

Episode #020 – Reiki, Yoga, and Wellness

The Infinite and the Beyond

An esoteric podcast for the introspective pagan mind hosted by Chris Orapello
www.infinite-beyond.com

❖ Show Introduction

- It's Sunday April 10th 2011 MM, BB, 93, Hello and Welcome to the #20th Episode of “The Infinite and the Beyond,” an esoteric podcast for the introspective pagan mind. Where we explore a variety of topics which relate to life and one's unique spiritual journey. I am your host Chris Orapello.
- Intro music by George Wood.
- In this episode we...
 - Talk about Reiki and Yoga with Janet Watkins from Live in Joy Yoga and Wellness in Audubon, NJ.
 - We learn about Russian healer and prophet Grigori Rasputin in A Corner in the Occult.
 - We speak with local recording artist Robin Renee.
 - We discuss the ideas surrounding energy in The Essence of Magick.
 - We read some listener email, listen to some great music, and have joyful and insightful time doing it.

❖ Announcements

- (Background Music: “Jai Mai” by Robin Renee)
- About time we got to 20 episodes. LOL
- The pagan community has come together under the leadership of Peter Dybing from The Covenant of the Goddess who started a fundraiser for Doctors without borders to help the people of Japan. So far this effort has raised over \$32,000.00 which beyond their goal of \$30,000. Thank you to Peter for starting that and thank you to everyone who donated to that cause.
- The first ever International Pagan Coming Out Day is scheduled next month on May 2nd and for more information visit their website at pagancomingoutday.com
- This year's Pagan Podcaster Super Moot is scheduled for this September in Salem, Massachusetts. The Super Moot is the brain child of Velma Nightshade (bubbling + baby cry sound clip) and this will be the second year for the event. I didn't mention it last year because I was unable to attend, and this year it seems more likely that I'll be there, but I'm not entirely sure. So, for those of you who are interested in meeting and hanging out with some of the known pagan podcasters it's a good opportunity to do that. The official website for the Pagan Podkin Super Moot! Is paganpodkin.com. There you can find out what's going on and who will be attending. So far, we'll be meeting at Omen Psychic Parlor and Witchcraft Emporium on Saturday the 17th from 11am - 1pm.

Afterwards we’ll be getting lunch and then further shop hopping; so it will be a busy day. Sunday is still open, with nothing planned, but I’m sure something will be figured out by then.

❖ Thank You!

- Thank you
- YouTube
 - AuberonDrenanawen
 - Loghyrt
 - Witchesbrew1947
 - NeoPagan2007
 - MagickalHummingBird
 - Robin Renee
 - RosesofAmber
- Forum
 - SilverShadow
 - MaeveRain
- Facebook group
 - Almost at 400 members!
- Thank you to Janet Farrar and Gavin Bone for plugging episode 19 of this podcast on their Facebook page! I emailed them just to let them know I had mentioned their book several times in the episode and that if they listened to it, any feedback would be appreciated, but not expected. Well they thought the podcast wonderful and so plugged it on Facebook which was a delightful Saturday morning surprise for me. (Amy from Pennsylvania messaged me about them plugging the show and I was like “Buh?”). And I even invited Janet and Gavin onto the show so they may be future guests, which I think, would be absolutely lovely. Don’t you?
- Now the music that has been playing in the background is a track by the name of “title” which is by Robin Renee who we’ll be speaking with later in this episode. In a bit we’ll be meeting with Janet and then later visiting A Corner in the Occult, but now for a word from our sponsors...

❖ Commercial

- Pagan Mafia!
 - Music: “Italiano” by The Shark

❖ **As of Late:**

- (Background Music: “Hope for Japan” by The Watcher)
- As of late, the world has erupted into insanity with conflict and crises. Now aside from the global issues, I’ve been to two funerals as well as dealing with some personal deadlines and projects so I felt that we all needed to just sit down and breathe. And instead of learning about The Twilight Path I decided to make my way over to Live in Joy Yoga and Wellness in Audubon, NJ to learn about Reiki and Yoga with one of the owners there.

❖ **Interview with Janet Watkins Part 1**

❖ **Bumper**

- Proud Pagan Podcasters

❖ **Segway**

- Welcome back I hope you enjoyed part one of my interview with Janet. Stay listening for part two where we finish with Reiki and get into the practice of yoga.
- But before we continue with speaking to Janet it’s time for us to visit early 20th century mother Russia in A Corner in the Occult...

