

# Trance Guild

## Liber 'A'

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# Contents

To do...



## About the Trance Guild

The Trance Guild has been set up with the following aims:

1. To offer lessons and tips in trancework<sup>1</sup>
2. To facilitate the understanding and training of the individual's will.
3. To facilitate the understanding and connection with the individual's Higher Self / Holy Guardian Angel (HGA)<sup>2</sup>

The term 'Guild' was chosen to recognize the teaching role of the Guild in a specific set of skills. However, due to the occult nature of Guild there are some things which may differ from many other Guilds.

1. **Education.** From Latin *educere* meaning to "lead out" (what is within).

The Trance Guild does not offer tutoring or mentoring per se. A number of basic lessons are provided free of charge. The information is not groundbreaking and not original to the Guild. It can be found in many other places from many other sources. However, these exercises provide the basic skills needed to gain a genuine "education" (experience) in trancework.

2. **Payment.** Gild meaning payment, tribute, compensation.

The Guild does not require monetary payment. Due to the ability to make money via online advertising and book sales the Guild is self-sufficient money-wise. The "payment" for the lessons is by way of an individual investing their time and energy.

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<sup>1</sup> Trancework – literally working with trance(s). Techniques primarily include visualization and meditation. Many words are used as synonyms (correctly or incorrectly) including creative visualization, path-working, active imagination, shamanic journeying and conscious dreaming. These terms can all fit within the concept of trancework.

<sup>2</sup> Some people suggest that the Higher Self and Holy Guardian Angel are separate 'entities'. It is left up to individuals to discover the 'truth' of this.

Progression beyond apprenticeship will be by invitation after completion of the various lessons and requirements. Membership is 'exclusive' only in that members must display appropriate characteristics and tendencies that contribute to the cohesion and well-being of the Guild.

## Rules and Regulations

The Trance Guild is non-religious, and not aligned with any particular philosophy (occult or otherwise). It is open to anyone interested in trancework, whether or not they are involved in other groups. For genuine occult training a list of strict rules and regulations is anathema to an individual's self-evolution. As such the rules and regulations of the Trance Guild are very basic:

1. **Personal Responsibility.** Anyone studying the lessons or practicing the exercises provided by the Trance Guild is responsible for their own actions, reactions, and experiences.
2. **Respect.** Any dealings with other individuals studying the Guild's material should be courteous, and recognize that other individuals work at their own pace, and have their own value systems and beliefs. Sharing of ideas, experiences and exercises is encouraged, but please remember that an individual's true education comes *from within* so you do not need to attempt to *teach* them anything. If you think that they "don't get it" consider that perhaps you "don't get" certain things.
3. **No trance abuse.** Individuals working with the Guild's material agree not to use their acquired knowledge to abuse others.

There are no threats of dire punishment for "breaking the rules" or "bad behavior". Anyone who cannot work in a harmonious way with others will be excluded from formal involvement with the Guild.

## Structure

The structure of the Trance Guild is a simple three degree system used by many Guilds, Magickal Groups and Orders. The titles are administrative and do not infer or confer any special abilities or attributes to someone who has "attained" or works within each of the "degrees". The structure recognizes a person's knowledge of the terminology and exercises, as taught by the Trance Guild, but offers no evidence of what might be termed personal or magickal advancement. The Trance Guild itself is aimed at teaching a fairly small but important set of techniques and concepts at a basic level, while requiring individuals to explore and learn for themselves. The degrees provide a basic recognition of beginning, advanced learning, and finally having mastered the skills and concepts well enough to extend the knowledge of the field.

The 3 degrees / levels / grades and entry requirements are:

- **Apprenticeship**

Open to all, with free access to lessons. This part of the training is aimed primarily at people who want to *use* trance, without worrying too much about the mechanics.

- **Journeyman**

By invitation only, after completion of lessons and other requirements. Builds upon the basic lessons with more advanced concepts. This aspect of training requires more dedication and involves learning the *mechanics* of trance and will involve some academic effort to begin learning the Trance Model for analyzing and constructing trances.

- **Master**

By the completion of training within the Trance Guild's methods by way of a *masterpiece*. This masterpiece will be a presentation of research on a particular area of trancework. This phase of learning involves giving back to the Guild by way of extending the knowledge and techniques available to other members.

