

Religious Difference

Michele and Alicia

Test Your Skills: Diagnosis This...

- Ms. Black
 - Spells recently of losses of time
 - Watching a movie and the movie is over
 - No memory of watching the show or what happened
 - Sometimes finds writings in a handwriting not hers
- A. Smith: 36 year old female, no prior history
 - Going through divorce, trouble dealing with separation
 - Reports 4 miscarriages and 1 stillborn child
 - Trouble sleeping, loss of appetite and trouble concentrating
 - Reports seeing shadows and hearing things
 - Believes her dead children are trying to communicate with her

- **Mark:**
 - 67 year old white male, referred for evaluation following a TDO
 - Mark's wife called police
 - Increasingly paranoid & ran away from home
 - Reports a strange orange ball of light that floated into his room
 - Reported that the ball of light had been a message sent to protect him from the evil that was right outside
 - Reported a strange red mass came towards him, surrounded him, & protected him. It told him that someone had poisoned his blanket & that the room fan was blowing the poison into his mouth while he slept


Think about...

- A horoscope
- Zen
- Candles
- Halloween
- A therapy group
- Feng Shui
- Meditation



Statement of Practice: Core Beliefs

- Practice rites to attune with natural rhythm of life phases
- Seek to live in harmony with nature
- Acknowledge of depth of power greater than apparent in the average person
- Creative power in the universe lies in polarity
- Recognize outer and inner worlds
- Do not recognize authoritarian hierarchy, but respect those who teach
- See religion, magick, and wisdom-in-life as being united in the way one sees the world

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- Cannot become a witch by calling oneself a witch or heredity. Must seek to control forces within self –wisdom & harmony
 - Believe in the affirmation and fulfillment of life in a continuation of evolution and development of consciousness, that gives meaning to the Universe
 - Only animosity to other religions is directed toward those who would suppress religious freedom
 - Focus is on the present and future
 - Deny any concept of absolute evil-do not worship the devil
 - Seek within nature that which is contributory to our health and wellness



Traditions

- Hereditary/Traditional – family line
- Druidic
- Celtic – earth-based
- Strega –oldest currently practiced witchcraft tradition; 14th c.
- Gardnerian – Gerald Gardner, 1950s, coven-based
- Alexandrian – Alex & Maxine Sanders, 1960s



Traditions Cont.

- Faery– Victor and Cora Anderson, 1950s
- Dianic – Zsuzsanna Budapest, 1960s, US, feminine-based
- Wiccan - 1968
- Shamanism – Selena Fox, healing-based
- Eclectic – individualized



Other Historical Facts

- 1980 Army handbook for chaplains acknowledges Wicca as a religion
- 1985 Dettmer v Landon-concluded that the Church of Wicca is a religion and protected by the 1st amendment



For Your Current Perspective

- 5th Largest religion in US
- 750,000-1 million followers
 - 17% in the broom closet
 - 33% only closet friends/family know
 - 30% somewhat out of the broom closet
 - 20% completely public



Holidays

- Candlemas: Feb. 2nd
 - “IM-bulk” or “EM-bowlk”
 - Symbolizes growth (festival from this day to March 21st)
- Spring Equinox: March 21st
 - Celebration of New life
- Beltane/May Day: April 30st
 - Celebrations of wild water (ex. Springs)
- Summer Solstice/Midsummer: June 21st
 - Celebration of light



Holidays

- **Lammas: July 31 (August 5th – Old Lammas)**
 - Celebration of Harvest
 - Recognition of Death (sun loses strength)
- **Mabon: September 21**
 - MAY-bun, MAY-bone, MAH-boon, MAH-bawn
 - Autumn Equinox
 - Celebrate Balance
- **Samhain: October 31st, November 1st**
 - SOW-in, SAH-vin, SAM-hayne
 - “End of Summer;” final harvest
 - Thin Veil is lifted
- **Winter Solstice: December 31st**
 - Celebration of Rebirth, Immortality



Core Beliefs

- Spirituality
- Karma
- Mindfulness
- Energy
- Willing
- Deities
- Reincarnation

Practices

- How?
 - Solitude
 - Coven
 - Traditionalism
- What?
 - Spells (“Casting”)
 - Rituals




- Altar
- Athame (Black)
- Bell
- Boline (White)
- Book of Shadows
- Candles
- Cauldron
- Chalice
- Cord
- Crystal
- Herbs
- Incense
- Mirror
- Oils
- Pentacle
- Wand




Typical Tools






Spell

- Goal formation
- Positive thinking
- Visualization
- Repetition of goal
- Words, chant, or song



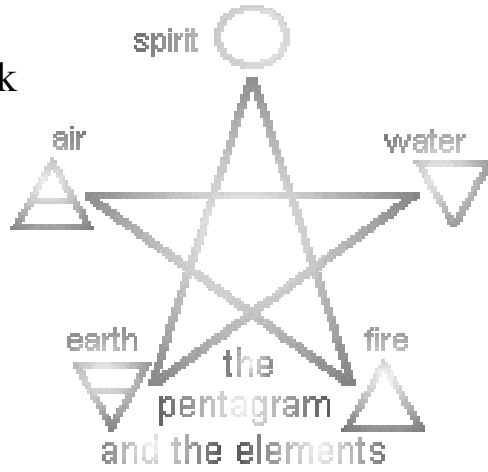
Ritual Elements

- Centering
- Grounding
- “Shielding”
- Preparation (“Cleansing”)
- Creating a Safe Place (“Circle”)
- Invocation
- Ritual
- Closing



