

Note: I navigate two worlds – the mundane world and the occult world. This is a piece about the occult world.



Protection Travel Charms  
4/08/2021

Pictured above are protection travel charms that I made with Blue Huntington's recipe (she's a Hoodoo practitioner) comprised of Comfrey, Oregano, Wormwood, a pinch of St. John's Wort, and Hematite. These are specifically meant to be hung from the rearview mirror in a car or worn as a necklace to protect someone from harmful events while traveling – including car accidents. The recipe is a 1:1:1:1/4 formula with the herbs with 9 tiny hematite chips.

I made these to sell in my small Etsy shop, which I opened in March 2021 during the Covid19 pandemic. I wanted to archive this recipe for the use of both occult practitioners and historians of the occult. From an occult perspective, the Covid19 pandemic coincided with a dimensional tear between the physical world and the ethereal realm (aka the angelic realm) that ripped through our world in a variety of ways. The pandemic was one expression of that dimensional tear; the most significant side effect from an occult perspective was the forcible removal of astral doubles (a person's higher self) from the ethereal realm. Once removed, those astral doubles were pulled into the physical dimension – here on earth – which resulted in a surge of sudden death (generally attributed to Covid19 but not always tied explicitly to the virus). Astral doubles are not meant to exist outside of the ethereal realm, so if someone's astral double is pulled into the physical world, it very often proves fatal (it is very rare that this is not true).

Some people have survived it – Blue Huntington was one of those people. Back in NC, we were roommates, and I experienced this trauma with her. It has been a longstanding occult-induced trauma for her, and she is still dealing with the fallout caused by it. It's important to know that, at the time this happened to her, she was already qualified as a two-headed doctor (which essentially means she was an expert Hoodoo practitioner). It may truly have been the combination of her expertise with my own that quite literally saved her life.

I remember her coming into our apartment in either mid-March or mid-April of 2020 and telling me she needed help because there was something that she could not get rid of in the apartment. We both warded and cleansed our spaces regularly, as any experienced occult practitioner will. Blue told me that she was very worried and needed my help because nothing she did would force this spirit out, and she was so spiritually sick she felt like she was dying.

So, the two of us sat down, and I went into a meditative trance that I use for deep spirit work, and I reached out to the spirit. It was in that moment that I learned the very disturbing fact that the ethereal realm had been breached by a horror so profound I don't have words to describe it, and, in that breach, astral doubles had been forcibly removed and pulled into the physical world. The reason, therefore, that Blue could not expel the energy from the apartment was because she could not expel herself – the spirit she sensed was her astral double forced to manifest in the physical world as a spiritual being. (Other traditions call this the higher self, the fetch, etc.). A person's astral double is not supposed to exist in any way in this physical dimension – tangibly or intangibly. They are not supposed to exist outside a person's inner dimensional energy-scape, where, in the ethereal realm, their astral double is found.

Figuring out what had happened, we realized that we needed more help than we could do with just our own tools. So we consulted with the gods and spirits we worked with, and it took theurgy (divine magic) to return Blue's astral double to the proper space in Blue's internal energy-scape.

While she survived that ordeal, she is still dealing with side-effects of that incident. She has been plagued by spirits following her – malignant spirits – to the point that she has not been able to practice Hoodoo. Many of the occult practices she had prior to the incident that worked incredibly well for her stopped working properly. She has been unable to properly work with the gods because of how often malignant spirits try to attack her. There are constant dimensional portals that let malignant spirits cross through them popping up around her in her spaces. She told me the other day that she has seriously considered suicide because she is always under attack and can do next to nothing to prevent it.

However, a few weeks ago, we consulted with Gypsy Luna, the Apache shaman I study with, about the problem, and she suggested a burial ritual that Blue plans to conduct this weekend. Essentially, Blue will – with help from another experienced practitioner – bury herself in dirt up to the neck and remain that way for 4 hours while the other practitioner stands guard. The point of the ritual is to invoke the essence of a spiritual death – the death that Blue avoided with divine help when her astral double was forced into this world. Together, we have determined that the most likely reason she has been under constant attack is that the spirits view her as an anomaly – something that shouldn't belong – because she survived something that should have killed her. The spirit world works to create imbalances, so the ritual this weekend should restore that imbalance and essentially “restart” her timeline in this world.

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Walking between worlds can be exhausting – I have to balance the physical world, the mundane world, and the occult world, every single day of my life. I have to do that knowing that the majority of the people in this world and the society I live in don't have the general framework to read accounts like the one above with anything other than skepticism and disbelief. I contend with the truth that, no matter what I experience or how many people experience the exact same phenomenon within the occult community, the society I live in will dismiss all of those

experiences out of hand because the scientific realism that undergirds the ideological framework of the U.S. prevents acceptance of occult realities.