## Lesson 1 – Basic Visualization skills

**Aim: To develop the basic skills commonly known as 'visualization'.**

While the term **visualization** is not the best name for this skill it is very common. The problem with the term "visualization" is that the skills do not rely only on inner visual senses, but rather on all inner senses. The term visualization is used through the Trance Guild material, however it should be kept in mind that what we are referring to is essentially a type of **active imagination**<sup>3</sup>.

Visualization may be either spontaneous or controlled. With spontaneous visualization there is no **intention** for what images or symbols may appear to be worked with. With controlled visualization there is some form of intention behind the imagery. This may be another person guiding, or it may be the usage of a symbol to initiate the visualization (such as path-working with Tarot cards or runes).

The exercises presented here are not intended to be performed once and then discarded. They can be performed regularly, for perhaps one or two weeks. They can be used by experienced individuals from time to time to practice the skills. Remember, all advanced trancework builds on basic skills.

**Important: Read the entire lesson through slowly and carefully before proceeding with the exercises.**

### **What you will need**

- A pen and paper (preferably a journal) to note down your experiences from performing these exercises and any insights and understandings you develop during your studies on trancework.

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<sup>3</sup> The term active imagination is more commonly associated with the work of Carl Jung. While Jungian Active Imagination is similar to the techniques encouraged by the Trance Guild we are not a Jungian-based group, so have chosen a term with less associations to a particular school of thought.

- A quiet space where you will not be disturbed while practicing the exercises.

# **Exercise 1 – Visualizing Objects**

**Aim: To assist you in learning basic visualization skills.**

## **Preparation**

- You will need 5 small items and a piece of cloth to cover them. Items should be relatively simple, such as coins, buttons, paperclips, stones, etc.
- Before beginning, write down any expectations and feelings you have related to this exercise.

## **Exercise**

- Sit down, with the items you gathered placed under the cloth and within easy reach.
- Take out 1 object and examine it closely.
- Place the object back under the cloth.
- Close your eyes and spend some time recreating the object in your minds eye.
- Open your eyes and make some notes on what you experienced with this object.
- Repeat with each of the remaining objects.

*When you have completed the exercise write about the experience in your journal. Note any difficulties you may have experienced.*

## **Exercise 2 – Visualizing an Object from Memory**

**Aim: To assist you in learning to visualize objects from memory.**

### **Preparation**

- Before beginning, write down any expectations and feelings you have related to this exercise.

### **Exercise**

- Sit or lie comfortably.
- Close your eyes.
- Take a few deep breaths, exhaling slowly.
- Allow yourself to feel relaxed.
- Imagine a piece of fruit of your choosing.
- See clearly in your minds eye the color, shape, and texture of the fruit.
- Open your eyes and make some notes on what you 'saw', noting any difficulties or peculiarities.
  
- Close you eyes again.
- Recall the fruit in your minds eye.
- Touch the fruit, noting its texture and what it 'feels' like.
- Open your eyes and make some notes on what you 'felt'.
  
- Close you eyes again.
- Recall the fruit in your minds eye.
- Listen to the fruit, does it make a sound?
- Open your eyes and make some notes on what you 'heard'.
  
- Close you eyes again.
- Recall the fruit in your minds eye.
- Smell the fruit, taking some time to identify any fragrances and what they bring to mind

- Open your eyes and make some notes on what you 'smelt'.
- Close your eyes again.
- Recall the fruit in your mind's eye.
- Taste the fruit. What does it taste like?
- Open your eyes and make some notes on what you 'tasted'.

*When you have completed the exercise write about the experience in your journal. Note any difficulties you may have experienced.*

**Suggestion:** Try this with other objects.

## **Exercise 3 – Visualizing Colors**

**Aim: To practice the visualization of colors.**

### **Preparation**

- Before beginning, write down any expectations and feelings you have related to this exercise.

### **Exercise**

- Sit or lie comfortably.
- Close your eyes.
- Take a few deep breaths, exhaling slowly.
- Bring to mind a rainbow, comprised of many colors.
- Choose 1 of the colors, and allow this color to fill your mind's eye completely
- Pay attention for changes in the shade of color.
- Note any other internal senses that become activated while visualizing the color (sounds, smells, etc)
- When you have finished, open your eyes again and make some notes on your experience.

*When you have completed the exercise write about the experience in your journal. Note any difficulties you may have experienced.*

## Exercise 4 – Visualizing Familiar Symbols

**Aim: To practice the visualization of simple symbols you are already familiar with.**

### **Preparation**

- Before beginning, write down any expectations and feelings you have related to this exercise.

