



Daily Magical Devotions

A Practicum for Beginners

Brother A.D.A.

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Brother Armatus Divino Auxilio

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Breathing

Breathing is a necessity of life. Without inhaling oxygen and exhaling carbon dioxide, we die. Breathing is also a key component in nearly all magical systems regardless of origin or religion, and also has a place amongst the Hesychast Mystics of Eastern Orthodoxy.

According to the December 6, 2016 issue of the *Journal of Neuroscience*, evidence indicates that one's breathing may have an effect on emotional judgments and memory, and brings insight to meditation and rhythmic breathing practices. Information on this study can be found at:

<http://neurosciencenews.com/memory-fear-breathing-5699/>

Rhythmic breathing is a simple task, involving breathing in through the nose and out through the mouth in what feels like a natural rhythm for you. Simply inhale, hold the breath for a moment, exhale, and hold for a moment before inhaling again. Your body will find a rhythm that's right for you.

Some people suggest counting heartbeats as a way to find that rhythm consciously. In this case you would inhale for four beats, hold for two, exhale for four, and hold for two.

Rhythmic breathing can be used to help clear the mind of distractions by focusing on one's breath. It can also help to calm down after a state of unwanted excitement and is instrumental as a tool in all magical work from this point onward.

Developing Concentration

Sit, stand, or lie down as is comfortable for you. Close your eyes and begin rhythmic breathing. Clear your mind and imagine (or feel) a large dot in front of you. Focus on that dot for as long as your mind allows before distractions overtake you. Do this at least once a day until you can focus for at least four or five minutes at a time.

Sunday Morning

Sign of the Cross:

In the name of the Father, and of the Son, and of the Holy Ghost.
Amen.

Prayer for Mornings (White Brilliance)

Loving God, as I awake this morning I give myself to you. I thank and praise you for the many gifts you have given me, and in a spirit of firm faith and childlike trust I know you will protect me this day from all danger. Look also upon me, Heavenly Father, and fill my life with love, prosperity, wisdom, and fortitude. Forgive my shortcomings and help me turn my weaknesses into strength. Guide my words that they may be always true and glorify you, O God. Through your Son, Jesus Christ our Lord, who lives and reigns with you in the unity of the Holy Spirit, one God, forever and ever. Amen.

Prayer for Sunday (Sun – Tifares – Gold-Yellow)

Almighty God in the World of Knowledge, in the name of your Son who rose from the dead on the first day of the week, we come to you in thanks and praise for your glory. We ask you to look after us in mind in body, in health and in all matters of success and fortune. We ask also for illumination in matters of knowledge we may seek, and that you send the Archangel Michael to be our guide and our protector. We ask this through the same Christ our Lord. Amen.

Our Father

Our Father who art in heaven, hallowed be thy name.
Thy kingdom come. Thy will be done on earth as it is in heaven.
Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us.
And lead us not into temptation, but deliver us from evil.

Final Sign of the Cross

For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.

Sunday Evening

Sign of the Cross:

In the name of the Father, and of the Son, and of the Holy Ghost.
Amen.

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Amen.

Prayer for Evenings (White Brilliance)

Almighty Living God, in a spirit of thanks I come to you for guiding me through another day. As I lie down to sleep this night, I ask that you place your holy angels to guard and protect me:

Raphael before me, Gabriel behind me,
Michael at my right hand, and Uriel at my left.

May your love and protection surround me as a circle of flaming stars, and above me and below me, within me and without me, may the power of your Son envelop and increase me as I seek to live each day in your name. Through the same Christ our Lord. Amen.

Our Father

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Prayer for Monday (Moon – Yesod – Violet)

Almighty Living God, we glorify you this day in all our works, and we ask that you help us to be in the right place at the right time for opportunity, to help us understand whatever messages you send us in our dreams, and send your Archangel Gabriel to help us understand both the messages and the opportunities you provide. Through Christ our Lord. Amen.

Our Father

Our Father who art in heaven, hallowed be thy name.
Thy kingdom come. Thy will be done on earth as it is in heaven.
Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us.
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Loving God, as I awake this morning I give myself to you. I thank and praise you for the many gifts you have given me, and in a spirit of firm faith and childlike trust I know you will protect me this day from all danger. Look also upon me, Heavenly Father, and fill my life with love, prosperity, wisdom, and fortitude. Forgive my shortcomings and help me turn my weaknesses into strength. Guide my words that they may be always true and glorify you, O God. Through your Son, Jesus Christ our Lord, who lives and reigns with you in the unity of the Holy Spirit, one God, forever and ever. Amen.

Prayer for Tuesday (Mars – Gevurah – Red)

God of Strength and Power, this day we thank you for all the graces you have bestowed upon us, and we ask that you help us to edge out competition in our endeavors, grant us the energies to see our project through to completion, the strength of will to persevere to the end, and lend us the sword of your Archangel Camael against all who would see us undone. Through Jesus Christ, our Lord, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, forever and ever. Amen.