❖ **Segment: A Corner in the Occult:** (approx. 1300-1500 words): Grigori Yefimovich Rasputin (1869 - 1916)

- (Background Music: “Piano Quartet in g 3rd Movement by Mozart” performed by Linda Holzer)
- Hello and welcome to “A Corner in the Occult” Where we focus on one part or person from the history of occultism. In these regular segments, I touch upon many aspects of the occult and I hope to offer you something new or at least something to think about. The information presented is always done so in the best manner possible in regards to its content and accuracy depending on the available sources. There is a lot in occultism that one may never choose to look into, and here you have the opportunity to learn about something which you may have never bothered to investigate. And oddly enough there are a lot of people who may not be that aware of whom today’s topic is on...
- Adviser to the Russian royal family during the turn of the 20th century, monk, faith-healer, psychic, prophet, (debaucher or charlatan to some), Grigori Yefimovich Rasputin held an unusual position of power for someone who wasn’t born of Russian Nobility and it would be this position that would eventually lead to his elaborate and trial some death in 1916. He is often argued by some to have contributed greatly to the fall of the Romanov Dynasty in 1917, which was the last dynasty to rule over Russia.

- Rasputin was born a peasant in the small village of Pokrovskoye, which was along the Tura River in Siberia though now it is presently known as Tiumen' Oblast. The year of his birth is felt to have fallen sometime between 1863 and 1873, and some sources specify his birth date as being January 22, 1869 (N.S.), but for some reason the exact date of his birth is uncertain which is probably due to many accounts of his life having often been based on dubious memoirs, hearsay and legend which possibly even contributed to myths surrounding him.
- Though not much is known about his childhood reports indicate that he was one of three children. He was reported to have had a sister by the name of Maria who was said to be epileptic and an older brother by the name of Dmitri. Unfortunately both of his siblings died at very young ages. Maria was said to have drowned in a river while Dmitri died from pneumonia which he developed after having fallen into a pond which young Grigori tried to save him from. Thankfully a passer-by intervened during Grigori's rescue and was able to retrieve both children safely from the water. The unfortunate deaths of young Grigori Rasputin's sibling would affect him so deeply, that later he would name his own children Maria and Dimitri in memory of his brother and sister.
- Fascination for Rasputin and the myths surrounding his mystical powers actually began at a very young age. One such story reports that when he was younger, his grandfather Efim Rasputin had one of his horses stolen and it was is young Grigori who identified the thief. Apparently at the time he was laying sick in bed when a group of peasants entered the room. Young Grigori sat up and pointed at one of the men declaring that he had been the one who had stolen the horse. As a result of his unfounded accusation Grigori was punished, but the suspected man was followed home later that night by some of the others who were present to his accusation. Sure enough, they witnessed the man lead the stolen horse out of his shed and into the forest. This event would label Rasputin as a psychic and some even feared his supposed abilities as he grew up during a time that still contained superstition and fears of the mystical, when beliefs in magick and magickal healing were still common place. Though some thought he may be possessed by the devil or some kind of demon, Rasputin thought he was influenced by a higher force.
- Around the age of 18 (1887) he visited a monastery in Verkhoture which would soon change his life. The monastery introduced him to ritualized form of religion which caused him stay there for three months after which he became a strannik, which was a pilgrim or religious wanderer and was said to travel as far as Greece and even Jerusalem. It was said that shortly after leaving the monastery he came across a man by the name of Makariy who lived in a hut. Makariy was said to have a great influence on Rasputin. Other stories of this time in his life say that he often walked for days without eating or stopping; he didn't wash or touch his body and even wore shackles to increase the difficulty of his travels. It is believed that during his wanderings he received a vision of the Virgin Mary who instructed him to travel to St. Petersburg which he did not do for over a decade, though some reports reveal that this vision occurred later in his life. Also during this time, it is said that he

encountered a secret sect called the ‘hlysty’ that practiced a particular kind of worship which involved sensory overload and exhaustion caused by singing, praying, spinning, flagellation, and rumors of orgiastic sex. The idea being that their actions would bring them closer to God and that “they were driving out sin with sin.” Whether or not Rasputin adopted or engaged in these practices is more rumor than anything else, a rumor which haunted him for his entire life and one which the tabloid media would later exploit to undermine and attack the monk’s later political influences. Though according to his daughter Maria, Rasputin did look into the hlysty sect, but rejected it, and was appalled by the belief that grace could be achieved through self-flagellation, while others feel that this embrace of sin, and the idea of driving out sin with sin, was adopted by him and even enhanced Rasputin’s tendency for excessive drinking and sex which is a common association made with the Russian Monk.