Magics/Works

- Coordinate
- Elemental
- Weatherwork

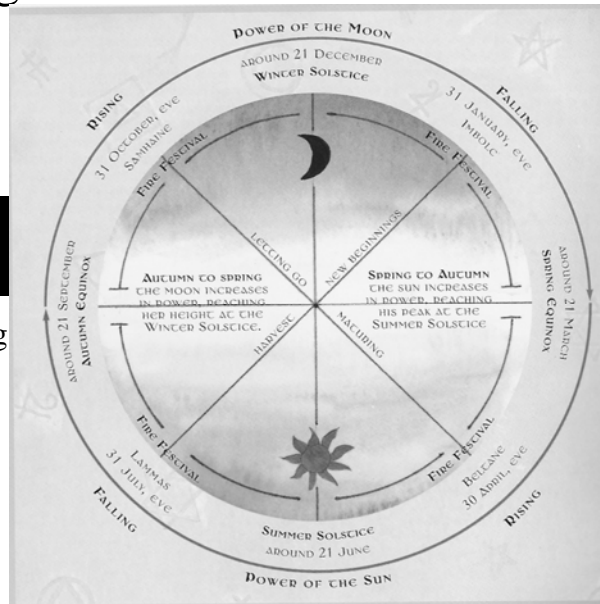


Magics/Works

Full

Waning

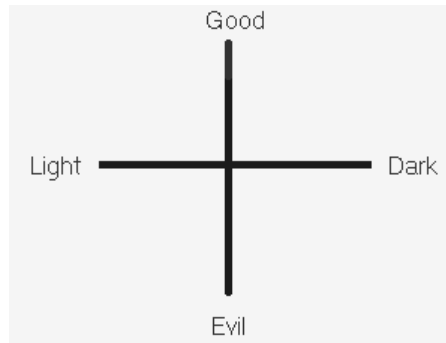
Waxing



Black

Magics/Works

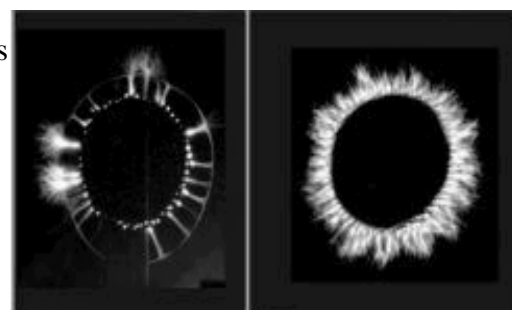
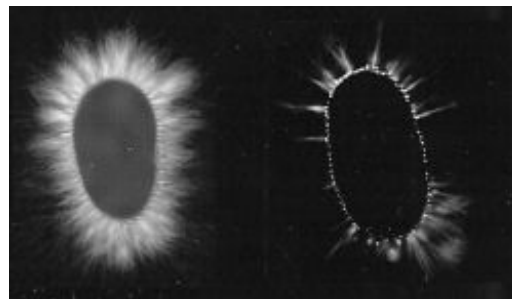
■ Night



Works

Auras

- Victims
- Energy Vampires
- “Energy is ecstasy” and “The universe is a dance of energy” - Unknown



Magics/Works

- Herbal
- Candle
- Crystal
- Dream
- Animal



General Rules of Most Practice

- Don't touch without permission
 - Exception handholding
- Don't stand outside of the circle in a ritual
 - Even if you are only participating with your presence
- Don't take someone's energy without immediate prior permission
- Watch your word choice and remember them
- Don't blow out candles
- Don't banish a spirit without talking to him/her first



DSM-IV Tries to Understand

- DSM-IV Culture-Bound Syndromes
 - Ms. Black (Writing) - Zar
 - Ms. Smith (Dead children) –Mark (Orange Light) – Ghost Sickness
 - Mark (Orange light) - Rootwork
- Others
 - Susto – Event causes soul to leave body, ritual calls soul back



Reflections

- Who do you serve?
- What traditions do you follow?
- Do you participate in the seasons?
- With whom do you set firm boundaries?
- What mysteries do you protect?
- How will you give back to the craft?



Special Practices

- Festivals
- Handfastings - marriage
- Coven Births; Wiccanings
- Dedications – officially makes intent
- Initiations – accepted; new name
- Handpartings - divorce
- Funeral Ceremonies



Considerations

- In historical times: Prickling, water tests, and burnings
- Now?
- Myths and Terminology



Therapy Considerations

- Dealing with your Perceptions & Biases
- Diagnoses
- Treatment Plans
- Recommendations
- Referrals



Question for Therapists

- “How would you treat clients who believed
 - Their mental problems were due to spirit possession
 - Only a shaman with inherited powers could deal with the problem
 - A cure could only be effected via a formal ritual and a journey into the spirit world?”



Therapy Considerations

- General Counseling
 - Obtaining tools and use
 - Medicine Compliance
 - Sexuality concerns
 - Friends/Family
- Career Counseling
 - Holiday Time Off
 - “Coming Out of the Broom Closet”



Therapy Considerations

- Multicultural Counseling
 - Prejudice and Discrimination
 - Personal vs. Group Identity Conflicts
- Marriage and Family Counseling
 - Ceremony
 - How you face difficulties
 - Spirit Guide
 - Spells
 - High Priestess/High Priest
 - Outside Counseling
 - Raising Children into Magic and/or Covens