



*The Master Class*  
of  
*Spiritual Witchcraft*

SYLLABUS:  
THE BOOK OF STRUCTURE

*Created by*  
Dr. Cyndi Brannen

## **Warmest Greetings,**

I'm a seeker of magic and mystery, on a journey towards wholeness. All the various waypoints along this lifetime have led me to where I am today. It's also led you to where you are right now, reading this introduction to The Sacred Seven. You've felt the call within you to remember your sacredness. The night-whisper that you have much to accomplish in this life. You've seen the signs, perhaps in the cards or in unexpected findings of keys, feathers or stones. They are your calling cards, the messages received from the deeper world.

The Sacred Seven has called you to this very moment, in the same way it called me to develop this course. You are awakening.

The Sacred Seven has been a companion to me for over a decade. As a researcher, I'd spent years studying different spiritual traditions because I was frustrated with the lack of depth in the books I had read about witchcraft. You see, witchcraft has always felt like home to me. However, I wanted the books and courses I took to take me deeper into the sacred within me. I yearned for that homecoming to where my truth resided.

As a psychologist for over twenty years, I've worked with countless women who were struggling to find their way through complex web of families, jobs, illness and other stressors. I've analyzed their stories through my studies, revealing that finding meaning is the most important determinant of how well they coped. And how they found meaning was by having that steady center point of being connected to their own unique truth.

What else I learned from my research is that there are practices that work for every woman called to the deeper world. Techniques such as radical acceptance, thought reframing and emotional awareness open the pathway for our inner journey towards wholeness. But they weren't enough. Ways to answer the soul-deep longing for your inner truth wasn't anywhere in those techniques.

This lack launched me on a quest to find the common themes across different spiritual belief systems. My question was, "what are the aspects in common across these systems that lead women to find their own sacredness?" I call myself a spiritual

taxonomist, meaning that I compile all the data and then sift through it to find the shared themes. What I found in my explorations of diverse paths ranging from Buddhism to Christian mysticism, is that this quest to find that sacredness includes seven fundamental principles. These are **The Sacred Seven** truths I teach in this course.

They are:

**Healing:** we must heal from the past to create space for our truth.

**Boundaries:** we must learn our own values and how to enforce them in order to feel secure.

**Sovereignty:** regardless of our circumstance, we can choose to stand in our own power.

**Growth:** we are of the universe, and as the universe always bends towards expansion, so must we.

**Connection:** the shadow self lies to us that we must resist deep connections to the world of flesh and spirit, but the opposite is true. The way to wholeness is from nourishing our intuitive and empathic skills, not denying them.

**Abundance:** claiming prosperity as our right is essential in manifesting the life we know we are here to live.

**Wholeness:** perfection is another lie of the shadow. When we stand in our truth, we are whole, experiencing the sacred flow of the universe.

I had found the Sacred Seven Truths, and I had the skills as a psychologist to coach others using effective techniques. The final segment of developing this Master Class of Spiritual Witchcraft was to add sacred rituals and spells that would amplify the other two areas.

By this point in the development of The Sacred Seven, I'd been studying witchcraft for about fifteen years. I'd been practicing it, intuitively, my whole life, but it was only when I felt the call to cast a spell binding my first husband did I intentionally start to work the magick of the unseen world. The spell worked. In my characteristic

style, I became absorbed with studying the different ways witchcraft was being written about at the time. It was the nineties. Raven Silverwolf, Scott Cunningham and Starhawk had wonderful books about witchcraft as a religion with fabulous ways to practice it. Wicca, with all its charms, never felt exactly true for me. I needed a witchcraft that went as deep as the spiritual paths I studied.

Along the way, I answered the call of the Goddess. When I was younger, she came to me as Artemis, that youthful, wild goddess of the hunt, protectress of children and lover of freedom. In the aftermath of breaking up with my abusive first husband, she became Persephone, the healing goddess who also knows the power of destruction. When I needed compassion, Isis wrapped her loving wings around me. Then when I was completely lost, Hekate called me back to her. All these faces of the Goddess abide with me still. They have been my greatest teachers, showing me how to remember who I am.

I am, like you, composed of many different pieces. The ingredients of who I am including the principles by which I live. These are my boundaries. They are fueled by the things I hold dearest, including my values. Two of my key personal values are freedom and curiosity. I crave the creative space where I can express my truth. Witchcraft is about creating that truth, and it is fueled by our passion.

My passion is the pursuit of the sacred within and the deeper world. I express this passion through my writing and teaching. The Sacred Seven is my gift to those who are called to walk this beautiful journey of spiritual witchcraft in a way that creates space for you to walk your own unique path. The Sacred Seven is infused with the freedom and curiosity that I so highly value.

This course teaches The Sacred Seven principles of spiritual witchcraft. We focus on how these principles are realized through the spiritual forces within and without. We work with spirits of the natural world, known as the practice of pharmakeia. This includes botanicals, stones and animal spirits. We also incorporate correspondences that are objects that have inherent energetic properties that lend themselves to our witchery. Planetary magick is built into The Sacred Seven as well as representations of the most primal forces that flow from the divine, however you understand it.

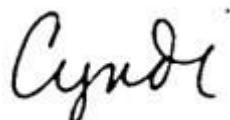
This course includes corporeal manifestations of these spirits and the tools to craft them into powerful talismans. In The Apothecary, you'll find all you will need for the course.