- In 1889, at around 20 years old, he returned to his home village of Pokrovskoe and married Praskovia Fyodorovna. And with her, he had three children Dimitri, Maria, and Varvara. The locals saw a change in him; he was perceived by some to have a luminescent religious essence and was even called a ‘staryets’, a wandering holy man, by others. He soon became known as a religious healer and prophet among the local peasants who gave him food and money out of appreciation of his work.
- In time he would continue with his wandering and as a result made his way to St. Petersburg which was said to be “agog” with mysticism and aristocrats who were enthralled with anything dealing with the occult. Luckily during this time the Church was looking for men like Rasputin who had a religious influence and connection with the common people of the land. Bishop Theopan, who was said to be initially put off by Rasputin’s strong smell soon became mesmerized by the charming disheveled monk. Knowledge of his abilities spread throughout Russia. And as a result, he met the Montenegrin princesses Militsa and Anastasia who even became infatuated with him and his abilities. It was his associating with the princesses that led to him being invited to meet with the Tsar and his wife concerning their son Aleksei, who was believed to have hemophilia. Aleksei was known to suffer from episodes of bleeding which always endangered his life and well being; though current medical evidence suggests that young Aleksei may have had aplastic anaemia which was similar to hemophilia except it had a tendency of going into spontaneous remission, which in many cases has been known to be long term. But when Rasputin was summoned, young Aleksei was experiencing one of his bleeding episodes which the doctors could not stop. Rasputin, was said to have halted the further use of aspirin, which at the time was known of as a wonder drug, and instead prayed for the boy which seemed to have an effect and caused the episode to cease. Coupled with his repeated effects in regards to the young Aleksei and believing that Rasputin was the answer to the Tsaritsa’s prayers, Rasputin soon became a significant part of the royal Romanov Family.
- Speculation regarding Rasputin’s effect on young Aleksei has often been attributed to an applied hypnosis conveyed in his quiet voice to the young child; which may or may not have been the case. As in another situation when Rasputin was away, he reportedly aided Aleksei during one of his health emergencies by sending

him a letter. The letter simply stated, “Don't let the doctors bother him too much; let him rest.” Some believe that this advice possibly calmed Aleksei down which offered him enough relaxation and peace that his body was able to heal itself.

- Oddly enough many have commented on Rasputin's unusual affect on people and his ability to influence and control them by his word and presence. Whether or not this can be attributed to some inherent mystical trait or simply due to his alluring personality is unknown. It can be assumed that this effect on others served him well among the Russian Nobility, many of whom disliked Rasputin because he was not of their class by birth and was very obviously a man of the common people judging from his appearance and personal hygiene. After his success with young Aleksei Rasputin became very favored by Tsar Nicholas II and his German wife the Tsaristas Aleksandra who referred to Rasputin as their friend and a holy man and he soon became a regular visitor to the palace. Aleksandra enjoyed speaking to him about religion and god and even believed that he was the answer to her prayers in regards to the welfare of her son. In time Rasputin would begin giving them guidance, which reached into the political spectrum of Russia and some of his advice hinted at undermining the influences of the church and that spiritual salvation could be sought from within and need not be dependent upon the clergy or the church. He seemed to speak openly about his personal theologies and even possibly conveyed prophecies to the Tsar which at time affected his decision making. For example during World War I Rasputin caused the ill prepared Tsar to head to the battle front by declaring that *the Russian armies would not be successful until the Tsar took command*. This decision would have grave consequences for his family and Russia.
- As a result of the war the Tsaristas, being of German descent, was looked down upon as possibly being a spy for Germany. Her infatuation and dependence upon Rasputin painted her in an even dimmer light as his reputation by this time had soured tremendously due to his seeming control over the Russian monarchy and his bureaucratic influence. With the Tsar away Aleksandra become more and more dependent upon Rasputin for advice and counsel. In one such incident he reportedly caused her to fill government offices with candidates that had ties to him.
- Rasputin's role and influence over the Romanov's was reaching its limit. Vicious Rumors of romance and adultery were beginning to spread about him and the Tsaristas and satirical newspaper cartoons depicting his dominion over the Tsar and his wife were becoming ever more popular. Images of them sitting on his gigantic lap as if they were children or the Tsar dancing while Rasputin played a pipe were just some of what could be found in the Russian papers during this time. It was obvious that politicians and journalists were trying to use the rumors surrounding Rasputin to not only discredit him, but also to remove the Romanovs from power. The situation was inevitable as much of the Russian nobility disliked Rasputin from the beginning. The rumors surrounding Rasputin were so common and effective that even now historians still speculate about who Rasputin really was and what issues dealing with his character were fact, and which were fiction. According to

rumor he dealt in Russian politics and was very power hungry; he was a heavy drinker, and allegedly very promiscuous despite being married and a monk. Some even speculate that his indulgent and lustful predictability led to his complicated and violent death.