Our Father

Our Father who art in heaven, hallowed be thy name.
Thy kingdom come. Thy will be done on earth as it is in heaven.
Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us.
And lead us not into temptation, but deliver us from evil.

Final Sign of the Cross

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Tuesday Evening

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Wednesday Morning

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Loving God, as I awake this morning I give myself to you. I thank and praise you for the many gifts you have given me, and in a spirit of firm faith and childlike trust I know you will protect me this day from all danger. Look also upon me, Heavenly Father, and fill my life with love, prosperity, wisdom, and fortitude. Forgive my shortcomings and help me turn my weaknesses into strength. Guide my words that they may be always true and glorify you, O God. Through your Son, Jesus Christ our Lord, who lives and reigns with you in the unity of the Holy Spirit, one God, forever and ever. Amen.

Prayer for Wednesday (Mercury – Hod – Orange)

God of Hosts, we give you praise for your bounty throughout creation, and ask that our communications with our fellow human beings be accurate and effective, that our technology continues to work without fail, that we reach our destinations while traveling, and that we learn the lessons of today's experiences toward building a better tomorrow. With the staff of your Archangel Raphael to guide us and inform us, may we seek to praise and glorify you forever. Through Christ our Lord. Amen.

Our Father

Our Father who art in heaven, hallowed be thy name.
Thy kingdom come. Thy will be done on earth as it is in heaven.
Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us.
And lead us not into temptation, but deliver us from evil.

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Thursday Morning

Sign of the Cross:

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Loving God, as I awake this morning I give myself to you. I thank and praise you for the many gifts you have given me, and in a spirit of firm faith and childlike trust I know you will protect me this day from all danger. Look also upon me, Heavenly Father, and fill my life with love, prosperity, wisdom, and fortitude. Forgive my shortcomings and help me turn my weaknesses into strength. Guide my words that they may be always true and glorify you, O God. Through your Son, Jesus Christ our Lord, who lives and reigns with you in the unity of the Holy Spirit, one God, forever and ever. Amen.

Prayer for Thursday (Jupiter – H̄esed – Blue)

God, we come before you this day in a spirit of love and jubilation. We give thanks for the abundance of your creation and praise for your giving us life to be part of that abundance. And we ask that you help us increase that abundance in our lives and our possessions, and that your righteous Archangel Sachiel will assist us in growth and prosperity. We ask this through Jesus' name.
Amen.

Our Father

Our Father who art in heaven, hallowed be thy name.
Thy kingdom come. Thy will be done on earth as it is in heaven.
Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us.
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Prayer for Friday (Venus – Neşah – Green)

You are holy, Lord of Hosts, and we praise the majesty of your victory and glory. We ask also that you will watch over and strengthen our relationships: personal, romantic, and professional. May your Archangel Anael make our relationships strong and help us to reach out and form new ones not only for our happiness and prosperity, but also for the glorification of your name. Through Jesus Christ, our Lord, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, forever and ever. Amen.

Our Father

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Thy kingdom come. Thy will be done on earth as it is in heaven.
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Final Sign of the Cross

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Saturday Morning

Sign of the Cross:

In the name of the Father, and of the Son, and of the Holy Ghost.
Amen.

Prayer for Mornings (White Brilliance)

Loving God, as I awake this morning I give myself to you. I thank and praise you for the many gifts you have given me, and in a spirit of firm faith and childlike trust I know you will protect me this day from all danger. Look also upon me, Heavenly Father, and fill my life with love, prosperity, wisdom, and fortitude. Forgive my shortcomings and help me turn my weaknesses into strength. Guide my words that they may be always true and glorify you, O God. Through your Son, Jesus Christ our Lord, who lives and reigns with you in the unity of the Holy Spirit, one God, forever and ever. Amen.

Prayer for Saturday (Saturn – Binah – Indigo or Black)

Lord God, on a Saturday your Son waited in the tomb before rising up from the dead, and on that day he descended into Limbo to free the noble souls who were there constrained. We see in this that a flower's beauty is constrained within a seed, and for it to become a flower the seed must be ended and changed forever. Create in us this change, bringing about an end to old conditions that no longer suit us that we may blossom in new life. Send forth your Archangel Cassiel to end our loneliness, our sickness, our poverty, and our ignorance, that we may live lives filled with love, with health, with prosperity, and with knowledge, in so doing we may glorify you day by day, more and more. Through the same Christ our Lord. Amen.

Our Father

Our Father who art in heaven . . . but deliver us from evil.

Final Sign of the Cross

For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.

Saturday Evening

Sign of the Cross:

In the name of the Father, and of the Son, and of the Holy Ghost.
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Final Sign of the Cross

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Instructions for Using These Prayers

These prayers are the very beginning of a training program, designed to bring the student into touch with divine energy (God's grace as it courses throughout the universe), to get the student used to regular prayer and visualization work, and to open doors for good things to begin entering the student's life.