To spiritually prepare for the journey ahead, I've included an important section on Recovering From Spiritual Programming.

**As always, feel free to contact me with any questions or comments at [cyndi@keepingherkeys.com](mailto:cyndi@keepingherkeys.com).**

**For technical and administrative questions, please contact Angie Brown Knight-Reiter at [angie@keepingherkeys.com](mailto:angie@keepingherkeys.com).**

Deep Blessings,

A handwritten signature in black ink that reads "Cyndi".

Cyndi Brannen, PhD  
Creator of The Sacred Seven  
Founder of Keeping Her Keys  
Executive Director of Open Circle Institute

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# **The Books of The Sacred Seven**

**Awakening: The Book of Structure**

**Introduction: The Book of Beginning**

**Lesson 1: The Book of Healing**

**Lesson 2: The Book of Boundaries**

**Lesson 3: The Book of Sovereignty**

**Lesson 4: The Book of Fire**

**Lesson 5: The Book of Infinity**

**Lesson 6: The Book of Abundance**

**Lesson 7: The Book of Wholeness**

*The witch commands the supernatural forces feared by others. Through intention, will and action, she stands sovereign over all things. She uses her powerful mind to alter the course of what has already happened and to create a magick. The witch relies not on the gods to save her but turns to them for support as she saves herself. She calls upon the earth, sea and sky, enlisting them as her allies. With the moon in her pocket and dirt under her nails, she rides her broom confidently through life.*

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## The Sacred Seven Is Right For You If:

- You believe that the Goddess exists as a force of sacred feminine energy from which all other forces and spirits flow. You may call this Goddess by the name of Hekate or another name, but you are open to the idea that the sacred feminine is the primal source of all things.
- You are open to connecting to the four elements of earth, water, air and fire, as well as the energies of land, sea and sky.
- You are willing to connect with spirits such as your ancestors, animal guides and ascended masters.
- You are interested in learning how to connect with botanical and stone spirits.
- You are being called to remember that this sacred power lives within you.
- You are interested in living the life you've been put into this incarnation to live.
- You are willing to engage in personal development methods, spiritual techniques and witchcraft practices that will lead you towards this true life.
- You are motivated to transform your life.
- You are interested in learning how to do guided meditations.
- You are able to spend about 30 minutes a day (on average) investing in yourself through The Sacred Seven.
- You have basic computer and internet skills.
- You own a device and/or computer.
- You can afford the tuition. The Sacred Seven is \$299.99 which grants you access to the course for one year, permanent access to all downloadable content, and one year's membership in Open Circle. Monthly plan is \$49.99/month for seven months.

*Dr. Brannen offers scholarships as part of Open Circle's commitment to community service. 10% of her net income is spent on scholarships through memberships in Open Circle and tuition for her courses.*

## The Sacred Seven IS:

- A course developed and taught by Dr. Cyndi Brannen who shares her twenty years of experience as a psychologist, spiritual teacher and professional witch with students through written content, audio classes and video seminars.
- Delivered on Mighty Networks within Dr. Cyndi Brannen's Open Circle Institute. Basic computer skills are necessary, such as installing and using apps, downloading documents and navigating websites.

A course for anyone who wants to discover and manifest their purpose through self-directed study of spiritual practices, personal development techniques and true magic. True magic is the use of archetypal forces, such as the elements, plants, crystals and animal spirits through meditations, rituals and spells.

- Written by Dr. Cyndi Brannen. Dr. Brannen teaches the two monthly live seminars most of the time and is assisted by the Open Circle Experience Director, Angie Knight-Reiter, who may post Dr. Brannen's content and help with seminars
- A course that values your own experiences, honors your sovereignty and holds space for individual adaptations of the content.
- A journey through seven lessons delivered once a month as individual books full of knowledge, practices and more, with embedded audio classes, two live monthly circles and supplemental materials for going deeper.
- An innovative online year-long program delivered on an easy-to-use unique platform on its own app and website. No ads, no trolls. Work at your own pace, safe in the knowledge that your privacy is protected.
- A community of learners that you can develop relationships with or choose to do the course completely on your own.
- A supportive network led by Dr. Brannen and supported by her staff and peer mentors.

- A course nested within Open Circle Institute which is a goddess-centered soul school. Open Circle is comprised mostly of women; however, we hold space for and honor those who identify otherwise.

## **The Sacred Seven IS NOT:**

- A quick fix for complex problems.
- A basic witchcraft course.
- A religion.
- A rigid set of practices that leaves no room for freedom and creativity.
- An in-person course featuring intensive individual counseling or coaching.
- A substitute for individual coaching, counseling, clinical treatment or other health services.

## **Structure**

- This course consists of The Books of The Sacred Seven, plus The Book of Beginnings. These eight books are the core lessons. In addition, there are supplements, including journal prompts and botanical monographs and planetary profiles, for students to go deeper into the lessons, if they so choose.
- The books are released on the first of the month for eight months and include embedded audio classes. Each of the eight months also includes two live seminars.
- Your tuition grants you full access to the course and Open Circle network for a full year.
- The Sacred Seven lessons are completed at your own pace.
- All course materials can be downloaded so that you will have them always with you.

