

Highlights from:

Witchcraft: Theory and Practice - by Ly De Angeles (What I think will be beneficial)

THE CENTER

The center has been called spirit, essence, soul, consciousness. It is the deep you that seeks to know and understand not only who you are, but why you are here. It is the whole of you as opposed to the sum of your parts, it is the gateway to all knowledge, and it is why this book has called to you-like attracts like!

You are aware that you have five senses: taste, touch, smell, hearing, and sight. The aspect of you that is termed the center is the sixth (seventh, eighth, ninth, etc.) sense, or inner sight/sensation. It can best be accessed by considering the other five senses as the perimeter of a circle and all things perceived there flow inward, literally, to the center. The center is also a doorway through which influences not instigated by the conscious mind or from some other source can enter, be assessed, and assimilated into the understanding.

To activate your center consciously (most are already aware of it, but this awareness may not be conscious) it is necessary to consider the center as a watcher. It will use all your five senses to assess not only how you react to others, but how others react to you. It is actively telepathic when you are clear of undisciplined attitudes and "Pavlov's dog" mentality.' It will take note of what you are spending your time thinking about and will pass, consciously, just exactly what is valid in terms of what you say, think, and do. It will assess and reassess your reactions to circumstances.

Exercise -

Be aware, before commencing the following, that disciplines are ineffective unless a routine is established because the unconscious is attuned to patterns and will respond easily once the pattern of a conscious routine is rhythmic. Therefore, until each technique is mastered, you will continue with the routine; proficiency is achieved when the pattern is integrated deeply and the technique transforms itself from practice to second nature (at which time the awareness will have become assimilated into who you are and will become an addition to your sixth sense).

Set aside one hour each day and consciously recognize everything you think, do, say, and feel. Imagine that you have an extra set of senses that acts as a camera and recorder, and work at storing all input received during this hour.

Later in the day, claim some quiet time to yourself, recall all the things that you recorded during your designated time, and write them down in an order such as:

- what I saw;
- what I heard;
- what I smelled;
- what I touched;
- what I tasted;
- what I thought about;
- how I was feeling.

This nonjudgmental, external consciousness is called the Nemet and is like a beastie that sits on your shoulder. When you have continued with this exercise for several days, you will find that you are automatically doing it all or most of the time. You will be triggering the power of awareness, which will, as a matter of progression, actively trigger latent telepathic and intuitive faculties.

Remember that the center (and its ally, the Nemet) is totally nonjudgmental. It is an observer and a conscious purveyor of how you react and respond within a manifest environment. It will be your task, through your innate understanding of whether you can refine yourself, to act accordingly to whatever the watcher has relayed to you. You may then eliminate or add as you see fit. Take it slowly, as I have seen too many idealists, perfectionists, and impatient people turned into tortured souls, downright bigots, or self-righteous bores through lack of leeway and scope and the ability, like the willow, to bend not only to circumstances, but to ideas and principles that may have been set for you and not by you!

MEDITATION

Meditation is a very ancient technique that has been used worldwide by sages, magi, magicians, witches, wizards, and monks who have taught people who have in turn taught others. The actual word "meditation" is a modern Westernized term for the taming of what could be considered a wild beast—the foreground of one's mind.

There are degrees, or depths, of meditation that you will become aware of the more you practice this technique. If you work on the premise of the circle again (see *The Center*), then meditation is going within, first to keep within the bounds of that circle, and secondly, to reach the center.

Stop reading for a moment and close your eyes. You will be aware of myriad thoughts and impressions passing through your mindscape. Try this at intervals during the day and behold! it is always the same—constant mental activity. One of the most difficult but necessary means of not only understanding your true nature, but also of using the mindscape in

practical magic, is through this technique or its variation, contemplation, in a field of either active or passive silence." ' Otherwise, all you are doing on your quest is accruing more and more external data for your mind to sift, sort, and categorize. ***This is an addiction inherent in the current collective of the Western seeker-eclecticism ending up being a diffusion of personal power***, as the individual who doesn't stay with a Way can never master the tools inherent in the deepening of that Way.

In the day-to-day round of most people's lives, there are constant assaults on the emotions, body, creativity, and intellect. Meditation is the art of halting and transforming these assaults through a positive act of will. The result is not only coping with these assaults, but riding them (as opposed to having them ride you) toward a desired outcome with a tranquil mind.

