

WRITE IT DOWN

Write how long the clearing took and which noise was loudest.

LOOK AGAIN

After five workings, compare the clearing times and note which conditions let the field settle fastest.

> *“Before beginning the working, the practitioner establishes the conditions of permission.” · MAGICK: The Operations Manual*