The prayers themselves come from the book *The Magic of Effective Prayer* by Brother A.D.A., and their usefulness must be understood within the context of the "Seven Keys" discussed in that volume. The prayer-rituals given here were created after that book was written, and while not looking "magical" on the surface, they have proven most beneficial both as a training exercise and as a daily discipline.

In the course of a training regimen, these prayers may be used alongside or in place of the **Meditation on the Divine Presence**. These prayers may not replace, but may be used alongside, the Holy Rosary.

The prayer for each day is described alongside a certain color, a planet, and a Sefira on the Kabbalistic Tree of Life. The planet and Sefira are given as a convenient reference point for those already versed in or practicing modern "High Magic" systems; they are unnecessary outside that context. The use of the colors will be explained in the next section.

Those students who wish to include a preparatory or concluding rite (Asperges Me Domine, Lesser Invoking or Banishing Ritual of the Pentagram, etc.) may do so. If included, this additional rite is performed before the prayers in the morning and after the prayers in the evening. The Lesser Pentagram Ritual is discussed at: <https://thavmapub.com/2016/03/28/lesser-banishing-ritual-of-the-pentagram-thoughts-and-theology/>

The Asperges can be found on p. 134 of [*The Magic of Catholicism*](#).

Visualizations for the Prayers

While the instructions below say “visualize,” it’s important to remember that not everybody thinks visually. If you’re a non-visualizer, then instead attempt to *feel* the images being described. With practice, it will become possible to feel shapes and colors even without “seeing” them.

The first **Sign of the Cross**: imagine a vertical beam running through the center of your being and into infinity when you say “In the name of the Father and the Son.” When you say “and of the Holy Spirit,” imagine a horizontal beam running through your shoulders and into infinity.

Clasp your hands before saying “Amen,” and when you say the word, imagine a bright golden light coming out from your heart and filling your aura.

At the **Morning Prayer**, visualize your aura glowing with a brilliant white light. Those who’ve seen magnesium burning can use this as a guide. If you haven’t seen magnesium burn, then imagine the brightest thing you’re ever seen and go with that.

During the **Prayer for the Day**, visualize your aura glowing with the color given next to the prayer. Some people will automatically “sync” with the color, while others might consciously have to cycle through different shades of the color before finding a shade that works for them.

During the **Our Father**, say or chant the prayer in either English or Latin (or Greek or Hebrew, if you’re comfortable doing so). In fact any of these prayers may be said in any language you’re comfortable with speaking. The Our Father is broken into many petitions, and if you do work with Chakras or “Centers of Activity,” you may visualize them as you move through the petitions, using the color traditional to whatever system you practice. Below is a list of each petition as distributed through the six Centers of Activity as I personally use them.

Our Father ... – Corona Flammae (above head, white brilliance)
Hallowed be thy name – Uncia Coeli (forehead, gray)
Thy kingdom come ... – Flos Abysmi (throat, purple)
Give us this day ... – Orbis Solis (heart and solar plexus, gold)
And forgive us our trespasses ... – Cornua Lunae (groin, lavender)
And lead us not ... – Instita Splendens (feet, rainbow)

More information on the Chakras, the Centers of Activity, and how they can correlate with the Our Father can be found on the THAVMA blog, at <https://thavmapub.com/2016/04/05/chakras-the-middle-pillar-and-the-lords-prayer/>.

Once you've finished the prayer, visualize a shaft of light rising from your feet to just above your head, the splitting into two shafts and falling down your sides like a waterfall. They reunite at your feet to rise and fall again. Meditate on this **Circulation of the Light** for a few moments before continuing.

During the **Final Sign of the Cross**, the following visualizations may be used as you touch each point:

Forehead: Sphere of brilliant white above the head.
Breast: Planet Earth or the Milky Way between the feet.
Left Shoulder: Sphere of red fire, indicating raw power.
Right Shoulder: Sphere of blue water, indicating mercy.
Clasp hands at "forever and ever": Golden sphere at heart.
Say "Amen": Golden sphere quickly enlarges and fills entire aura.

This is the complete series of visualizations used during these exercises. They may be "tweaked" to make them work better for you, but in the beginning try to do these exercises as-written because they've been devised and revised in accordance with both personal experience and feedback from other students.

Other Books from THAVMA Publications

[The Magic of Catholicism: Real Magic for Devout Catholics](#)

[How to Pray the Rosary and Get Results](#)

Is Magic Wrong? (get it free at <http://thavmapub.com>)

[Ritual Magic for Conservative Christians](#)

[We Pray the Rosary](#)

[The Magic of Effective Prayer](#)

[Christian Spiritual and Magical Rituals](#)

[Guide to Meditation](#)

[Christian Candle Magic](#)

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Got Questions? E-mail:

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