

EW 100: Centering and Grounding
Credits: 3
Required Course for All Students

Welcome to EW 100: Centering and Grounding! This course serves as an introduction to two of the core practices of magickal practitioners: centering and grounding. Through these twin methodologies, we can learn to better work with our energy, deal with negative energy, and improve not only our magickal practices but also our mental health and wellbeing.

Lessons

Lesson 1 - Understanding Energy

Introduction to the concept of energy, and exploration of different energy systems from around the globe and their significance.

Lesson 2 - The Mechanics of Grounding

In-depth exploration of what grounding is, its benefits, and a basic grounding exercise.

Lesson 3 - Grounding in Everyday Life

Discussion on how grounding can be incorporated into everyday life and its role in enhancing one's connection with the physical and spiritual world.

Lesson 4 - Grounding Techniques: Part 1

Introduction to various grounding techniques, such as visualization, physical activities, and working with nature.

Lesson 5 - Grounding Techniques: Part 2

Continued exploration of grounding techniques, with emphasis on practices suitable for different lifestyles and circumstances.

Lesson 6 - Grounding and Magickal Practice

Discussion of the role of grounding in magickal work and how it helps in enhancing focus, energy management, and protection.

Lesson 7 - The Mechanics of Centering

Detailed examination of the concept of centering, its benefits, and a basic centering exercise.

Lesson 8 - Centering in Everyday Life

Discussion on how centering can be incorporated into everyday life and its role in fostering emotional balance and clarity.

Lesson 9 - Centering Techniques: Part 1

Introduction to various centering techniques, such as breath work, mindfulness, and meditation.

Lesson 10 - Centering Techniques: Part 2

Continued exploration of centering techniques, with emphasis on practices suitable for different lifestyles and circumstances.

Lesson 11 - Centering and Magickal Practice

Discussion of the role of centering in magickal work and how it aids in attuning to personal power and spiritual connections.

Lesson 12 - The Interplay of Centering and Grounding

Examination of how centering and grounding complement each other and the synergy of their combined practice.

Lesson 13 - Overcoming Challenges in Centering and Grounding

Discussion on common challenges in practicing centering and grounding and how to overcome them.

Lesson 14 - Developing a Personal Centering/Grounding Routine

Guidance on how to create a personal routine incorporating centering and grounding techniques tailored to individual needs.

Exercises

- I. **(Lesson 4)** Students will practice some of the grounding techniques from this lesson, and then reflect on some of their experiences in a journaling exercise.
- II. **(Lesson 5)** Students will create three scenarios for themselves in which they may have to ground their energy under less than ideal conditions. How will they deal with adversity or complications to still ground their energy?
- III. **(Lesson 10)** Students will practice some of the methods discussed in this lesson and the prior lesson, and reflect on some of the methods they found best suitable for their own lifestyle and unique history.
- IV. **(Lesson 12)** For this lesson, students will engage in a creative project to compare how grounding and centering are similar and different; what are the strengths and weaknesses of each, and why are they generally used in conjunction with each other?
- V. **(Course Examination)** After a week of practicing grounding and centering daily, students will write a reflective essay on their personal routines and how they incorporated these practices into their life, or adapted techniques from the course.

References & Suggested Reading

Psychic Witch, Mat Aurnyn, 2021

Lux Haeresis, Daniel Schulke, 2011

Ingenium: Alchemy of the Magical Mind, Frater Acher, 2022