

# *ELEMENTS OF WICCA*



*Experience Wicca as a Mystery Religion*

*Participants are invited to go beyond reading and experience the basics of Wicca in a safe and supportive series of workshops.*

*Meet like minded seekers and network with the Wiccan Community.*

# COURSE OUTLINE

## Elements of Wicca

### Week 1:

#### History of Wicca Defining Wicca

*The first class will introduce Wicca, what it is, and what it is not. The history of Wicca including the contributions made by Gerald Gardner, Doreen Valiente, Alex Sanders, Ray Buckland, Starhawk, the Farrars, and other pioneers will be explored. Traditional Wicca vs. Eclectic vs. Gardinarian will be explained, and a comparison made with Christianity.*

*Practice: Grounding and centering. Circle Casting.*

### Week 2:

#### Wicca as a Religion: Ethics

*Many concepts in Wicca will be introduced such the Astral Plane, the Sacred Earth, the Shadow, secrecy, the Book of Shadows and the Elements as manifestations of the Divine.*

*Practice: Connecting with the Spirit of Air.*

### Week 3:

#### Grounding and Shielding

*This week the concepts of grounding, shielding will be explored with practice sessions. Psychic first aid will be taught along with an introduction to the aura, and preventing burnout from energy overload. We will discuss how to find and meet Wiccan and Pagan groups. How do you judge whether the people you have met are truly practicing Wicca or just trying to make money or power trip.*

*Practice: Connecting with the Spirit of Fire.*

## Week 4:

### Energy Work

*An introduction to visualization and energy movement, we will touch on Shamanic journeying, healing, magick, the cone of power, and feeling energy.*

*Practice: Connecting with the Spirit of Water.*

## Week 5:

### The Sabbats

*We will discuss the Wheel of the Year, the connection to the Sacred Earth, the rebirth of the God myth cycle.*

*Practice: Connecting with the Spirit of Earth*

## Week 6:

### The Goddess

*In this class we will explore altered states of consciousness, Drawing down the Moon, purification and preparation before ritual, the concept of between the worlds and the Wiccan view of good and evil. We will look at the Charge of the Goddess.*

*Practice: Ritual to meet the Goddess.*

## Week 7:

### The God

*This week participants will discuss monotheism, duotheism, polytheism and the major Wiccan Pantheons. The personal connection to Deity will be explained as well as the concept of Summerland and how Wiccan's view life after death. We will look at the Charge of the God.*

*Practice: Ritual to meet the Horned God*

## Week 8:

### Living Wicca

*This week we will explore the integration of Wicca into the participant's life. Are you a solitary or should you consider coven working? Creating your own ritual will be explained. Lots of time to ask questions.*

*Practice: Deep Peace Ritual*

## Week 9:

### Closing Ritual

*We will close the course with a Wiccan ritual designed by the participants. We will raise a cone of power. The purpose of the ritual will be a blessing for all of us to aid in our spiritual journeys.*

*Potluck feast and discussion of networking, we will also give ideas for further studies.*