#### **Sustaining the Dreamself**

Presented by Andros with help from Niamh (Nea) and FAE

#### A bit about Andros and FAE

- Andros, a fae/elf hybrid
  - aka Andros the Chill, Andros the Two-Dimensional Lord, etc.
- Been Awake for 15 years (!)
- Pagan for slightly longer
  - Eclectic semi-firm polytheist (Hellenic, Irish, some Norse) with special sauce
- FAE (aka Arcadian Trad)
  - Founded in 2008 (I got involved in 2018)
  - Otherkin group experimenting with magical tech to connect with our true selves,
     subvert bad egregores, and make magic manifest on this plane
  - Our group is mostly based in SF Bay Area (though I'm in NC, and another's in FL)

### Acknowledgements (mostly Niamh's "Protecting the Dreamself")

This is spirituality.

My gnosis is not necessarily your gnosis.

Your mileage may vary.

### Part 1 We Got Needs

#### Everyone needs

- A place to be themselves
- Ways to express their identity
- License to dream about the future, to have hope, to want things

Not all needs are metaphysical

#### Otherkin needs

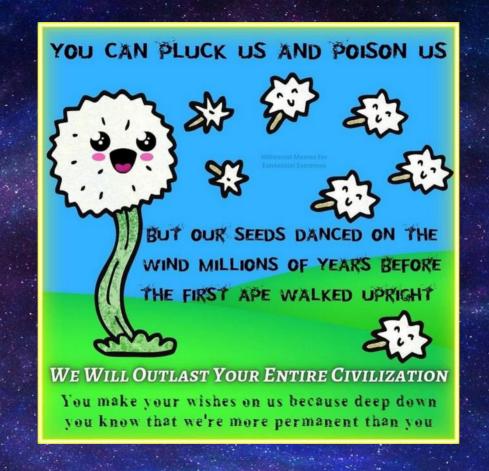
- To feel connected with their mythic origins
- To stay connected with their present existence
- To work with the human part of us that is incarnate here

#### Fae/sidhe issues

- Banality!
- Dealing with a society where our existence is defined as "not real" (a fairy tale, you might say)
- The constant assault on nature and wild magic

## Part 2 A butterfly, a dandelion, and a human walk into a bar





How you think about yourself matters.

# We all have some form of human aspect, with human powers. This can be useful.

#### Tips for managing fae and human contexts

- Make sacred space
- Have artifacts that represent your fae and human aspects (masks, rocks, art, jewelry, etc)
- Have rituals for switching between aspects.
  - Take your human rock with you when you go to work; when you come home put it.
     down with your keys and say "Night, Jerry" or whatever
  - If you need to call the bank or the ISP, put on your human mask or touch your "Jerry rock" and have your human aspect do it
- Observe qualities you have while embracing your fae or human aspects. Name them, remember them, and call them when needed – all of them are yours!

#### Tips for managing fae and human contexts

- Take time to feel gratitude for all of your aspects.
  - Not all fae can throw Molotovs at fascists
  - Not all humans can cast glamours or make their enemies' keys vanish
- Managing your aspects doesn't have to be a fight.
  - The fact that you're here means that fae and human are not polar opposites
  - We all contain multitudes make space for them all

...and the bartender said, "Welcome to the freehold, friend! Would you like a drink?"

### Part 3 Magical tools other than the presenter

#### Think of your dreamself

- What qualities best define your dreamself?
- How would you word them?
- Meditation may help here
- After coming up with some adjectives and descriptions, let's use them in magic

#### Drink of your dreamself

- Very simple
- Before imbibing your beverage of choice, say the qualities/adjectives over the beverage
  - You can do this silently if you're in a public place or somewhere unsafe
- Then drink it

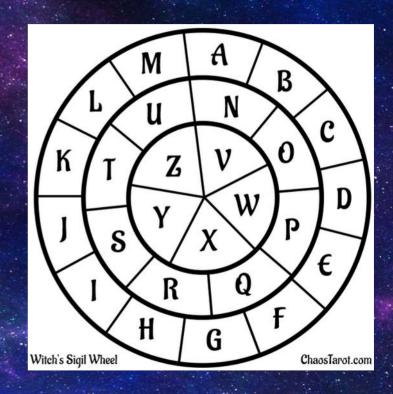


#### Make a dreamself sigil

- Take one of your qualities and
  - ...make it into an adjective ("radiant")
  - ...or a phrase ("I am a radiant being")
- Use as-is, or condense it until satisfied
  - Turn the words into all caps ("I AM A RADIANT BEING.")
  - Remove spaces ("IAMARADIANTBEING")
  - Remove vowels ("MRDNTBNG")
  - Remove duplicate letters, if any exist ("MRDNTBG")
- You now have a sigil word you can draw

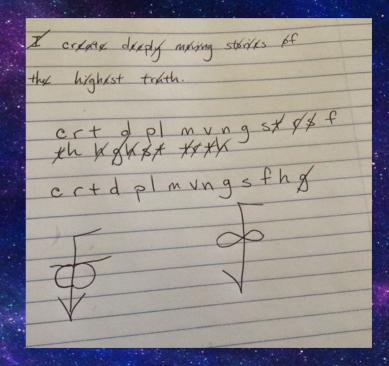
#### Make a dreamself sigil

- You can play connect-the-dots with a sigil wheel
- Sigil wheels are an adaptation of Hermetic (ceremonial magic) method of using the Rose Cross Lamen to derive a sigil
- Print out something like this, lay tracing paper on top, and draw it out