CONTEMPLATION

Contemplation is a very natural way of focusing and inspiring the mindscape. It is best accessed through an activity (sometimes repetitive) that doesn't require the mental concentration of reading or learning (e.g., rocking, watching a fire, simple weaving, unhurried gardening, unhurried cleaning, unhurried, purposeless walking). Contemplation is a time-to-spare active meditation that also gives surcease to foreground mental activity. Out of all of the above, I recommend rocking (preferably in a rocking chair) where no interruption will occur. Issues will arise that require resolution, and in the state of contemplation, they will be resolved. Restraints of consciousness will be recognized in this state; doubts in relation to one's integrity can be addressed here; lies that we perpetuate, or that are perpetuated against us, will come into the full light of awareness. In a state of true contemplation, revelation can also occur, and the space to create change in accordance with these realizations is available.

***SILENCE

With both of the above techniques, I reiterate, silence is your greatest ally. It is akin to space, and it is the mutuality of these two that keeps the gate-between-the-worlds open. It is the bridge between that which is seen and unseen, that which is known and unknown, that which is, and that which is, as yet, unrealized. It is the medium for contact with forces that are drowned out by excess noise and babble. It is aligned with secrecy that is not an elitist function, but a tool of nonadulteration of intent.***

NEVER TO WALK IN ANYONE'S SHADOW

SELF-ANALYSIS TECHNIQUES

The biological animal and the soul that infuses it has an innate ability to handle its own life and transcend both the internal and the external problems that arise through merely being alive (in this time, within certain conditions). I will begin this section by throwing into the ring a particular word that is crucial in the category of detriment: conditioning. The majority of dysfunctions that arise and entrench themselves in our lives are caused because of preconditioned expectations and assumptions."

Have a good honest look at your life as it is right now: the people, things, and events around you, the way they affect you, how you react or respond to them, what you think about when thinking about the individuals who are close and not so close to you, and about those who pepper your life. How much time do you spend dwelling on past events? How much time is spent speculating on the future? There! Hours of time!

People relinquish ownership of their lives to others so quickly (especially where love is concerned) that the responsibility for what happens to us relative to knowing those people automatically falls on them as if we had no control. Take, for example, the commonly used expressions, "Look what you are doing to me!" or "It's all your fault!"

Why? When did it transpire that another ordinary person was given the power over your life to such a degree? Whatever happened to freedom of choice? Everyone has the power to change their living arrangements if they are threatened or disempowered by what is happening to them. To lay the blame of one's own inadequacy of responsibility on someone else and expect them to comply is to deny both you and them the right to a mind, a spirit, and the pleasure of living.

For a witch, it is unacceptable! An occultist cannot afford to place the control of his or her life in the hands of anyone or anything else, and as I have already made abundantly clear, the control of your will is the focal point of training.

For a witch, it is unacceptable! An occultist cannot afford to place the control of his or her life in the hands of anyone or anything else, and as I have already made abundantly clear, the control of your will is the focal point of training.

Exercise 1

1. Choose a quiet place where you will not be interrupted. If you are working the technique alone, you will need pencil and paper. If you are

working with someone else, they will need the pencil and paper. They will question you and record the replies.

2. Write at the top of one side of the page, What I Want. Under that, write the numbers one through twenty down the page.

3. Write at the top of the other side of the page, What I Need.

4. Fill in all twenty lines of the first side with anything you want. Be honest with yourself. Say the things aloud as you write, and list twenty things (you can write more, not fewer).

5. When you have completed side one, turn the page over and write twenty or more things you need. Write until you have exhausted your answers.

6. Now compare your two lists.

7. Take another piece of paper and write at the top, Why? Go ahead and ask yourself, honestly, why you want what what you want. Then do the same, on the other side of the paper, for your list of needs.

Contemplate, for all answers, what would really happen to you if you didn't get what you want or need, and what you would really feel if you did (some people I have worked with have included in their "need" list things they already have-pay attention to the question).

Gauge for yourself how important these things are to your well-being. If they really are not that necessary, then clear them from your mind because they are excess baggage, but if you could fill in twenty lines in the first place, then the excess was already there and your self-esteem would have been consistent with it.

