

Element magick

Using elemental powers

In this section of the site, I will teach how to use elemental energies for combat and healing reasons. you must first realize that it is very dangerous to mess with the elements, the very things that give us life. You must also take into consideration, if you summon wind to you, there will be no wind somewhere else. If you summon a storm, it will be dry to the north. If you use fire, you mess with climate, if you use water, you mess with the essence of life, and so on.

Using element energy:

You obviously must first learn how to use this energy. Raise you dominant hand into the air and feel the energy pulsating around it. Recognize the fire, ice, earth, and air that surrounds you all day. Visualize the desired element pouring into you. Let it mix with your energy. At this point, your body is prepared to cast elemental energy.

Constructing a Fire Ball:

Raise you dominant hand and mix with the fire element. Visualize fire and lava swirling around you, inside and out. Let it climb up your body until the lava/fire reaches the palm of your hand. Let the energy collect their until you feel that the energy is hot enough. This technique sounds easy, like all others will on this page, but it takes LOTS of practice to achieve even the smallest effects.

Fire-cast Healing:

If you are wounded, and want to use the fire element to heal yourself, do this. Close your eyes and visualize your entire body made of lava. Where the pain is, visualize steel. Let the lava flow over and over the steel until it too turns into lava. Once accomplished, you should be healed, and it might be a little warm in the once wounded area.

Ice-Cast:

This lowers the given temperature in a room. Visualize ice on the walls around you, and it's so cold you can see your breath. Keep this visualization strong. Now try and remember what it feels like when you're cold. Let this feeling flow through the room. In about a minute's time, the temp should drop just a little.

Water Purification:

No, this is NOT self-purification. It is the ability to take spoiled or polluted water, and transform it into pure water. You must be standing/sitting close to the petrified water. Reach out your hand and place it into the water, so that you palm is flat on the surface. Close your eyes and visualize a clean spring or water fall. Visualize the pure water from it coming and wiping the polluted water away.

Fire Blast:

I have seen this done, so do not email me complaining. It is a very strong technique. Extend your arms, with your hands forming a diamond. Now, feel all the heat caused by the fire element surrounding you. Also visualize being filled with red energy. Direct this red energy into your arms and hands. You should feel an increased warmth. Now, begin

to draw in the heat in the air, or from a fire near you(candle) into your hands. Begin to focus on just that area of your hands, and what you wish to do to the opponent. When you have gathered a specific amount of fire energy, tighten all the muscles in your arms and hands at one to blast the fire energy in a beam to your opponent. At first, all that will be noticed by the opponent is an increase in the temperature around him/her. As you advance, you will be able to burn something, if not make it completely combust into flames.

Raising the winds:

This is Hard to explain, but I will try my best. First, you need to be outside. Now relax, and remember that the element color of air is Yellow. Visualize the winds starting to pick up. Raise your hands for an extra visual effect if you want to. Focus only on raising the winds. Visualize the wind as a yellow flow of energy. Visualize being able to control it and raise it. When the wind starts to pick up, You should start to get a feeling in your body (or mind). From now on, all you should have to do is recall that feeling, and use some visualization if necessary.