- You are supported on your journey by Dr. Brannen, Angie Knight-Reiter, Open Circle's Experience Director, and volunteer peer mentors.
- Open Circle Institute is an educational center dedicated to teaching the path of spiritual witchcraft. We are located on an exclusive platform on Mighty Networks.
- Open Circle has a strict policy of inclusion for all those sincerely seeking their own sacredness through exploring the deeper world and sacred divine feminine.
- All information shared within Open Circle and The Sacred Seven is kept in strict confidence and is maintained exclusively within Open Circle.
- We use Zoom, Drop Box, Soundcloud and YouTube to support the content in Open Circle. You will need to have these apps on your device.
- All lessons can be completed directly within the Open Circle app or by downloading PDFS of all the content.
- There is no requirement to submit any written work. Each lesson has several activities and exercises. You may choose to share these within the privacy of the course “classroom,” and are encouraged to do so, as well as seek support and ask questions. However, there is no obligation to do so.
- In order to be initiated into The Sacred Seven, you must complete the Inventory of Initiation which is a written record of your experience in the course. You will write a short summary of your experience of each of the lessons and reflect upon how the course transformed your life. Successful completion of this inventory and the accompanying ritual will entitle you to identify yourself as an Initiate of The Sacred Seven. You will receive a signed Certificate of Initiation.

## Schedule

- New material for The Sacred Seven is released over eight months. You'll have an additional four months to complete the course.
- First of every month: A new lesson, the “book” for the month, is released, along with a botanical monograph.

- One Tuesday evening and one Saturday: Live seminars, usually led by Dr. Brannen, and occasionally led by other trusted teachers.
- Second and fourth weeks of the month: A journal prompt is released.
- 15<sup>th</sup> of each month: Planetary monograph released.

All live events are posted in the course classroom within Open Circle. You are not obligated to attend any of the seminars; each seminar will be recorded and posted in the classroom the following day.

In addition to course seminars, membership in the Open Circle network includes access to live events that are open to everyone in the network (not just those in this course), such as our quarterly moon lodges, monthly Soulful Sunday meetings, and other live events. You will have access to this for a full year as you work to complete the course.

After one year, your membership in the Open Circle network will expire. If you would like to remain as a member and have access to the network's live events, regularly posted articles, and free classes, you may choose at that time to purchase a membership for \$9.99/month or \$99.99/year.

## **What Is The Sacred Seven?**

The Sacred Seven is a spirit, a Master Teacher. It calls us to walk the journey from healing to wholeness. The Sacred Seven includes the forces that flow from the Mother Goddess.

Each lesson is an entity that is part of the oversoul of the course. Although these lessons were transmitted to me from the spirit world, it is my sacred responsibility to transmit them to you with concepts and practices that are effective. I carefully select the various techniques, practices, products and correspondences that are used. However, feel free to

change things up if you study the method I present and systematically swap out techniques or correspondences with matching properties. You can always contact me for suggestions on how to go about doing this. At the end of the course, you'll have developed real skill in each of the seven areas that you can then apply to different needs.

The Sacred Seven is my gift to share with all practitioners who are determined to heal and stand in their power. The Sacred Seven is very much part of who I am. It's difficult to explain, except to say that it's a bit like a spirit that I birthed. But it's not of me; I'm simply transmitting the messages from where I stand at the crossroads of personal development, spirituality and witchcraft.

In this course, techniques are taught in connection with a fundamental universal truth that flows from the Goddess, unlike "basic" witchcraft where you learn technique alone. We use traditional techniques and correspondences in contemporary ways and use completely new objects and methods as well.

## **The Transformative Witches' Hour of Power**

Transformative witchcraft includes personal, spiritual and magickal practices that take us deeper, pull us higher and expand our understanding. The Witches' Hour of Power is the single most important technique in this course.

## **The Power Of Witchcraft**

Do you want to know the secret of witchcraft that works? It's work. Straight up, witches. This Queen of Swords is here to tell you the truth. Magic, on the other hand, simply happens. We light the candle and the miracle occurs. Miracles are not witchcraft. They are spontaneous moments of receiving the favor of the goddess, of Hekate, of the universe or whatever sort of divine source works for you.

## **The Radicalness of True Magic**

The radical part is claiming our power and our right to living an abundant life. That's magick. It's high time we witches got over our collective post-Christian hangover that we deserve less than we are worth. The Witches' Hour of Power is a radical act of claiming

your time as your own. Begin here and then keep going. I'm only interested in witchcraft that compels me towards my goals. This is what the Hour of Power does.

## **The Witches' Hour Of Power**

The Witches' Hour of Power trains our most important tool, our mind, to focus and connect with the deeper world. The deeper world includes the divine as we experience it and the spirit world, whether it's angels or ancestors. Meditation is the training center for our mind. The Sacred Seven is the foundational practice of transformative witchcraft.

Corporeal practices like cardio work and yoga can also get us into the flow zone. The witch who isn't embodied is missing out. Dance, shake, clap if you can. If not, simply breath in an intentional way.

Writing, for me, is a sort of trance once all the research is accomplished. Even then, I've completely tripped out on ancient texts, time travelling back to the days of ancient Hekatean Witchcraft. Journaling as a part of the Hour of Power can be deep spiritual work where we time travel to our past to retrieve our missing pieces.

## **Witchcraft Requires Trance**

The deeper we go into the altered consciousness of meditation, the more we get into flow. For me, this extends to trance, which is the state of release from the chains of the corporeal self. Breathwork in many forms can push us further into the flow. As a pharmaka, a holistic herbal practitioner, my flow is augmented by the use of botanicals. My Hour of Power includes my daily tonic, plus whatever plant spirits I need for the day ahead. Using botanicals to achieve desired states is taking their magic to make magick. The difference between a miracle occurring after we light a candle and casting a spell that works.