- Out of concern for the future of Russia due to Rasputin's influence over the Tsaritas, Prince Felix Youssouppoff who was the husband of the Tsar's niece Irina; the Grand Duke Dmitry Pavlovich who was the first cousin of Tsar Nicholas II; Vladimir Purishkevich who was said to be an outspoken member of the Duma being the lower house of the Russian parliament; Lieutenant Sukhotin a younger officer of the Preobrazhensky Regiment; and Dr. Lazavert who was a friend and physician of Purishkevich. Dr. Lazavert invited Rasputin to the Yusupov's Moika Palace on December 30, 1916 for dinner and to meet the Tsar's lovely niece Irina who was married to Prince Felix. She was said to be expecting other guests and it was thought that Rasputin would not pass up the opportunity to dine with young woman of Russian nobility. So, while waiting for the other guests to arrive they led Rasputin down into the cellar where he was unknowingly served cakes and red wine which was laced with enough cyanide to kill five men. However, despite the large amounts of poison which Rasputin ingested hours went by with no seeming effect. Though some dispute that he ate any of the cakes because he was said to never eat sweets, but if this was the case why serve him cakes at all? Regardless, the Prince was getting restless and so decided to take further measures to ensure Rasputin's demise. So, while Rasputin stood looking at an ornamental cross on the wall, he was shot in the back with a revolver by the Prince. As he lay there on the floor bleeding, the Prince went over to inspect the body. He was said to have shaken, lifted and even dropped the body of Rasputin to ensure that he was dead, upon which Rasputin's left eye opened and was said to have grabbed the prince by the throat; and began to strangle him uttering the words, "you bad boy." The Prince managed to get free either of his own accord or due to Rasputin receiving several more bullets to the back from one of the other conspirators. Some accounts say that at this time Rasputin made it out of the palace while others seem to imply that this convoluted sequence of events stayed within the palace. Regardless a majority of the accounts are in agreement that Rasputin was beaten, received further gunshots to the back and head, stabbed, restrained, rolled up into a rug, and then thrown into the frozen Neva River which existed alongside the Palace. His body was later recovered three days later and upon further investigation in 1917 it was felt that he died of drowning as his lungs were filled with water, he was free of his restraints, and his fingers displayed attempts of clawing at the ice of which he was underneath. Though later reviews of the autopsy conducted decades later do not support this theory suggesting that the gun shots to the back and head were fatal and that finding water in his lungs would have been expected as a result of being submerged. It was even said that the Prince changed his story several times and some feel that the seeming invincibility of Rasputin was concocted to justify such a blundered and elaborate murder.

- Even in death, rumors of Rasputin’s immortality persisted as one rumor states that due to the inexperience of the mortician Rasputin’s body began to move on its own and was described to have sat upright during its cremation which was explained to have been caused by his tendons as they were left intact. Another rumor says that his unusually large penis was removed from his body after his death and preserved in a jar. Though some tales tell that it was removed during his murder upon which it was recovered by a maid. Regardless, his dismembered member is said to be currently on display in Russia’s Museum of Erotica located in Saint Petersburg which was opened in 2004 by Dr. Igor Knyazkin of the Prostate Centre of Russia's Academy of Sciences. Though, some zoologists say that the penis on display is actually from a horse or some bovine animal which means that we can only conclude that Rasputin’s penis may still be on the prowl.
- Fascination for Rasputin continues to the day as films and television shows have been made depicting events from his life. Some the films include:
 - *Rasputin, the Mad Monk*, done in 1966 Starring Christopher Lee
 - *Rasputin*, done in 1996 Starring Alan Rickman
 - The animated film *Anastasia* (animation) done in 1997 where Rasputin was depicted as the villain who rose from the dead twenty years after to kill the young Romanov heiress Anastasia.
 - Even the future title, *The Young Rasputin* which is scheduled to be released in 2012.
- There was even a 1978 disco song done by the Germany-based group Boney M titled, *Ra Ra Rasputin*.
- Despite rumors and questionable history the man known of a Rasputin was just as intriguing in the life as he now continues to be in death, and the tales still being told about him will ensure his immortality and invincible spirit. His gifts and abilities awarded him a seat by the side of Russian nobility of which became his demise. It can be argued that we may never fully understand who he was as the rumors surrounding him were far too established and known. To his daughter he was a good and saintly man. To young Aleksei and the Romanov family he was a gift from God. To those that murdered him he was corrupt and far too powerful and influential for their liking. To Russia he is a permanent and significant part of their history and to us the Siberian monk, mystic, healer, psychic and prophet born as Grigori Rasputin is A Corner in the Occult.
- **This concludes this edition of A Corner in the Occult. Suggestions for A Corner in the Occult are welcomed and encouraged so please be sure to contact the show online via the show website or through the show forum.**

Thank You

❖ **Commercial / Bumper**

- Title Goes Here

❖ **Music**

- “Like Rasputin” by Amy Rigby

❖ **Segway:**

- Hey welcome back.