The general epistemological trend is that if it can't be proven by science, then it can't be real. Never mind the fact that the history of science is riddled with problematic issues... for example, scientists once contended that there were true biological distinctions between people based on the color of their skin or their sex. Science can be, and has been, biased – and it has been wrong.

A lot of people in the U.S. today dismiss the occult out of hand. They dismiss astrology without considering the history of it, or the fact that technology as we know it wouldn't exist without astrology – for example, Isaac Newton was a dedicated astrologer who developed calculus to help him better understand planetary motion to increase his understanding of astrological influences. Calculus became the catalyst for tons of other mathematical branches, and the tech that we use today uses that math.

In a similar vein, many people dismiss herbal medicine – even though many of the medications we use today have herbs in them. For example – St. John's Wort? It's used in many antiretrovirals, like those used in the treatment of HIV. Valerian? It's commonly found in barbiturates. Herbal knowledge is still used in science, yet most people are unaware of that and dismiss the idea of using herbal mixes medicinally as “backwards.”

Essentially, anything occult practitioners have done for a long time – or know – doesn't become legitimate in the U.S. until science says it's legitimate. The best example of this – in June 2021, I was discussing with Blue and Logan (both advanced occult practitioners) the fact that time had sped up. That the dimension of time was moving too fast, that it was spinning things into chaos and events were happening before they were meant to be happening (this was a commonly held experience among many in the occult community at this time). A couple of months ago, I read an article in a science newspaper that stated outright that the earth was moving faster on its axis and that time had, indeed, sped up. Occult practitioners already knew that – science was catching up to us, not the other way around.

Now, that being said, that doesn't mean all occult practitioners are created equal. There are people who have no aptitude for the occult and assume that certain items work together for certain attributes when they don't. I bought a tourmalinated quartz off Etsy and didn't think much of the free prosperity bundle the seller sent me. I didn't check the ingredients (a mistake, admittedly) because whatever, free gift. I just sort of put it out of my mind. Then, less than a week later? I had a sudden unexpected \$843 charge from American Airlines on my bank account. This concerned me because I hadn't purchased a flight. I sorted it out with my bank, but this was one of two money issues I had (the other was just a wrong address for a card, also sorted out). That's when I decided to check the ingredients.

The seller had put together a prosperity bundle of lavender, carnelian, and moonstone. This was very confusing because none of those energies work towards prosperity of any sort. The chaotic energy caused by misaligned vibrations was causing my issue, so I disposed of them and immediately my personal vibrations felt more normalized.

Lavender is traditionally associated with the home, with reducing stress and anxiety, and for peace in general. Moonstone is traditionally associated with meditation and inner spiritual work. So, in conjunction, the two of these could be used for meditation or spiritual work. However, carnelian doesn't contain those vibrations – carnelian is all about focusing willpower and increasing vitality, restoring confidence and overcoming addiction.

Lavender and carnelian are both masculine – lavender is associated with the air element, carnelian with fire. Together, the two of these could work as purification.

Carnelian and moonstone, though...these two don't really work together. Carnelian is masculine fire, moonstone is feminine water. Fire and water vibrations can sometimes work together, but not in this case – carnelian is a “go go go” stone and wants to *do* things. Moonstone is a receptive stone and wants to *receive*. Putting active and receptive vibrations together tends to produce tension and chaos.

Now, all that considered – the Etsy seller I bought the tourmalinated quartz from had put these three energies together with the intent to use them to enhance prosperity. None of these ingredients work to enhance prosperity.

Knowledge matters in the occult world just as much as in the mundane world. However, an inexperienced occult practitioner is far more dangerous in the occult world than someone who is not educated in scientific realism in the mundane world. The scientists of the mundane world, in general, are working with physical mechanics – the physics of earthly reality. What they do has impact, sure, but they are fairly unlikely to completely destroy someone's life with the work that they do (that hasn't always been the case, but there's plenty of history written about that).

An unlearned occult practitioner can do an incredible amount of harm – teach someone to use the wrong vibrational elements in combination, then they teach someone else? You can end up with recipes like the prosperity one mentioned above that have no impact, do no real work, and even backfire on someone.

It is ironic, given how integral *accurate* knowledge and *verified* information is to adept occult practitioners that science entirely dismisses occult realities and that the majority of U.S. society – at least in my experience – completely disregard the entirety of occult epistemology.