## **Don't Get Freaked Out If You're Not A Super Trancer**

Deprivation tanks, ice baths, hot yoga and even sitting in stillness are immensely intimating. Don't get freaked out if you aren't into those things. The Witches' Hour of Power is about getting into flow. There are many ways to get into the flow portal even if you're not a fellow microdoser. Just to be clear, the secret of my productivity, about which so many of you ask, is that I use these techniques every day. However, I also incorporate milder practices into my Hour of Power, such as journaling, doing daily

psychic work (like pulling a couple of cards) and doing self check-ins. Flow is a beautiful continuum that we can access through these things. Practicing daily summoning of forces, like the elements, gets you in the magick.

## **The Hour Is Not An Hour**

First, a bit of snark: if you're resistant to the idea of dedicating an hour everyday to personal, spiritual and magickal development, then you need to do at least two full hours. If you're still with me, you need to know the hour is not an hour. If you've got five minutes, summon some magick from your coffee cup. Set your intentions for the day. Claim it as yours.

## **You're Probably Already Doing An Hour**

Do an inventory of all the personal, spiritual and magickal things you already do every day. Meditation, spellwork, journaling, devotional practices to your deities, and even choosing to be kind when you really want to do violence are all part of the Witches' Hour of Power. If you're completely new to this mindful approach to witchcraft, start with that inventory.

## **Aren't You Worth It?**

The seductive power of modern distractions, from Facebook to Netflix, keeps us from manifesting our true magic. These things are designed to take our money and our minds. Limiting exposure to such things draws us back into our power. If the children and the familiars are sucking up all your time, keep in mind that the better we take care of ourselves, the better they become.

## **The Power Of The Witches' Hour: Staying In Your Magic**

Our unique magic is whatever speaks truth to us, whether it's playing the guitar or building gingerbread houses. When we do the things we love, we experience flow. Our monkey mind shuts up, the shadow sits down, and all is well in the world, if only for a short time. The Witches' Hour of Power is about doing these things in an intentional

way. I've got creating a talisman for my new book scheduled for Monday, and I can't wait. I crave this form of spellcraft. It is how I get back into my magic.

## **Are Your Listening To Your Soul Or Your Shadow?**

Life is life. Full of struggles. Our thoughts lie to us. Our bodies betray our weird ideas about being perfect. People let us down. The past. Well, the past, is best left exactly where it is: BEHIND US. As for the future, all we can do is hustle towards our dreams with grace and grit. The rest is in the hands of the goddess/universe/Hekate (no diff, really).

Practicing the Witches' Hour of Power opens the truth within, revealing our soul code and hushing up that shadow of ours. Of course, the Hour of Power usually involves periods of intense shadow work. Feeling, dealing and healing. Shifting from shadow to soul, lets us be here now. When we are in the moment, we are in flow. If you don't know what is going on with us in the present, that's because we are living in the past and/or hyper attached to the future. There's no magic or magick in that, and it's incredibly disempowering. Stop giving away all that power and reclaim your self through intentional daily practice that speaks truth to you.

## **Three Simple Questions To Get You Back In Your Magic**

One of the most powerful practices is to become more self aware. It'll put you into the moment, opening the path to flow. The key to the path of true magic is through reclaiming our powerful truth. While our Great Work of this incarnation is important, we'll never be able to achieve it if we don't know what is going on within ourselves in the moment. To get into the magic of the present, ask yourself: what is my mood, where is power, and what do I need in this hour?

***Stand in your power, witch.***

## **Lesson Structure**

The lessons in the course are designed to get you busy doing true magick. The concepts and techniques are discussed at the beginning of each, and then it's onto the practicing witchcraft.

Although The Sacred Seven doesn't explicitly include deities and other entities, feel free to incorporate the ones that you work with. Open Circle, as a whole, incorporates the divine feminine, especially as seen through the symbolism of Hekate, Queen of Witches.

Think of these lessons as a framework for understanding and practice rather than rules and regulations. Each lesson consists of seven components:

1. Concepts – the information on the construct is presented.
2. Learning – using journaling and self-evaluation to evaluate your comprehension of the construct.
3. Technique – practice methods for controlling energies, from meditation to training our mind to connecting with the planets.
4. Rituals – each lesson has a different type of ritual, spell or journey, from the commitment one in the introduction to a mystical journey in the final lesson on wholeness.
5. Practice – the Witch's Hour of Power includes seven different areas of practice, with one included in each lesson.
6. Exploration – the applied “hands on” nature of the course means you'll be actively exploring the techniques, not just reading about them.
7. Understanding – finally, processing and recording the experiences you have during the course is the way to fully integrate your learnings. This is accomplished through journaling and Book of Shadows entries.

## **Sigils And Symbols**

Each lesson of The Sacred Seven begins with a sigil, a uniquely crafted talisman that protects and blesses you as you work through each lesson. Meditate on these sigils as part of your Hour of Power.

## **Curriculum**

### **Introduction: The Book of Beginning**

This introduction features in-depth explorations of spiritual programming and spiritual upgrades. All to get you ready for the transformation coming your way.