### **Exercise**

- Choose either the alphabet or number symbols from your native language (i.e. Latin alphabet A through Z)
- Sit or lie comfortably.
- Close your eyes.
- Take a few deep breaths, exhaling slowly.
- Visualize the first symbol in the sequence. e.g. "A"
- See it clearly in your minds eye, large and bold.
- Now, allow it to change into the next symbol in the sequence. e.g. "B"
- Again, see it clearly in your minds eye, large and bold.
- Repeat this process for all remaining symbols in the sequence. e.g. "C" ... "Z"

*When you have completed the exercise write about the experience in your journal. Note any difficulties you may have experienced.*

**Suggestions:** Experiment with various other symbols such as the Runic, Hebrew, Greek and Enochian alphabets.

## **Exercise 5 – Visualization Demonstration**

**Note: You are required to submit the result of this exercise if you intend to apply for the advanced training lessons.**

**Aim: To show that you understand the concept of visualization and have the ability to adapt the skills to your own needs and requirements.**

### **Preparation**

- Remember, if you wish to continue on to advanced training then this exercise needs to be submitted for review. Make sure you make detailed notes and observations.

### **Exercise**

- Consider all the previous visualization exercises you have practiced, including any that are from sources other than the Trance Guild.
- Using the previous exercises, and your experiences with them, as a basis, formulate a new exercise.
- Write down the aim of the exercise, along with all the steps to be performed.
- Write down any expectations and feelings you have related to the exercise you have just created.
- Perform the exercise, following each of the steps you wrote down.
- Write about the experience in your journal.
- If you are unhappy with the exercise, review it, rewrite the parts you feel are necessary to change, then perform the exercise again. Repeat this until you have achieved the desired result.
- (*Optional*) Write a detailed report about this exercise and submit it to the Trance Guild.

## Lesson 1 Notes

- The lessons are provided in a very simple form as it is the practice and experimentation that is important. The exercises really are as 'simple' as they seem.
- Most of these simple exercises can be easily adapted for practice outside of the normal "quiet" environment. They can be practiced during breaks at work, while commuting on the bus or train, briefly while stopped in traffic jams, or at other times you find convenient to practice.
- While the Trance Guild promotes practice and experiential learning as the primary method of training you are also encouraged to read various writings on trance and practice additional exercises from other authors, traditions and cultures to get a good working knowledge of the experience of trance.

## Suggested Reading

### Books

- [\*Creative Visualization\*](#) by Shakti Gawain
- [\*The Way of Trance\*](#) by Dennis Wier
- [\*Monsters and Magical Sticks: Or, There's No Such Thing As Hypnosis\*](#) by Steven Heller and Terry Lee Steele
- [\*Trance: A Natural History of Altered States\*](#) by Brian Inglis
- [\*The Kybalion\*](#) by Three Initiates

### Online Resources

- [Trance Institute](#)
- [Real Magick](#)
- [Magick Wiki](#)

## **Lesson 2 - Basic Meditation**

***Aim: To develop some basic skills commonly used in meditation.***

Meditation is commonly associated with relaxation techniques, or perhaps the repetition of a chanted mantra such as the classical "Om" chant. While these are certainly aspects of meditation they are not the only ways to meditate.

Meditation can include chanting, visualization, contemplation of concepts, breathing and various other techniques.

The duration a meditation should be performed will vary according to the skill of the individual and the purpose for which it is being used. From some types of meditation 'Masters' claim that about 15-20 minutes per day is all that is required to experience a reconnection with the spiritual dimension. However, other 'Masters' and groups suggest meditation of 3-4 hours per day is the objective, and to achieve this you can reduce the amount of time spent sleeping. Stories tell of Yogic Masters who meditate for days on end.

The Trance Guild promotes learning through experience, so leaves it for the individual to experiment with duration and types of meditation.

### **Mantra Meditation**

A mantra can be chosen by a number of methods. Ideally it should be something you find personally appealing that is associated with a project, magickal working, or your chosen spiritual practices. Some forms of meditation from Eastern sources use the names of Hindu deities. It is generally suggested that you keep any personal mantra secret. More so than "secret" it is worthwhile keeping certain words and associations special or sacred for your own personal use. Talking about the actual mantras or words is unnecessary as the technique is the same no matter what the word. For example, one Master of meditation suggests that any word can be used, even common names such as John or Mike. Any sound at all can actually serve the purpose of "training the mind to become sharp." The reason for choosing the names of deities is for the association of good energy and the blessings that may be bestowed to make our lives happier.