#### Make a dreamself sigil

- You can also artfully combine the letter forms of the sigil word into a sigil in itself
- You probably want to condense the sigil word if you go this route
- Feel free to turn the letter forms into something more abstract
- Source for pic: https://witchingforwriters.com/wpcontent/uploads/2020/11/IMG\_3026-1024x975.jpeg



#### Using dreamself sigils

- Carve into a bar of soap to use when showering, washing your hands, etc.
- Carve them into charms or rocks and wear them as jewelry
- Paint them on wood or cardboard and put them on your altar
- Draw them in the air any time your dreamself or an aspect of it needs a boost
- Draw them on yourself with skin-safe essential oils, pen, marker, etc

#### FAE Lustral Water

- Implements
  - Mixing bowl
  - Cups for libations
  - A wooden wand
  - A metal dagger (optional, if someone is helping)

- Reagents
  - Water
  - Salt
  - Smoke, incense, or scent
  - Rose water
  - Orange blossom water
  - HOOCH (optional)
    - The more ABV, the better
    - Neutral spirits work best

#### What FAE does to make lustral water

- Add rose water, orange blossom water, and hooch to libation cups
- Cast circle with the wand think about the ways nature creates boundaries
- Bless water by the Spirits of Sea
- Bless smoke/incense/scent by the Spirits of Sky
- Bless salt by the Spirits of Land
- Add water, smoke, and salt to the mixing bowl
- Say something like, "by the Land, Sky, and Sea do all things live"
- Libate rose water to Life (or Seelie)
- Libate orange blossom water to Death (or Unseelie)
- Libate hooch to relevant forces, gates of magic, or deific allies

#### What can we do with the lustral water?

- DRINK IT
- Bathe in it
- Clear Banality from a space
- Put it on stuff
  - Can be done for purifying objects (or people!) for magical work
  - Can also awaken objects to serve as guardians

#### How to make guardians

- Cast circle
- Sprinkle lustral water on (for instance) a rock
- "Creature of stone, awake! I name you <GUARDIAN NAME HERE>!"
- "Your purpose is to hold the boundaries as I define them..."
  - ...and then define what those boundaries are
  - You can be super specific about who/what can come in or be let out, how the boundaries are held and recharged, and so on
- You can also sprinkle other things jewelry to make active talismans, gargoyles or other barrier statues, stickers on laptops, etc

#### Dandelion essential oil

- Can be a potent anointing or fortification oil especially if they're growing someplace they're not supposed to!
- Get a pint jar and collect enough blossomed dandelions to fill half of it
  - Make sure they haven't been sprayed with herbicide or pesticide and that they haven't been continually exposed to things like car exhaust or other dangerous pollutants
- Take the flowers home and wash them, let them dry and wilt for 24 hours
- Wash and sanitize the jar, add dandelions, then fill almost to the top with a carrier oil, stirring to remove any air bubbles and to make sure the dandelions are submerged
  - Olive oil (the lighter, the better) is most often used, but any oil will do
- Cover tightly with a cloth or coffee filter and put in a warm, sunny place for two weeks
- Filter the dandelions out and collect the oil in a clean container
- Store in a cool, dry place

## Part 4 Hacking hubristic human brains to hinder hecklers (and because it's fun)

#### The Curse of the Otherworld

- A glamourbomb you throw in a heckler's face
- Probably the meanest thing you can do to a mundane.
- This involves a one-on-one conversation with your detractor
  - Intensity and presence are key
  - Bring all your otherworldly energies to bear
  - Look them right in the eyes
  - And then say this:

"I understand that you do not want magic to exist, but that's not really your decision, is it? You alone don't get to decide whether it's true or not, do you?

"Do you know whether magic exists? Do you really know? How do you know? What evidence do you have?

"Here is your evidence: Keep your eyes peeled.

Watch to see whether your keys go missing. Of course, they always go missing. But watch and see.

"If I am real, it will happen more often, and to other things too. Your shoes. Your wallet. Go ahead and count how often it happens. Every little thing you think you ought to be able to control - because you think you can control all the little things, can't you? Every. Last. One.

"But you can't control me. I was happy enough to leave you alone, but here you are, poking the bear with a stick, perturbing the place your ancestors knew better than to mess with, the deep earth where the stars sleep, and you would wake them?

"I would have been happy to sleep, to leave you alone. I have so much to do. But you chose conflict.

"So you watch. You keep your eyes peeled. You count the things that vanish from you. And when you've had enough? Hope that I am still of this world when you come looking for mercy."

#### How does this work?

- The most efficient way of creating synchronicity is to look for it
  - Doesn't matter whether they believe or not; if they start looking for it, they'll manifest it
- They're challenging you so they can prove you wrong
- They're likely a control freak, since most of us are, at least about the little things
- The speech is an act of priming them to create the synchronicity
  - You get them to concede an absolute truth of course they alone don't get to decide
  - Calling them out on their control issues will piss them off and get them to start looking to disprove you
  - This sets the trap, since if they start looking, they'll see it (and prove you right)
- If they come to you looking for a reversal, you should tell them the truth
  - They actually did it; all you did was trick them into using their magic against themselves

#### Questions, Answers, and Discussion