You'll begin your practice of The Sacred Seven Meditation and learn about The Witches' Hour of Power.

The Ritual Nyssa is the major working of the introduction. It is a commitment ritual to your journey with The Sacred Seven, including your own proclamation.

A group commitment ceremony is held during the first live seminar.

When beginning any new endeavour, it is necessary to banish the profane from our lives. You'll learn the power of The Khernips Ritual to accomplish this.

Tips for creating your own Sacred Seven altar, a potent energy grid to these forces are discussed.

### **Lesson 1: The Book of Healing**

We begin at the beginning. Healing is necessary before we progress towards manifesting our purposeful, true life. In this lesson, you'll learn about the power of acceptance (which is not approval) of the past, release the grip of shame, and experience a transformative healing ritual bath.

The foundational practices of botanical witchcraft, including preparing infusions and incense are taught through the medicine of ginger and yarrow.

Methods of effective grounding are presented, along with the method for establishing a Stone Spirit Ally.

The magickal technique is removal witchery.

## **Lesson 2: The Book of Boundaries**

This is THE lesson about relationships. I've got to be honest here; this lesson is powerful. You'll go in deep about boundaries, which are your personal magic circle. Our witches' journey is often marked by shapeshifting into what others' find acceptable, and we are frequently targets of their harmful ways. This is a deep lesson.

Learn how to cast a powerful energetic container in which you can truly work the witchcraft, including one of students' all-time favorites, the cord cleansing ritual.

You'll also reconnect to the natural forces through the fun of the wand quest. Use your intuition to find the perfectly magickal stick or stang.

## **Lesson 3: The Book of Sovereignty**

Removing and repairing are behind us (at least for now). It's time to stand in your power. Sovereignty is about claiming your rightful power. Taking up space and speaking your truth.

The Book of Sovereignty has you delving into what sovereignty means to you through contemplation and witchcrafting of a sigil and oil. The Sovereignty Ritual will have you feeling regal.

## **Lesson 4: The Book of Fire**

Fire destroys, but it also creates. All life requires the sparks of friction to ignite. Fire nourishes. The creative energy of fire is experienced through the Spell of the Seven Flames. Go deeper into the power using a blade for fire scrying, revealing how your spell will manifest.

All spells are a spiral of growth, spinning ever larger and wider until they are manifested. Our witches' mind requires a similar energy. Learn how to expand your mind through the power of growth as you create this wonderful spell.

What will you manifest through the power of this spell?

## **Lesson 5: Book of Infinity**

The Sacred Seven begins with our Under World healing work, ascends to the Middle Self for sovereignty and growth. Now we begin the climb into the heights of the thoughtful and mystical Higher Self.

The Book of Infinity delves into connection. Without having established our boundaries in Lesson 2, stretching out to attune to the world of spirits can lead to spiritual bypassing. This occurs when our filters aren't set in a way of keeping the harmful out and letting the right ones in. Appropriate vulnerability and openness are the keys to powerful witchcraft, and how to live a life that has deep meaning.

Our psychic abilities are expanded through the mystery of mugwort, that opens the way for a truly mystical journey through the Other Worlds with Goat as our guide.

## **Lesson 6: Book of Abundance**

Our Great Work in this incarnation is to create a Magickal Life. What exactly is that? By this point in The Sacred Seven you'll know what this is because you'll have done all the work required to reveal your purpose. The exercises in this life will further your focus.

Create a vision board as a powerful talisman for that life and journey into the future to see how it manifests.

The secret to manifestation is knowing how to create and cast powerful abundance spells through words of power and correspondences. You'll be a super spell caster in this lesson.

## **Lesson 7: The Book of Wholeness**

In this last lesson, the spirits of the previous books merge into our souls, creating truth and wholeness. The Rebirth Ritual is your initiation into The Sacred Seven. The power of spiritual alchemy and the ascent to The Starry Road are the deep dives.

## A Bit About True Magic

Magic is the general pulse of the unseen world that usually conspires to our benefit. We experience this magic when we hear the call of the Goddess, bear witness to miracles and stand in the majesty of the natural world. True magic is this, but it is also magick, the intentional direction of this pulse through spells and rituals.

When we practice magick, the worlds of *form and force intermingle*. The forces worked with include: the four elements, the three energetic realms and their physical manifestation in the three dominions, the liminal realm, the three selves, and the accompanying three functions (actions, feelings and words). With correspondences, we bridge the two worlds by taking the physical object and pulling out its mystical properties in the various ways we work with the objects.

Magick is about the very real, sometimes obvious and others subtle, push that witchcraft exerts on the energetic currents contained in all things. The Sacred Seven teaches that fierce love, driven by our own power, is the way of transformative witchcraft. You'll learn various techniques, including transmutation, spirit speaking, potion crafting, and much more as you unleash your inner witch. We have fun and work very hard to let our truth speak out loud.

## Correspondences And Spirits

Correspondences are objects that have inherent spiritual qualities that we incorporate in our spells and rituals. All correspondences are comprised of at least one of the Sacred Seven Forces, for these are the foundational archetypes in all things.

All correspondences have two basic types of energy – form and force. For instance, the physical form of plants often contains ingredients that can be used in magick in addition to their mundane applications. Force refers to the energetic qualities of a botanical – its ether or energy. Working purely with plant energy focuses on connecting to the spirit of the plant. There are archetypal personalities to each type of botanical, but they also have unique individual characteristics.

