

The Seven Hermetic Laws:

I mentioned two of the seven Hermetic Laws during the class: The Law of Mentalism, and the Law of Cause and Effect. I didn't go into detail because there's lots out there about them, but then thought I'd add a 'cheat sheet' to them, just in case.

If this is your first time hearing about them, let me give you a short breakdown of where they're from, what they are, and what each covers.

The Seven Hermetic Laws come from a book called The Kybalion, which was published in 1908. While it's listed as being by "The Three Initiates," most folks think it was instead written by a man named William Walker Atkinson. Regardless of who wrote it, the Hermetic Laws have been changing folks' minds since their publication, and they harken back to much of what was taught in the ancient mystery schools. People guarded knowledge like this; they whispered it one to another. Prior to this, it hadn't been published in such a way.

- 1. The Law of Mentalism.** "All is Mind; the Universe is Mental." The Law of Mentalism, in its' simplest form is that nothing can exist without being thought of first. That includes everything man made, and even what we would conceive of that "God" or a "Supreme Being" would create. Everything springs from this, including each of us, as we, too, go on to create things. We're born to create, by the spark of the All from which we come.
- 2. The Law of Correspondence.** "As Above, So Below." I'm sure you've heard that phrase before. Witchy folks quote it all the time, not necessarily knowing where it came from. (Some do, some don't.) One of the earliest times it was quoted that I'm aware of was from The Lord's Prayer. "On Earth, as it is in Heaven." It's another way of saying that whether it's a larger pattern (macrocosm/Universe) or a smaller pattern (microcosm/Earth/you and me), there's a direct relationship between them.
- 3. The Law of Vibration.** "Nothing Rests, Everything Moves." That solid coffee cup next to you? It's not really solid. All of the atoms that make it up are vibrating. They're doing it slowly enough, and in such a way that here, from our perspective, it only seems solid. Everything has a frequency, and those frequencies interact with the frequencies of what's around it. Nikola Tesla spoke best about it : ***"If you want to find the secrets of the universe, think in terms of energy, frequency and vibration."***
- 4. The Law of Polarity.** "Everything is dual; Everything Has an Opposite." This law talks about polar extremes, but not in the way you might expect. The best known and easiest to explain examples are Hot and Cold, or Love and Hate. They aren't truly

opposites. Instead, they are polar extremes of the same thing, whether you're looking at 'temperature,' or 'affection.' Whenever we seek to change a thing, it's helpful to understand it's relationship to what's around it.

5. **The Law of Rhythm.** "Everything Has Cycles." We do, for sure: birth and death. Look around: observe. Seasons. Tides flowing in and out. Sunrises and sunsets. Movement of the Planets. If we observe the cycles of what's around us, it allows us to work with the rhythms and cycles of what we see around us – instead of against them. Ecclesiastes 3:1 (not to mention The Byrds "Turn, Turn, Turn") says **"For everything there is a season, and a time for every purpose under heaven."**
6. **The Law of Cause and Effect.** "Every cause has its effect." Whether we can see the root cause of a thing or not, it's certain that for everything that happens around us, something put it into motion. Everything that happens is a consequence of actions - a chain of events - that went before it. Nothing happens by chance...even if you can't see where that chain of events started.
7. **The Law of Gender.** "Everything is polarized. Everything has a male and female energy." Newsflash: This isn't about biology, or sex. What is normally attributed to Male is 'active' and Female is generally seen as 'receptive.' I've personally always seen it as energy. People hear feminine and masculine and shape their thoughts about this law by the symbolism and stereotypes inherent in the words 'feminine and masculine.' If it helps to clarify, think of it in terms of batteries and electricity: there's a positive (+) charge and a negative (-) charge. From Wikipedia: **"Electricity has positive and negative charges because matter (like that coffee cup I mentioned earlier) is made of atoms with positive protons and negative electrons; imbalances create charge, allowing opposite charges to attract and like charges to repel, driving electrical flow. This duality is fundamental to how electricity works, creating forces and movement."**

One other law I mentioned is one of a series of laws from the "New Thought" movement of the late 19th and early 20th centuries: The Law of Assumption. This was from the writings of a man named Neville Goddard.

The Law of Assumption: A New Thought belief that says your beliefs create your reality. It was from an amalgam of Hermetic teachings, and the Bible (specifically Mark 11:24, "...when you pray, you should **believe you have already received what you're asking for**, and it will be yours." Goddard taught that having faith and "assuming your desire is already fulfilled" manifests it. Other thoughts that fall in along with this law are that you attract what's in your subconscious mind, not solely what your conscious mind thinks about – and

that your imagination creates your reality. It's easy to see that different groups have emphasized different parts of this teaching by Goddard. It doesn't make it 'not true.' It merely makes it either incomplete, or feel 'wishy-washy.'

With all of these, do yourself and your future a favor, and take the time to research them on your own. I'd HIGHLY RECOMMEND either reading (or listening to) the Kybalion. I can't begin to tell you how many times I've listened to it. I grab a narration of it off of YouTube, and listen to it when I'm on the road. My favorite even has music behind it. Despite the amount of times I've heard it – it never fails. I learn something new each and every time.