# Exercise 1 - Mantra Meditation I

This form of the mantra meditation does not use concentration or effort. There is no intention or expectation behind this form of the meditation and the mantra is not repeated rhythmically.

**Aim: To learn a common form of the mantra meditation which helps still the mind.**

## Preparation

- This duration of this exercise should be about 20 minutes. You may like to use some form of timer to alert you to when it is time to finish.
- You will need to choose a mantra that you find personally appealing. Some suggestions include: *Om*, *YHVH* (pronounced Yod, Heh, Vah, Heh), *Isa*.
- Before beginning, write down any expectations and feelings you have related to this exercise.

## Exercise

- Sit comfortably. Lying down is possible, but due to relaxation you may fall asleep.
- Close your eyes.
- 'Think' your mantra only once (the equivalent of 'saying' it in your head).
- "Listen" (in your head) to the sound of the mantra.
- Do not try to repeat the mantra, just continue listening.
- Do not try and control your breathing in any way.
- If you become aware that thoughts are coming to you, gently let go of them, and return to 'listening' to the mantra.
- Do not worry about trying to repeat or remember the mantra, or 'hear' it more clearly.
- Continue to 'listen' to the mantra in whatever way it comes to you.
- The mantra may become distorted in some way, change, become slower or faster, softer or louder, or it may remain unchanged.

- Do not resist any of the thoughts or changes. Do not force your mind back to the mantra. Any guidance back to the passive "listening" should be gentle.
- Continue this process for 20 minutes.
- When the time is up, slowly bring your attention back to the room.
- Notice your breathing, and any external sounds in the environment around you.
- Bring your attention back to your body.
- Take a few deep breaths.
- When you are ready open your eyes.

*When you have completed the exercise write about the experience in your journal.*

## **Exercise 2 - Mantra Meditation II**

**Aim: To learn another common form of the mantra meditation.**

### **Preparation**

- This duration of this exercise should be about 20 minutes. You may like to use some form of timer to alert you to when it is time to finish.
- You will need to choose a mantra. It can either be the one you used in Exercise 1 or another of your choosing.
- The mantra can be repeated aloud (spoken) or internally, "thought".
- Before beginning, write down any expectations and feelings you have related to this exercise.

### **Exercise**

- Sit comfortably. Lying down is possible, but due to relaxation you may fall asleep.
- Close your eyes.
- Begin saying your mantra.
- Repeat the mantra rhythmically.
- Do not try and control your breathing in any way.
- If you become aware that thoughts are coming to you, gently let go of them, and return to repeating the mantra.
- Continue this process for 20 minutes.
- When the time is up, slowly bring your attention back to the room.
- Notice your breathing, and any external sounds in the environment around you.
- Bring your attention back to your body.
- Take a few deep breaths.
- When you are ready open your eyes.

*When you have completed the exercise write about the experience in your journal.*

## **Exercise 3 - Thought Watching**

**Aim: To learn and experience the meditative practice known as “thought watching”. Through practice this method should allow you to still the inner chatter of the mind (i.e. stop inner dialogue).**

### **Preparation**

- Before beginning, write down any expectations and feelings you have related to this exercise.

### **Exercise**

- Sit comfortably.
- Close your eyes.
- Sit quietly, and allow your mind to wander.
- Don't try to force any particular thoughts, just see what floats into your mind.
- When a thought comes to you, repeat it intentionally, then gently dismiss it.
- Continue this for an appropriate period of time.
- When you have finished, bring your attention back to the room.
- Notice your breathing, and any external sounds in the environment around you.
- Bring your attention back to your body.
- Take a few deep breaths.
- When you are ready open your eyes.

*When you have completed the exercise write about the experience in your journal.*

## **Exercise 4 - 'Sound' Meditation**

**Aim: To learn a simple form of meditation that is purely non-verbal.**

### **Preparation**

- This duration of this exercise should be about 15-20 minutes.
- Before beginning, write down any expectations and feelings you have related to this exercise.

### **Exercise**

- Sit or lie comfortably in a quiet place where you will not be disturbed.
- Close your eyes and block your ears using your fingers.
- Now concentrate on the 'sound' (internally) you 'hear'.
- Just sit quietly and 'listen' without any attempt to 'hear' anything in particular.
- If you become aware that thoughts are coming to you, gently let go of them, and return to 'listening'.
- When the time is up, slowly bring your attention back to the room.
- Notice your breathing, and any external sounds in the environment around you.
- Bring your attention back to your body.
- Take a few deep breaths
- When you are ready open your eyes.