There are lower-order correspondences that don't have a consciousness, such as colors and numbers. Higher-order correspondences have a consciousness – a free will of their own. These include botanicals, stones and animals of the natural world. They have their own spirits that can become our teachers, and we seek their cooperation in our spells.

In the unseen world, the world of spirit, we can experience beings that become our allies. We may call them angels or know them as our ancestors. Deities are the most complex type of spirits, and we can petition their favor on our spells.

Lesson	Botanicals	Stone	Color
1: Healing	Yarrow; ginger	Black Obsidian	Black
2: Boundaries	Sage	Citrine	Yellow
3: Sovereignty	Frankincense	Amethyst	Purple
4: Fire	Chamomile; orange peel; olive oil	Red Jasper	Red
5: Infinity	Mugwort; oak	Blue Agate	Blue
6: Abundance	Bay Laurel; pine	Aventurine	Green
7: Wholeness	Myrrh; elm	Moonstone	White

## Botanicals

There are seven (no surprise there) parts of plants worked with in the course: seeds, roots, stems, flowers, fruit, bark and spirit. Each of the forms of botanical witchcraft are taught in the course. We'll do this by using seven different methods for transferring plant force to form through creating different magickal objects, including : making a banishing stone, imagery, making an incense, using smoke, making magickal water and making a talisman. You can consult with correspondence or herbal reference books to swap out botanicals or ask me.

## Stones And Crystals

Stones are typically worked with for their energetic properties alone, unless, of course, you need to throw one at someone. That can be a very magickal experience! I've selected a stone with properties that reflect each lesson. You should have a new/cleansed piece of

**clear quartz** on hand, too. It can be used as a substitute for any other stone and is generally just a good thing to have around while doing magick. You only need small stones for each of our workings. Feel free to cleanse and re-use the ones you already have or purchase them second hand. Try to obtain your stones that were ethically mined whenever possible.

## Colors

I love color magick so much. I start the day by picking out clothes, well a scarf because I usually wear all black, that set the energetic tone for the day ahead. If you're a member of the Keeping Her Keys Community, you may have noticed that I use color magick in many ways. Probably my favorite technique is to use colored paper for various purposes, especially for writing **voices magicae (words of power)** on or **constructing sigils**. Paper is also great for making symbols, like moon phases. If you're a visual artist, drawings and paintings are a fantastic way to conjure energy.

Below is a table that includes the colors used in The Sacred Seven, along with silver and gold (for representing yourself and the divine respectively). For the course, you should have decent markers (like Sharpies) in all nine colors. A white paint pen is a great tool, as well. Although having paper in the seven colors is a good idea, you can make do with high quality white paper (and black if possible). String in the seven colors, or at least white and black, is another thing you'll need. In the last lesson on Wholeness, the magickal project is creating a talisman using all the colors. This can be accomplished with polymer clay or another similar product. You may already have some on hand if you made the candle holders in the introduction. Polymer clay can be painted, so you can use a mix of craft paint with a few different colors of clay to keep costs down.

## Colors of The Sacred Seven

Color	Lesson	Energy	Uses
Black	1: Healing	Under World/ Lower Self/Sea	Banishing; protection (sending away); reversal; mediumship

Yellow	2: Energy	Element of Air	Self-esteem; confidence; assertiveness
Purple	3: Sovereignty	The Three Selves and Functions	Integrity; self-control; connection to the deities and other entities; Other World workings; accessing the Liminal Realm
Red	4: Growth	Middle World/ Middle Self/Land/Growth/ Element of Fire	Creation; creativity; life force; passion; romance; sexuality
Blue	5: Connection	Element of Water	Communication; thoughts; training; writing; talking; teaching; thoughts
Green	6: Abundance	Element of Earth	Attracting objects and possessions; abundance; finances; money; major purchases; property; the bounty of the land
White	7: Wholeness	Upper World/ Higher Self/Sky	Psychic development; protection (attracting); purification
Silver	Soul	Transcendent	Use as a symbol of wholeness
Gold	Deities, spirits and entities	Divine	Use to represent non-human entities.

## The Apothecary

In addition to the stones and botanicals, it is helpful to have papers and markers in each of the colors in your apothecary. Other things you may have on hand are tools and sacred relics for creating altars, such as candles, images of your favored deities, and more.

## Tools

The tools will be introduced one at a time in each of the seven lessons with an emphasis on how it can be used in conjunction with the energies related to the concept. At the end of the course, you'll have a complete working altar ready for the next phase in creating your magickal life. Altars usually are covered with cloths and often contain images of the energies being worked with. This is why the creation of the septagram altar will be our first step. You can add other images of the elements, dominions, realms, etc.

Bells are used for two purposes – to clear the energy in a space and to get the attention of energetic forces. Use whatever type of bell appeals to you. I have a jingle-bell bracelet like what belly dancers wear. In the first lesson, we use the chalice to explore the watery side of the Under World as a tool for personal healing. None of the tools needs to be fancy or expensive. You can use ones you already have, look around the house for potential items or make them. I broke my athame and grabbed a knife (a rather nice one) that never was used as a quick replacement. I fell in love with it, made a black handle for it and now use it all the time. I use a turkey feather from my ancestors' farm with ribbons tied around it to summon the energy of Air, the dominion of Sky and the realm of the Upper World. It's also a representation of my intellect and higher self. I have always changed wands for different purposes, but some people prefer one that they use for everything. Whatever works for you. A lot of the time, I don't use a wand, but I always have one as part of my magickal set up. The offering bowl is for containing energetic representations of the dominions and elements.