Advertising, concepts of what is deemed successful, and concepts of what is deemed acceptable are all effective means of manipulating the individuality of a person or a people into conformist models. It's okay to do what you do because you want to, and sometimes it's a matter of necessity to don the mask, but it's honorable to know who you are within the whole of it all and to don the mask only when it is expedient to do so-never forgetting that it's a mask!

Exercise 2

This exercise makes use of what is called the Book of Elements. It's going to be one of your primary grimoires. The technique is commonly used by most of the occultists whom I have known (myself included), and it works on the premise that practitioners will consistently work at erasing any mundane conditioning complexes that inhibit their ability to concentrate on, and control, whatever they do within their Craft.

The self (the circle) is divided into four somewhat equal parts (I say somewhat because although they are, in essence, equal, it is usually the case that the section dealing with emotions takes the most practice to balance.)

The four parts are Fire, Water, Earth, and Air. The qualities of these elements are as variable as the manifest elements themselves, so I prefer to present the manifest expressions prior to relating them to personality expressions.

Manifest Expressions

Fire

- Flame (all-from the flame of a candle through hearth fire to raging, out-of-control forest fires)
- Electricity
- Fission
- Friction
- Combustion
- Light
- Brilliance
- Heat
- Transformation through interaction with other elements

Water

- Lakes, rivers, oceans, dew, rain
- Aqueous bodily secretions
- Moisture (condensation, dampness, steam)
- Wetness
- Liquid
- Nonconforming limitlessness
- Mutability
- Magnetism
- Transformation through interaction with other elements

Earth

- All things solid
- That which is tactile
- Tangible reality • Subject to the transformative function of decomposition
- Ground; both in its electrical sense and in its relativity to that which supports life (as we understand it)
- Structure and form
- Dimension
- Time

- Existence (as a sensate phenomenon)
- Transformation through interaction with other elements

Air

- All things atmospheric
- Gases
- Space
- That which is celestial
- Theory
- That which is ethereal or etheric
- Frequency
- Noumenon
- Sound and the medium through which it travels
- That which is invisible

Personal Expressions

Fire

People display the qualities of Fire when they are:

- Spontaneous
- Optimistic
- Lusty
- Impetuous
- Blatant
- Outspoken
- Demonstrative
- Combustible
- Ruthless

The qualities of creativity, self-expression through the spoken and written word, enthusiasm, aggression, and, often, boisterousness are demonstrations of a Fire-dominant individual.

Water

People display the qualities of Water when they are:

- Artistic
- Empathic
- Passive
- Feeling
- Sensual
- Confused
- Unpredictable
- Dreamy
- Indecisive

- Doubtful
- Inscrutable
- Enigmatic
- Romantic

The qualities of intuitiveness, inventiveness, responsiveness, nurturing, and the use of innuendo, self-pity, and victim-consciousness because of a lack of personal boundaries are demonstrations of a Water-dominant personality.

Earth

People display the qualities of Earth when they are:

- Productive
- Precise
- Calculating
- Sexual
- Determined
- Stubborn
- Aesthetic
- Petty
- Belligerent
- Brave
- Predictable

The qualities of perseverance, administration, fixity, strategy, and orthodoxy are demonstrations of the Earth-dominant personality.

Air

People display the qualities of Air when they are:

- Changeable
- Inspirational
- Logical
- Intellectual
- Idiosyncratic
- Exacting
- Unpredictable
- Challenging
- Abrasive
- Solitary
- Musically inclined
- Expansive
- Explicit
- Technical
- Scientific

The qualities of rhythm and harmony, quick-temperedness, rigidity, and the tendencies to analyze, get caught in the past, and to display either too much emotion or be unable to express emotion are all demonstrations of the Air-dominant personality.

To work the Book of Elements, you will first need to purchase a notebook and divide it into four equal parts. Title the first section Fire, the second section Water, the third Earth, and the fourth Air. Divide the pages of each section into two equal columns, one side titled Acceptable and the other titled Unacceptable. Down each side, list your own qualities and habits relative to those headings.

This is a process of self-observation, and it quite often takes several weeks or months, as you will not be aware of many of your traits without accompanying experiences to trigger them. Once you are finished with your lists, look over the attributes of Earth, Fire, and Air and determine how many so-called unacceptable self-judgments are actually Water- or emotion-based. Rearrange accordingly.