*When you have completed the exercise write about the experience in your journal.*

## **Exercise 5 – Breathing Meditation**

**Aim: To learn a simple breathing technique useful for meditation, relaxation, and stress reduction.**

Note: Breathing is one of two functions of the body which can be controlled both by the autonomic system and through conscious control. This technique can be used with the eyes open to help maintain calm during stressful 'real world' situations.

### **Preparation**

- This duration of this exercise should be about 10-15 minutes.
- Before beginning, write down any expectations and feelings you have related to this exercise.

### **Exercise**

- Sit comfortably.
- Close your eyes (alternatively keep your eyes open).
- Breath in deeply and slowly through your nose, to a count of 4 (approximately 3-4 seconds).
- Allow the breath to 'fall' in your lungs by expanding your stomach (using your diaphragm to breath).
- Hold your breath momentarily.
- Breath out slowly through your mouth, to a count of 4 (approximately 3-4 seconds).
- Again, use your diaphragm, this time contracting your stomach muscles.
- Wait momentarily before breathing in again.
- Continue this breathing in rhythmic manner.
- Once a rhythm is in place it should be possible to this without consciously counting.
- When the time is up, slowly bring your attention back to the room.
- Notice your breathing, and any external sounds in the environment around you.

- Bring your attention back to your body.
- Take a few deep breaths
- When you are ready open your eyes.

*When you have completed the exercise write about the experience in your journal.*

## **Exercise 6 – Meditation Demonstration**

**Note: You are required to submit the result of this exercise if you intend to apply for the advanced training lessons.**

**Aim: To show that you understand the concept of meditation and have the ability to adapt the skills to your own needs and requirements.**

### **Preparation**

- This exercise should be performed once you are familiar with the basic exercises in this lesson. It is expected that you will practice one the meditations for a period of 3-4 weeks before beginning this final exercise.
- Remember, if you wish to continue on to advanced training then this exercise needs to be submitted for review. Make sure you make detailed notes and observations.

### **Exercise**

- Consider all the previous meditation exercises you have practiced, including any that you have researched from sources other than the Trance Guild.
- Using the previous meditations, and your experiences with them, as a basis, formulate a new exercise.
- Write down any expectations and feelings you have related to the exercise you have just created.
- Perform the exercise, following each of the steps you wrote down.
- Write about the experience in your journal.
- If you are unhappy with the exercise, review it, rewrite the parts you feel are necessary to change, then perform the exercise again. Repeat this until you have achieved the desired result.
- (*Optional*) Write a detailed report about this exercise and submit it to the Trance Guild.

## Lesson 2 Notes

- It is recommended that you choose one meditation form and work with it for a period of 3-4 weeks. Keep detailed notes on your progress and experiences, paying attention to changes that occur over the weeks that you practice.
- It should be clear from the small variety of basic exercises presented here that there are many more variations and possibilities for meditation. The meditations detailed here are very basic and serve as a starting point for experiencing meditative states.
- It is recommended that you research at least one other form of meditation and experience this at least once. You may be required to supply evidence of this if you apply for advanced training.

## Suggested Reading

### Books

- [Beginning Meditation](#) by Dennis Wier

### Online Resources

- [Meditation: concepts, effects and uses in therapy](#) by Alberto Perez-De-Albeniz and Jeremy Holmes
- [Qabalistic Meditation](#) - A two part meditation based on Kabbalistic sources
- [Real Magick](#) - has articles and meditations exercises. Recommended are the articles by Robert Morgen and Dennis Wier.




## Lesson 3 – Tattva Vision<sup>4</sup>

**Aim: To experience the astral form of the elements through the meditative practice of Tattva Vision.**

The **tattva vision** exercise is based on the teachings of the Hermetic Order of the Golden Dawn. These teachings derive primarily from Eastern Philosophies on the Tattvas. This technique is essentially the same as shamanic journeying and path-working exercises. Tattva vision can be considered a type of astral projection or astral scrying, using the Tattva symbol as a doorway to that which lies beyond.



Tattva means "true or real state, truth, reality" and has the literal meaning of "that [art] thou".