❖ **Interview with Robin Renee**

❖ **Featured Music:**

- “Holy River” by Robin Renee

❖ **Segway:**

- Hope you enjoyed that interview and her song “Holy River.” I’ll be playing another track by Robin a little later in this episode. Robin also has some upcoming gigs in Ohio, New York, and Delaware so be sure to check out her website robinrenee.com for when they’ll be happening.
- Now before we get back to our discussion with Janet or our look into energy in The Essence of Magick Series, I have some lovely letters that I would like read.

❖ **Letters and Messages**

- (Background music: “No More Hectic Days” by Alexandre Falcao)
- **Essa from the new podcast *The Witches’ View* sent this in through the show website.**
 - I just wanted to take the time to drop you a line and tell you how much I enjoy your podcast! I find all of the information that you present to be really thought provoking. I especially love learning about Thelema, a topic which never crossed my mind to look into until I heard your podcast.
 - A few weeks ago I got the urge to find something new to expand my learning in a pagan sense and in the process I came across pagan podcasts! Since that day I have listened to nothing else. I found so many that I really enjoy though sadly not too many of the ones I love are making new episodes any longer. I find that disheartening. Our community needs more podcasts!
 - Podcasts are an amazing tool for small town witches, especially small town witches in the deep south! I love to hear the views and opinions of pagans around the world. So, inspired by you and a few others, my coven and I decided that we would start one for ourselves! We are having a great time with it and my intent is not to promote my podcast, but to thank you. So, thank you Chris, for the wonderful inspiration! Blessings and 93. P.S. As a transplanted Jersey Girl, It’s nice to hear something that sounds a little bit like home :) Keep up the fantastic work!
 - (Response adlibbed)

- **Loyd H says:** Yet another nicely done, high quality podcast production. Speaking for myself, I prefer such high quality over a more frequent but less than perfect experience.
 - Your perspective on Wicca in considering its origins and directions was very helpful. I still get the impression, however, (whether correctly or not) that it is kind of a pop/fast food version of spiritualism angling for those who might (wisely in some cases) shy away from many of the "ancient and mystical" precepts common to "high magic", taking that particular term loosely enough to include the most serious fringes of all "revealed" mainstream religions as well as some odd ones.
 - As with any denomination of church, etc. the social encounters one makes with Wicca likely outweighs any actual spiritual ones, but again this is my own outsider's, unqualified view. As long as there's a "do no harm" clause somewhere any active path of intended enlightenment and general satisfaction is far better than a dead one or none at all.
 - "All paths are the same they lead nowhere" - Don Juan (via Carlos Castaneda) (half right, actually all such paths will also lead you back to somewhere, is this not true?)
 - The discussion on initiations was particularly thought provoking. (Kind of like looking at candles in the mirror?) The direct approach at least has the advantage that any misperception is one's own as opposed to being a second-hand rose. Keep up the good work. I'll keep listening.
 - (Response adlibbed)
- **Frater Alpha offers some wonderful criticism:** 93 - Yes Bro! You are intelligent and interesting, obviously really experienced and knowledgeable. I really enjoy your show.
- I discovered you while searching for podcasts about Lon... My personal area of expertise is, Thelema, Freemasonry, and Tibetan Buddhism. Honesty is the most powerful magick, so here goes..... My initial impression with the campy intro music was that this wasn't going to be "serious" enough for me. I also felt like you "self promoted" a little too much. In my classic left hand ways, I prematurely judged...Then as I was laughing my ass off listening to Lon on your podcast... You grew on me, so I listened to more...Your smart and I like your perspective and relatively scientific and certainly scholarly approach. Your intentions are Palpable. I have learned to tolerate the campy parts of your show, but the interviews and parts with classical music and interesting biographical and historical knowledge are so great. Keep it up, I am a Mason from NYC, and YES way cool that Lon brought you back to the Fraternity. Insanely cool in fact... When I became the 93rd active member of my Lodge it really set in motion this whole unification system I'm developing with Freemasonry, Solomon Magick, Thelema, and Buddhism. Anyway, you be you man, I freely admit that I don't know anything, so don't listen to me...I was a big podcaster, and I see myself in you...don't beg so much for comments and acknowledgment, you say "thank you" and "please" so much that it loses its meaning. I actually don't mind finding out HOW to contact you but sometimes I instinctually reach to turn you off when it verges on a vehicle

for spam. Just be careful of making it "too" commercial, and rise up yourself worth and confidence a bit (yet stay humble and wise)..Perhaps include a little more "organic" types of music? You are freaking awesome brother! Someone I can proudly point to as an example of studious occultism to guys in my Lodge and others and not be embarrassed. I wish you tremendous success and have seen us interacting more in the future. I look forward to it.....93