Then decide how many, or which, of the unacceptable aspects of yourself are socio-culturally inclined (i.e., conditioned by your upbringing), and adjust your opinion according to your own standards, based on determining ethics, and which of those attributes can be eradicated or transmuted into more comfortable alternatives.

--Consider two things:--

1. Witchcraft is a way of life for individuals, not the masses, and there's no point in you coming toward the Craft if you are a wimp, a follower, a coward, or a fool, as sorcery is both a practice and a priesthood, and it is not a garment that can be discarded when the going gets tough. The main emphasis of the above technique is to understand your own nature well enough to get clear of fear based on speculation rather than actuality (we will cover fear later in this section) and to weave your webs accordingly.

2. Your aim is to get to the center of yourself and your motivations, and to find the big issues that undermine your capacity to respond in true will, after first having eradicated the blinds to those big issues (e.g., self-justification based on the opinions of others).

When you have completed your Book of Elements and have gone over it and over it to see if you can add or subtract anything, I suggest you get rid of it!

As long as you allow yourself to be conditioned to entertain the expectations of others, as long as you allow yourself to wallow in a lack of control and self-respect, as long as you allows others to direct the states of your emotional and physical well-being, you are unable to truly develop any abilities of a psychic or occult nature, as you will be constantly living in some state of anticipation or stress, under pressure from yourself. In this state, you are ever seeking to please others for their attention or seeking to dominate them for fear of "Not."

(Pay Attention) Mulengro

I know your Name now, you Liar!

You, the killing machine of the soul!

I'll tell!

I'll tell!

If they can hear me they will know your Name also!

Too late! You are known: "Divide and Conquer"!

YOU ARE THE LIE THAT CLOSES OFF THE GATE!!

Your Faces, they are 7!

Your essences, they are 7!

Your Powers, they are 7!

And together they are you! Mulengro!

You are Greed!

You are Envy!

You are Guilt!

You are Deceit!

You are Denial!

You are Expectation!!

You are Assumption!!

-from The Feast of Flesh d Spirit by Ly de Angeles

MULENGRO

Mulengro is the name of an entity that is like an alien barb; one that has become an out-of-control arrow that pierces generation upon generation with its poison. It feeds on its own likeness, and people are its host. Mulengro could be considered to be like the Qliphoth of Qabbalah and the devil that Christianity invented in the Middle Ages to ensure obedience to its dogma.

Certain regimes utilize Mulengro's force as a tool of manipulation. In Machiavelli's work of the fifteenth and sixteenth centuries, he outlines the strategy (in his infamous book *The Prince*) of getting and keeping political power over a people based on the principle of divide and conquer. I cite Machiavelli as he is synonymous with Mulengro, and his tools of manipulation are still taught today.

Mulengro denies the individual the right to be an individual and assures that its victims remain emotionally crippled. Mulengro is passed on like a virus through the perpetuation of the seven attributes of greed, envy, guilt, deceit, denial, expectation, and assumption. The only way of ridding the psyche and the spirit of the virus is to abruptly and completely stop hosting it!

Do not allow others to perpetuate any of these seven faces of Mulengro on you, and do not use them to abort the truth, no matter what the seeming advantage. These faces (behind each of them are the other six) are all vices of disrespect.

How are you to know what is really true or false when Mulengro clouds your vision? It is like a voracious weed seeking to smother a mother forest. I warn you that the eradication of these acceptable modes of behavior will place you squarely outside of the general flow of the social stratum. That's okay. The Way of a witch is not for everyone.

NOTES ON HUMAN NATURE

The most important aspect of a well-trained initiate is the acquisition of balance. There are four sides to the nature of people:

1. The bright, laughing, joyous side, the side we have been taught in our culture to honor and to seek to show the world; the side that is at peace and is not fulfilled.

2. The quester; the one that seeks to change what is immediately perceived as limiting. This side of people's nature is concerned with what is on the outside. It is the side that seeks to imprint one's very existence on both other people and our environment (it seeks the relevance of immortality), and it is not fulfilled.

3. The third side is all mixed up with learning and patterns, understanding, creativity, and curiosity. It is a very brave side, but it is not fulfilled.

4. The dark side? The hidden one? In our culture, because of Mulengro, we are taught this side is wrong and should be suppressed, destroyed, that it is evil and dangerous. We are taught to seek to fulfill the other three (to be nice!) and to deny the fourth, and, as a consequence, it becomes a dragon within the self! All our pain, both physical and emotional, all our dead ends, our unresolved angers and resentments, all

our futilities pour down the tunnel of the psyche to the individual underworlds of each of us-and stay there! The person who has not been touched by hurt is not lucky, they are defenseless or they are lying.