The tattvas are the 'astral' forms of the magical elements: earth, air, fire, water and spirit. The following table lists the correspondences:

	<b>Tattva</b>	<b>Symbol</b>	<b>Element</b>
	Akasha	Black egg	Spirit
	Tejas	red equilateral triangle	Fire
	Vayu	blue circle	Air

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<sup>4</sup> This lesson is derived from the tattva vision exercise on MagicalPath.net: <http://www.magicalpath.net/tattva/tattva-vision.html>

	Apas	silver crescent	Water
	Prithivi	yellow square	Earth

The Golden Dawn taught that practicing the tattva vision exercise will assist in the development of astral clairvoyance. Tattva vision is one of the simplest, fastest and most effective methods of exercising and enhancing your clairvoyant abilities.

### **Tattva Cards**

The tattva cards can be constructed from squares of white card of approximately 4 inches (10 centimeters) in width. The tattva symbols can be painted directly onto the cards or the shapes may be cut from colored paper or card and mounted onto the white card.

The basic set of tattva cards contains one card for each of the five tattva symbols.

### **Preparation**

- This exercise will take 30-60 minutes or perhaps longer.
- Choose one of the tattva cards to work with. Initially this may be the element you feel most attracted to.
- It is recommended that you don't work exclusively with one element. If you feel inclined to favor one element consider working with the element you feel least attracted to.

### **Exercise**

- Sit comfortably with a tattva card positioned at eye level approximately 2-3 feet (50-90 centimeters) distance.
- Gaze fixedly (without blinking) at the tattva symbol.
- Breathe deeply and regularly.

- Allow the image to fill your consciousness. Imagine that you are soaking in the energy associated with element. Feel the qualities and sensations associated with it.
- Continue this for approximately 5 minutes, until you see it begin to 'flash' or 'glow' slightly around the edges of the symbol. This is the astral color of the symbol.
- Put aside the tattva card and close your eyes.
- See clearly and vividly the astral version of the tattva symbol. Imagine it glowing strongly and brightly in your mind's eye.
- Imagine the symbol growing in size, until it fills your entire mind. This is the doorway or portal that you will pass through into the astral realm of the element.
- Imagine yourself stepping through this symbol portal.
- After you have stepped through the portal observe the scene around you.
- Take time to let the scene build up before you. Use all your senses to take in the sights, sounds, smells, tastes, and tactile sensations of the place.
- When the scene is clear in your mind's eye summon a guide to help you explore. Do this simply by requesting a guide appear to assist you. If one doesn't appear immediately in initial sessions, use your imagination to visualize a guide appropriate to the element and tattva you are experiencing.
- Spend time exploring the environment with your guide, asking questions, and getting the guide to show things that are important for you (personally) to learn within this realm.
- Before you leave you may ask the guide for some kind of gift, token, or symbol, which symbolizes an important meaning or lesson for you. (The meaning may not be apparent now, but should be noted in your journal)
- When you have finished exploring return to the portal.
- Thank your guide and let it depart.
- Imagine standing with your back towards the portal, and step backwards through the portal.
- Start to bring your attention back to the physical world by listening to any sounds.
- Take a few deep breaths, and when you are ready open your eyes.

- Record every detail in a journal.

*When you have completed the exercise write about the experience in your journal.*

**Note: To apply for advanced training you must complete at least one tattva vision session for each of the five primary tattvas. You will need to submit notes on your experiences to the Trance Guild.**

## Lesson 3 Notes

- The form on everything on the astral plane is symbolic in nature. The appearance of entities or objects has other levels of interpretation other than a literal meaning. There can be many layers of meaning such as cultural and archetypal interpretations as well as personal interpretations. You can talk directly to any entity or object. They may not respond in verbal communication, but using your imagination, intuition and clairvoyant / psychic faculties it is possible to talk and learn from and about everything. You can also talk with the guide you summoned and ask them to explain symbols to you.
- The 'true' nature of anything on the astral can be sensed, rather than 'seen'. Use your intuition to 'feel' or 'sense' the energy associated with an entity or object. Through practice your skills and intuition will improve.
- If, when you first practice tattva vision, the scene does not appear spontaneously then you can use your imagination to 'see' a landscape or scene as you imagine it would look. Use all you know about the elements so that the scene is in harmony with the element.
- Practicing the exercises (in other lessons) on working with symbols can assist in understanding the symbols encountered in tattva vision.
- It is possible to use your Higher Self as a guide during tattva vision work (see later lessons).

## Suggested Reading

### Books

- [Magical Tattwa Cards](#) by John Mumford
- [Nature's Finer Forces](#) by Rama Prasad

### Online Resources

- [An Introduction to Tattvas](#) from MagicalPath.net

- [The Tattwas of the Eastern School](#) from MagicalPath.net
- [Tattwa Flying Roles](#) from MagicalPath.net