- (Response adlibbed)

- ◆ 93 Bro. Alpha

- **Egan from Virginia had this to say about Episode 19:** Brother Chris,
- Your podcast on "Advanced Wicca" really made me start thinking. In fact, I could not stop thinking about proceeding into the advanced areas of magick, craft, art, or other pursuit.
- First, let me say, I tend to relate most things to martial arts and music. These two pursuits have been a major part of my life. Even before my awakening to my pagan path.
- I feel there may be a great many people who, when they hear the word advanced, may automatically think of adding more and more stuff to their practice. However, as a martial artist, musician, and Free Mason, my thoughts on advanced levels may be different from some.
- I believe, in all things, you get out of them what you put into them. I also believe, when you get to the "advanced" level of anything it is not advanced.
- Let me explain using the aforementioned practices of music and martial arts. When you start out trying to learn a musical instrument you first must learn to produce a sound. So, the prospect of completing a scale would be an advanced undertaking. After you are able to complete a scale, you begin to learn different rhythms. These are advanced compared to your current level. After rhythms, you may learn your first piece of music. This first piece of music is advanced based on your level of proficiency. Then you learn modes, the ability to solo, and so on. All of these are advanced at some point and continue to be so as you progress in your studies. However, the basics are what make up the "advanced" studies. So, one could argue, no matter your level of expertise, you are always practicing and performing the basics no matter how they are arranged.
- The same thing could be argued for martial arts. In your first class you are shown a couple of techniques. These are advanced to you but basic to the instructor. As you progress you are shown additional techniques, patterns, combinations, etc. All are advanced until you are comfortable with them and are built around your mastery of the basics.
- So, how does this relate to Wicca? The first things you learn in Wicca or, any religion or magickal system are the basics of belief and practice. However, until you learn them and make these things a part of your being, they are "advanced." Once they are ingested and a part of you, they are basic and you are able to digest the next step. This process continues through your Wiccan/Pagan life.

- An example would be meditation and visualization. I think most would agree this is a very important skill to develop. Whether you are communicating with the Gods, or visualizing a need during the completion of a spell the previous skills are important. The better you get at these, the more effective you will be in communication or results.
- So, the more you practice, the "advanced" become basic. In my opinion, there is no need to worry about adding more and more. To make everything the basics is to become advanced. For me, I believe this is the key to advancing in Wicca and magick.
- Blessed Be, Egan
 - (Response adlibbed)

❖ **Segment: The Essence of Magick Series (TEoMS): Magickal Energy**

- **(Background Music: "Calling Peace" by Alexandre Falcao)**
- **(Audio clips: Gerald Gardner and Patricia Crowther chanting "The Witches Rune;" Aleister Crowley "Excerpts from the Gnostic Mass;" An interview with Gerald Gardner, early 1960's)**
- *...It is a secret and you will be taught. From the basic to the complex all will be revealed. Welcome to the Essence of Magick Series... echoing forth from the infinite and the beyond.*
- **Magickal Energy**
- The word energy is often applied in regards to magick, but it is rarely ever explained or explored.
- In the everyday world, the idea of energy is a product of combining elements as we know and trust them to be so that through their interaction the result which ensues can be utilized to do some form of work or fulfill some function. For example, in a steam engine we understand that contained increasing amounts of steam will create pressure and that pressure is utilized to create power which is applied to move a train. The movement is created by the combination of situations which in themselves are based upon the trust that we have for the materials i.e. if a heated fire thrives underneath a tank of water, the water will evaporate and create steam. In a sense the energy created is the result a complete expression of the materials involved. In order for the machine to function up to one's expectations the fire and water have to function in a manner a kin to their properties and the totality of their expressed being as aspects of the manifested world.
- The idea of magickal energy in relation to the self is not that much different then how the fire and water functioned in the previous example, for every act is an expression of one's being. The tools through which we express ourselves are those elements which enable us to connect with others, and that which causes them to take notice of who we are and our place in the world. Things such as our breath, speech, gaze, scent, emotions, and gestures are the ways in which we communicate, affect the world and those around us by exerting our being. This can then be further emphasized with the ideas of the Will in Thelema or similarly in allowing our

true self to unfold. For by finding and fulfilling the Will or by allowing us to be who we are meant to be, we are solidifying our role in the cosmos by permitting the full expression of our being to flourish.