When we burn botanicals, we are releasing their spirits into our workings. A censor that is a heat-resistant bowl safe for burning incense, small sticks and bits of paper in is one of my favorite magickal tools. If you can't or don't like to burn things, you can still place the herbs and other objects in a dish and connect with their energy this way.

## Altars

Creating your own Sacred Seven altar is one of the most beautiful (and powerful) components of the course. Altars are collections of sacred objects that serve as portals to the spirit world. They can be made of anything that speaks of the deeper world to you,

objects that reflect your own sacredness and ones connected to specific spirits and deities. Altars are expressions of our freedom, power and creativity. A template

I don't like to tell anyone how to place objects and tools on their altar. Your altar is the place to express your witchy creativity in all its glory. A good idea is to keep your tools – feather, blade and wand – on it once they are purified. I keep my bells on a white devotional candle. I keep a black protection candle on the opposite side. An image of the entities and/or deities you work with can be added to the septagram altar you made in the intro class. Add representations of the three dominions and realms as you work with them throughout the course.

You can create your own septagram talisman using the template provided in the course or make one of your own design. You can add a fresh candle at the end of each lesson to symbolize your mastery. Each of these candles adds to the power of your altar.

## **Equipment and Supplies**

In addition to the paper, markers., etc. discussed earlier, you'll also need charcoal disks (you can break up BBQ ones or order the ones for burning incense from any major online retailer) and salt (preferable natural sea salt). Pieces of fabric and small bags are good to have on hand – either in an energy neutral form (like natural burlap) or corresponding with the intention of your working.

I always use a black protection candle to cleanse the space before starting and to catch nonessential energies in the objects I'm using. It's also good for keeping intrusions at bay. This is a candle that should be prepared (dressed) for maximum effectiveness. There's a note on candle preparation following the object preparation section below.

A black cloth covering your work surface when making magick is an additional way to ensure purity of the objects you're creating and their protection from harm.

<b>Magickal Tools</b>	<b>Equipment</b>	<b>Supplies</b>
Bell(s)	Bottles	Candles
Blade	Bowls	Charcoal

Candle holders	Compass (or App)	Fabric – plus cheesecloth
Censor	Lighter	Paint
Chalice	Magick spoon	Paper
Feather	Mesh strainer	Salt
Offering bowl	Mortar and pestle	Polymer clay
Deck of Tarot Cards	Pot with lid	String
Wand	Small bags	Work candle and cloth (black)
	Small jars	
	Work knife	

## Preparing Objects for Witchcraft

It's important to prepare correspondences and tools before involving them in a working. Basic preparation includes cleansing each object of any existing non-essential energies and consecrating it for magickal purposes. This is usually done for tools and most objects like stones, bones, etc. Botanicals are a bit different because we may not want to expose their properties prior to using them. Removing their original packaging – which can contain nonessential energy from having been harvested and otherwise handles – is helpful. Then store them in a clean vessel, like a jar or bag.

We cleanse objects to release energies that aren't associated with the specific symbolic powers of the object. For example, if I am using a new crystal in a spell then I want to remove the energy of all the people who have handled it while it made its way to me while keeping its inherent properties. There are a variety of methods for cleansing objects, such as leaving them outside under the Full Moon, placing them in a jar of magical water or smoking them over incense. Salt is a powerful medium for releasing non-essential energies. Try to use natural sea salt. I like using a large shallow container, like a tray to cleanse objects in salt. If you're pressed for space, a Ziploc bag filled with salt does the job nicely.

## **Lunar Purification**

The moon can also be used to purify objects. Most objects will be sufficiently cleansed after a few days, especially if you've put them in there during the Full Moon. When you place an object for cleansing, say something like "You are cleansed of all that's past, free to release your magic at last." You'll need to check-in with the salt to determine when it is full of these unwanted energies and then change it. How long this takes really depends on how much non-essential energy that the correspondence objects you've cleansed in the strophalos have.

## **Activation**

The second part of object preparation is to activate the item for magical use. You'll be able to tell that an object is ready to leave the salt by picking it up. It will feel clean and you'll feel its energy. When this happens, take the object and pass it through the smoke from incense several times. Sage, of course, is a great choice for using for this purpose. I usually do this in multiples of three. You can recite something like this: "I hereby claim this object for my magical workings. My intentions are true, my actions wise and my will is strong." Your object is ready for use as a correspondence.

## **Candle Preparation**

Candles can have their unnecessary energy removed via salt like other magickal objects. In addition, they can be dressed with oils and herbs to infuse them with specific energies. Drawing or painting on them accomplishes a similar goal. To dress a candle, let it rest in the salt for a few days first. Then rub the candle with a sacred oil, you can use high quality olive oil like you'll need for the lesson on growth. In general, you can rub the oil in either clockwise or counter-clockwise for attraction or removal magick respectively. Then you can rub a few drops of an essential oil correspondence onto it as well. I often roll the candle in scattered herbs as well. Note to go lightly with the herbs if this is a new technique for you. You don't want to have them catch on fire. If it's all all-purpose candle without a specific use, then letting it rest in salt is what I do. If you're using battery operated candles, you can place them on salt to cleanse them, too.