This is our wild side! As those who have known pain will tell you, it is the most powerful side, as within it resides not only all our experiences, but our racial and instinctual memories, our attachment to the collective unconscious, our ability to perpetuate the first three on the list, to transcend considered limitations, to survive-even our will to live. Within it resides our ability to protect as well as to procreate and perpetuate, our sense of union with our planet and with those things on our planet that have not yet been subdued, tamed, or destroyed, and our ability to work sympathetic magic.

This side is like a wild horse. There are different ways to coerce it to become rideable. Brutality is certainly one way (but what about the horse's spirit!). Empathy, firmness, and patience are another way-a way that ensures a different kind of mount. All of the techniques in Part One are about establishing the bond between horse and rider.

FEAR

I have a wonderful etymological dictionary that often assists me in understanding manners of communication at a deeper level than is acceptable in the common vernacular. I read my first dictionary, like a paperback novel, when I was twelve years old because I'd won it in a Book Week competition at school and thought it was the correct thing to do with a new book. There's power in words. Oral communication is like a gift from the gods or one's worst nightmare, depending on its application.

My dictionary informs me that the word "fear" comes from the Old English word *faer*, which is related to the word *faerie* and means to cast enchantments. *Faerie*, or *fairy*, has roots in the word *fae* or *fay*, meaning of the Fates, or fate, which, in turn, is linked to faith, derived from the Latin word meaning to trust.

Yeah, yeah, yeah, you might say; however, I leaped into the whole fear concept several years ago because I was hearing so many people use the word often and so commonly: "I'm afraid this will happen," "I'm afraid to think," "I'm afraid things haven't turned out," "I'm afraid of what I'd do if I didn't have this job." Even, and perhaps more aptly, "I'm afraid for my life!"

From this I calculated that fear is about not having, and it rises up into consciousness when one is not ready, or prepared in some way, for certain expected or anticipated eventualities. Fear always seems to be of what's out there or unknown, but I heard much that was irrational, and so I looked to myself in this matter.

I am a particularly resilient witch and put much of that down to one of the first philosophies I was ever taught by one of the women in my

family, which was "Fix it or forget it!" If you can't fix it, then let it go! If I am staring down the muzzle of a tiger, it is easier to relax than to fight the inevitable. The fight or flight syndrome, which describes the physiological symptom of threat, leaves out freeze, which is what fear is also about. The freeze instinct is important and should not be misrepresented. Being a witch, I summoned Fear as an entity, and he was beautiful!

He appeared, when I first summoned him, tall and stooped, big, hooded, and draped in mists and swathes of gray, from pale to almost black. There was a line between him and me. He walked over the line and stood just behind my left shoulder. He's there now. He stoops and whispers in my ear, "Watch out!" "Don't trust what you're hearing," "Slow the car down," "Trust the omens!" He is Fear. He warns me of probable danger, and I listen to him because he is always correct.

Fear is your ally! It is your instinct to survive. Worry is a useless thing; it achieves nothing. Resolution is the key to distress.

THE ETHICS OF PERSONAL POWER

The lifescape of magic and Witchcraft is a place and a way of being rather than the paradigm of something one does. We know each other by recognizing the way in which we live and that which is within each of us that has lived, thus, forever. It is the recognition of the quest.

The nature of initiation will keep you questing for the rest of your life. There will be no surcease. There is no walking away from this once it has called your name and you have willingly answered. The forces that you work with will continue to feed and inspire you; and everything ends up being looked at through eyes that know how to see.

Like attracts like is also a certainty. You will come into contact with others of the Craft with whom you can share and synthesize. These like-minded individuals can become an important focus for honor and truth, and they will be powerful allies should the need arise. It is most important that you establish ethics at the onset of your relationships so that honor is not betrayed later. The ability to abuse the forces with which one is aligned has been perpetrated before, and the ego is always responsible. This could be considered a conditioned response, as we are brought up in a society that promotes competition and aggressive striving for sometimes superfluous success—the seeking of power for its own sake being one of the false reasons for accessing this quest. This is an identity-seeking excuse for lots of people. Their desire to access the landscape is, itself, valid. They often have the feeling without the knowing to mirror themselves. I am writing this manual mainly for them.