- Now, you may be wondering how any of this relates to magick? Well magick, along with it being the *science and the art of causing change to occur in conformity with will* is also a means of self expression which relates to the idea of magick being an art. As with any creative undertaking a working is first envisioned and then the necessary actions are taken, tools are gathered, preparations are made, beings are spoken to, and physical labor is invested which is all done in order to bring an envisioned thing into existence.
- The elements involved in an act, when applied completely, interact with each other creating a force which can be used to create movement or change similar to the steam engine mentioned previously. The energy produced from the combination of elements whether they be tools, intentions, words of power, liturgy, visualization, physical movement, etc. culminate a flow of energy from their joined expression which can be directed to fuel an act. So, whenever one is following their true Will or allowing their true self to manifest they are expressing their being to cosmos, which by default utilizes all the necessary implements to cause change to occur which in the culmination of their interaction results in the energy which fuels magick.
- **This concludes this edition of the Essence of Magick. Suggestions for this series are welcomed and encouraged and you can do so on the show website or through the show forum. Thank you.**

❖ **Promo**

- Pennies in the Well with Saturn
- Borealis Meditation with Kathleen

❖ **Interview with Janet Watkins Part 2**

❖ **Music:**

- “Chant (words & Music) by Robin Renee

❖ **Conclusion: Wellness**

- (Background Music: “Vanamali Hari” by Robin Renee)
- The song that you just heard was Chat (Words & Music) by Robin Renee
- Be sure to check out her (Robin Renee’s) blog The Dream Between which can be found at dreambetween.wordpress.com where she takes you on an innerworld tour beyond the boundaries, sharing personal insights, updates, tales, poetry, and tips for living.

- Be sure to check out Live in Joy Yoga and Wellness online and they're even on Facebook where they have a full schedule of events, workshops, and classes. Relax, renew, restore, refresh, revive, reveal at liveinjoyyoga.com
- Wellness...

❖ Episode wrap up

- Well, this concludes this episode of The Infinite and the Beyond.
- If you have any thoughts about this episode or about what I've said in one of its segments please let me know by contacting me through the show website which can be found at www.infinite-beyond.com.
- If you like this show and are interested in hearing more or subscribing, then visit the show website where you can find links to where this show can be found online for you to subscribe, download, and friend.
- To find an index of this show and other pagan podcasts visit The Pagan Podcast Index at <http://paganpodcastindex.wordpress.com/>
- Remember that all notes for the show can be found on the blog which can be accessed through the show website.
- Be sure to visit the show's online library found on the manuscripts page of the show website for any available texts related to this episode.
- A list of the regular music used on this show and a manuscript of this episode can be found on the show website and links for the other music played in this episode can be found listed in the show notes.
- "Some of the music provided tonight is from the PodShow Podsafe Music Network. Check it out at 'music.podshow.com'"
- This show is happy to be a member of the Proud Pagan Podcasters which can be found at paganpodcasting.org
- The other opinions expressed in this episode are not necessarily the opinion of Chris Orapello.
- The Infinite and the Beyond and its segments are copyrighted by Chris Orapello and are licensed under a Creative Commons Attribution-Noncommercial-No Derivative Works 3.0 License.
- Thanks for listening, thanks for subscribing, and until next time Merry Part, Blessed Be, and 93!

Show Notes: Episode #020 – Reiki, Yoga, and Wellness

❖ **Show Summary:**

- In this episode we go on location to talk about Reiki and Yoga with Janet Watkins from Live in Joy Yoga and Wellness in Audubon, NJ. Janet shares with us some of her experiences and insights as a registered Yoga instructor and Reiki Master.
- We learn about Russian healer, prophet, and monk Grigori Rasputin in A Corner in the Occult. Rasputin was the adviser to the Russian royal family during the turn of the 20th century which was an unusual position of power for someone who wasn't born of Russian Nobility and it would be this position that would eventually lead to his elaborate and trial some death in 1916. He is often argued by some to have contributed greatly to the fall of the Romanov Dynasty in 1917, which was the last dynasty to rule over Russia.
- We speak with local musician Robin Renee who describes herself as being a Mantra-Pop recording artist, a wayward poet, an obsessive fangirl, and writes from the intersection of music, eros, and the Divine. We also feature several of her songs in during the show.
- Also we discuss the ideas surrounding energy in The Essence of Magick, read some listener email, listen to some great music, and have joyful and insightful time doing it.

