



Arbatel Workings: Meditations and Rituals

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The Arbatel is one of the few magical texts that seeks to elevate the Adept towards Theurgic Union. Unlike most grimoires that encourage practitioners to satisfy their baser formations, the Arbatel guides the practitioner towards Self Mastery: first with control over the physical, emotional, mental, and energetic dimensions of Being; then with balancing, grounding and integrating the Earthy Elemental Realms, and inviting more openness, clarity, and Unity within the Heavenly Mental Planes. This book is a practitioner's journal. It's a record of an Adept's practices, questions, answers, experiences, and insights that arose while working with the Olympic Spirits. The poems, stories, and thoughts in this text map out the process the Adept took to embody the Planetary Energies. Arbatel Workings: Meditations and Rituals focuses on Self cultivation, empowerment, and joy. If you are looking to wave your wand and get laid or create a sigil to cause harm to another, then this book is not for you. This text seeks to fulfill all levels of our being so that we are completely Full-Filled: May We All Be Blessed.

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