## Course Policies

**Communicating with me:** All communication with me should be done over email using [cyndi@keepingherkeys.com](mailto:cyndi@keepingherkeys.com) or using the chat within Open Circle.

**All questions about navigating the course should be sent to [angie@keepingherkeys.com](mailto:angie@keepingherkeys.com) or by contacting Angie Knight-Reiter within Open Circle.**

**Safe and supportive environment:** I put a lot of effort into ensuring that the course is designed to create a safe and supportive environment. If, at any time, you don't feel safe and supported, I urge you to get in touch with me.

**Confidentiality:** All information shared with me will be kept private and confidential. Since personal information may be shared, all students must respect the confidentiality of others. No information shared within the course is to be shared outside of it.

**Contacting me:** Email is the best way to connect to discuss anything. We can arrange to meet on video chat or an audio call to further talk about things.

**Intellectual Property:** The books, audio classes, video lectures, and the recorded live classes are not to be shared outside of the course.

All works produced by the students remain their exclusive property to do with as they wish. Open Circle, Keeping Her Keys, and Cyndi Brannen do not claim rights to any student produced work.

**Fair Use Policy:** Any materials shared within the course are for personal use only and are not to be distributed outside of it.

**Inclusion And Diversity Policy:** I place a high value on diversity. Open Circle Witchcraft welcomes witches and people of all paths, except those who practice intolerance. We share a common desire to live a life of fierce love and true magick.

All religious paths and types of witchcraft are welcome in the course. Respectful behavior towards others with different perspectives is inherent in the practice of true magick. We learn from each other's varied views and experiences.

**Intolerant and Inappropriate Behavior:** All hate speech and insults will result in disciplinary action. Minor problems will be dealt with using healthy conflict resolution practices. Significant infractions may result in a student being removed from the course. Refunds will not be given if such a situation occurs.

**Course Withdrawal:** No refunds for a lesson once it's released. Refunds will only be given for lessons not yet received.

**Plagiarism:** Any verified acts of plagiarism will result in expulsion from the course. No refunds will be given. If you are unsure how to cite sources, get in touch with me.

**Payment:** Financial difficulties happen; let me know and we will sort it out. It is your responsibility to ensure that payments are sent on time.

**Exceptional Circumstances:** If you experience any situation from illness to financial problems, get in touch with me.



# **Joining And Navigating Open Circle And The Sacred Seven**

There are two methods for joining The Sacred Seven classroom which is nested within Open Circle on Mighty Networks.

## **On a phone or similar device:**

1. Download The Mighty Networks app.
2. Search for and select Open Circle.
3. Once you are on the Open Circle page, choose a membership plan. For The Sacred Seven this is either the one-time tuition of \$499.99 USD or the monthly subscription of \$49.99 USD. Choose the one you want.
4. Create your account.
5. Next you'll be directed to confirm subscription.
6. After that, you'll be asked about notifications. You can select "okay" to keep up to date with everything happening in your course and Open Circle.
7. After you enter Open Circle, click on your picture in the bottom right hand corner to customize your profile.
8. Choose "personal settings" then "edit profile."
9. Choose "interest" and then start to type in "Sacred Seven Student." Then tap on "Sacred Seven Student." Take some time to describe yourself in the "introduction" part of your profile so others can learn about you and to help connect with those with similar interests.
10. Once your profile is updated return to the main page by tapping the Open Circle logo in the bottom left hand corner.
11. Explore the WELCOME section, scroll across to the "Start Here" guide.
12. Take a moment to answer our welcome question: "What do you bring to our circle?"
13. Now add to the strength of Open Circle by adding your voice to our spell of protection and blessing that you can find in the welcome section.
14. See news and other events.
15. Then click on the three little bars in the upper left hand corner, scroll down to "Courses" and click on your course name with the correct start date. This will bring you into the course.
16. Introduce yourself within your course. Share a bit about why you chose to take The Sacred Seven.

17. Return to the main commons of Open Circle by using the logo in the bottom left hand corner.
18. Discover events and more by clicking on those three little bars in the top left.
19. Explore the FEATURED section for what is being currently highlighted.
20. Join The Keeping Her Keys book club (free) by clicking on GROUPS.
21. Explore TOPICS to find all our wonderful witchery, including loads of DIY classes.
22. Look in the “events” topic for recordings of our previous gatherings. NOTE: We do not record rituals.
23. Introduce yourself with a quick post. We love to get to know our new members.

## **On a computer:**

1. Go to opencircle.mn.co
2. Once you are on the Open Circle page, select “choose plan.”
3. For The Sacred Seven this is either the one-time tuition of \$499.99 USD or the monthly subscription of \$49.99 USD. Choose the one you want.
4. Create your account.
5. Next you’ll be directed to confirm subscription.
6. After that, you’ll be asked about notifications. You can select “okay” to keep up to date with everything happening in your course and Open Circle.
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22. Look in the “events” topic for recordings of our previous gatherings. NOTE: We do not record rituals.
23. Introduce yourself with a quick post. We love to get to know our new members.

## **Navigating The Sacred Seven Classroom**

Watch: Navigating the course on a device here:

<https://youtu.be/PEbvQRCoV4o>

Watch: Navigating the course on a computer here:

<https://youtu.be/3G42Vp1sWSg>

# **Appendix: The Sacred Seven Complete Curriculum**

*Includes the page numbers in the individual books for quick reference.*

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