Some people will seek, accumulate information, and call it knowledge. They seek it for the sake of owning, possessing it to access an identity, and they end up with exactly nothing. The reason for the seeking of knowledge, and the practical application of it, is to become that which your soul knows you are, by your very nature, and to be a vessel for this

knowledge to create change in accordance with the pattern inherent in magic and mysticism. It is unnecessary, for example, to acquire the fanciest ritual regalia, to wear the fanciest of robes, to drape oneself in all the appropriate jewelry. When people set out to accumulate for the sake of how impressive they appear, others of the Craft become wary of the reasons this is being done. The art of one's ritual things is, however, greatly respected.

Remember that quantity is not relative to quality in the occult arts and sciences. Your prime expression comes from who you are, the direction of your learning, and the application of knowledge, understanding, and wisdom.

AWARENESS

Don't miss anything. In all of your undertakings, have all your senses working at their fullest potency; this is necessary in your magical, ritual, and personal activities. Of primary significance is the activity of your sixth sense, which will have been triggered/awakened by the preceding exercises, and which will pick up the exchanges of energy in interactive circumstances.

You will hear more in a conversation if you truly listen; you will see more going on around you if your observation entails more than simply looking. There is a leap that is actualized through exercising trust in your own cognitive ability to understand how interactive energy is used in either honorable or manipulative ways.

Awareness is the activation of the Nemet. Awareness is the ability to literally read the feeling in the air. Awareness means control of one's undertakings.

PERSONAL POWER

Personal power is a natural growth process that develops as a result of the life you live in the way of the witch. Others will notice you even when you do not desire to be noticed; therefore, personal power is the ability to disappear when you want to and appear when you want to. It is not an egoistical phenomenon! It is an energy (akin to magnetism), a presence about oneself that will require a firm rein for the first few years. It will emanate from your physical body like a field phenomenon. This field is neither a conscious, nor consciously acquired, function, and you are to know and understand this. Posturing and arrogance are its illusory counterparts. Personal power should not be treated as such (that will be the ego seeking to manipulate a natural force and that is both ugly and offensive).

Personal power is a direct result of accessing the lifescape of magic and of living within its field. If you allow yourself to become glamoured" by it, in either yourself or anyone else, you disrupt the web of the worlds and the places of power will withdraw, oh, even just a little, from the access of those who seek to live within their wonder.

Personal power is an accumulation of awareness, preparation, intent, and your ability to focus, all through the vessel of the self.

SERVICE

Let's not confuse the word service with the word servitude. You serve the forces with which you interrelate. You are in service to life itself. This is our deity which we consider both our Goddess and our God.

This is Witchcraft at the core.

Your service is to the truth of that which you perpetuate and the need to be on call when you are moved by the intelligence of these forces. Nothing is required beyond the truth, and while the truth may be exceedingly confrontational to either you or another, it does not engender harm. You will strive to dispel unwarranted fear by reaching beyond the face of fear to seek its source.

It is knowledge and understanding of ourselves at the very source that is contacted through confrontation with adversity (the dark faces of Goddess and God). To know and understand what it is that engenders fear enables us to penetrate and address perceived inadequacies where possible, hence grow beyond what we thought we were. You will seek to remain unattached to the outcomes of your endeavors, knowing that the above has been understood; for to do other would be to become entrapped in a place of resentment, blame, or rejection(want).

You may have fixed concepts about what you believe will provide happiness, and this may be a false focus. You will trust that the thrust of your destiny, which places you in a situation you don't consciously want to be in, leading you on your quest. At all times, when these events occur, you will seek to understand why without necessarily comprehending the entirety of the process, as this will, in retrospect, become obvious in its patterning. You will most certainly consider the phrase "your Gods will not barter," because they won't - no matter how you moan. Personal gain may not come to you in material form; that is limited ideology of wealth - the universe does not necessarily consider the need for payment for services rendered in recognizable goods.

Know the Law of Congruity! Understanding yourself is the first key; seeking to reconcile seeming opposites is the second key; coming to know that, and how, magic works is the third key. (Law of Congruity - akin to cause and effect)

See where I'm going with this? If you are what you say you are. She'll make sense to you in a way other people haven't.