❖ **Breakdown: (2:05:40)**

- (00:00:00) – Introduction
 - Music : “Proteus” by composer George Wood
- (00:01:01) – Announcements
 - Music: “Jai mai” by Robin Renee
- (00:03:26) – Thank You...
- (00:05:13) – Pagan Mafia
 - Music: “Italiano” by The Shark
- (00:07:13) – As of Late
 - Music: “Hope for Japan” by The-Watcher
- (00:08:03) – Interview with Janet Watkins Part 1
 - Live in Joy Yoga and Wellness and Reiki
- (00:30:47) – Bumper
 - Proud Pagan Podcasters
- (00:31:22) – A Corner in the Occult: Grigori Rasputin
 - Music: “Piano Quartet in G, 3rd Movement by Mozart” performed by Linda Holzer
- (00:48:28) – Commercial
 - Title Goes Here:

- (00:49:40) – Music: “Like Rasputin” by Amy Rigby
- (00:52:28) – Interview with Robin Renee
- (01:18:45) – Music: “Holy River” by Robin Renee
- (01:23:07) – Listener Messages
 - Music: “No More Hectic Days” Alexandre Falcao
- (01:34:08) – The Essence of Magick Series: Initiation
 - Music: “Calling Peace” by Alexandre Falcao
- (01:38:53) – Promos
 - Pennies in the Well with Saturn
 - Borealis Meditation with Kathleen
- (01:39:53) - Interview with Janet Watkins Part 2
- (01:55:38) – Music: “Chants (Words & Music)” by Robin Renee
- (02:01:01) – Conclusion: Wellness
 - Music: “Vanamali Hari” by Robin Renee
- (02:03:15) – Wrap-up
 - Music: “Universe inside you” by Persian Paladin

❖ Background Music

- George Wood - <http://podsafeaudio.com/jamroom/bands/1454/>
- Robin Renee’ – <http://www.robinrenee.com/>
- The Shark -
- The-Watcher - <http://www.jamendo.com/en/artist/The-Watcher>
- Linda Holzer - <http://www.ualr.edu/lrholzer/bio.shtml>
- Alexandre Falcao - <http://www.soundclick.com/bands/default.cfm?bandID=613461>
- Persian Paladin - <http://podsafeaudio.com/jamroom/bands/2644/>

❖ Featured Music

- Amy Rigby – <http://www.amyrigby.com/>
- Robin Renee’ – <http://www.robinrenee.com/>

❖ Links

- Live in Joy Yoga and Wellness - <http://www.liveinjoyyoga.com>
- International Pagan Coming Out Day - <http://pagancomingoutday.com/>
- Pagan Podkin Super Moot 2011 - <http://paganpodkin.com/>
- Peter Dybing - <http://paganinparadise.blogspot.com/>

- Pagan Japan Relief Project - http://www.firstgiving.com/fundraiser/Pagan-Community/doctors-without-borders?utm_medium=share&utm_campaign=share&utm_source=at-facebook&utm_content=eua&utm_ss=facebook&at_xt=4d7cc0835e7f8ca5,0
- The Dream Between - <http://dreambetween.wordpress.com/>
- Boney M – Rasputin - http://www.youtube.com/watch?v=kvDMLk3kSYg&feature=list_related&playnext=1&list=MLGxdCwVVULXeXNa8gZifGusCFrVkubUo2
- Coffee-Works (VTC) - <http://coffee-works.com/two-locations/voorhees-town-cente/>
- Title Goes Here: - <http://www.titlegoeshere.com>
- Proud Pagan Podcasters – <http://www.paganpodcasting.org>

❖ Texts

- Raja Yoga
- Upanishads

❖ Promos

- Pennies in the Well with Saturn Darkhope
- Borealis Meditation with Kathleen

❖ Credits

- PodsafeAudio - <http://www.podsafeaudio.com/>
- Podsafe Music Network - <http://music.podshow.com>

❖ Sources: A Corner in the Occult: Rasputin

- <http://en.wikipedia.org/wiki/Rasputin>
- <http://russiapedia.rt.com/prominent-russians/history-and-mythology/grigory-rasputin/>
- <http://it.stlawu.edu/~rkreuzer/indv5/rasp.htm>
- <http://history1900s.about.com/od/famouscrimesscandals/a/rasputin.htm>
- <http://www.scss.tcd.ie/~peircen/xhtml/myths.htm>