

# RITUAL

CONNECTING WITH YOUR SPIRITUAL SELF



This ritual can be done at any time. However it is common to do this kind of meditative, self-exploration during a waning or even dark moon. While art-making is in itself a meditative, divinatory process, this ritual goes further with a guided meditation to bring you to a more spiritual space within yourself. If possible, do this meditation regularly. The more often you do, the more natural it will feel. Each time will probably yield a different experience. If possible, give yourself 1 hour in which to do this.

Find a quiet place where you won't be disturbed. I suggest doing this at night so you can do it by candlelight. This feels extra magickal and witchy and has the added advantage of limiting how much you see. As a result you should feel liberated to do whatever you feel on the page and not worry about how it looks.

Lay out the following tools:

- A candle
- Incense or oil spritzer
- Art journal (open at the next blank, two page spread)
- Colored art materials of choice (markers, pastels, colored pencils etc.)
- Writing implement (black preferably, to contrast with the colors)
- Optional extras: ephemera for collage, glitter glue, whatever else you would like to use

Light your candle. Cleanse and prepare your space with your incense or oil spritzer. If your practice is to cast a circle. Do so now.

Be seated, plant your bare feet firmly on the ground.

Breathe deeply. With each breath feel more connected to the ground beneath your feet, the air surrounding you.

Repeat the mantra: "A creative space, is a sacred space." Do this three times.

Close your eyes. You are standing in a cave on a sandy path. The walls, floor and ceiling of the cave are encrusted with crystals. What color are the crystals?

Perhaps they are several different colors. Look at them sparkle and reflect off each other to infinity. Touch them, feel their hard coolness under your fingers. If they are sparkling, there must be a light somewhere in the cave. Walk down the path, the dry, soft sand gently cradling your feet, you are going towards the source of light.

At the end of the path is a circular space deep in the cave, as you approach you hear gentle crackling. There is a small fire in the middle of the clearing. Enter the clearing.

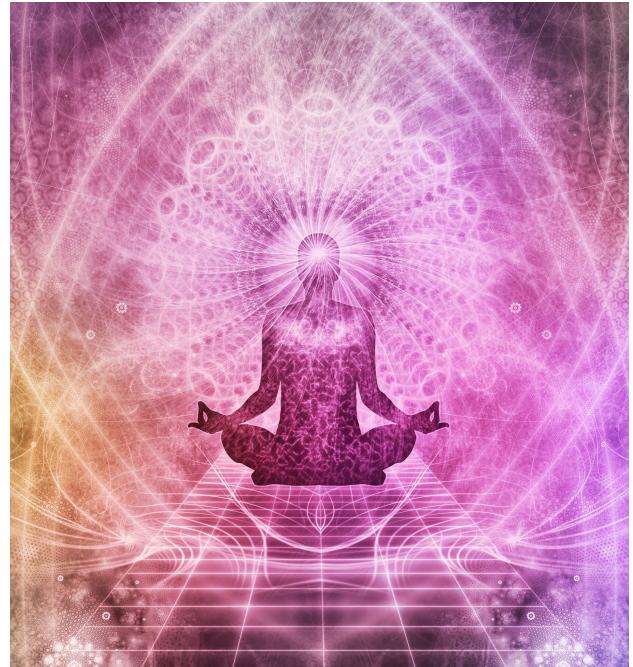
Sit next to the fire. Feel its heat, hear it crackle. Watch the reflection of the flames dance in the crystals. Take your time, enjoying where you are. The sand is warm from the fire.

To the left of you is a large crystal that sticks out from the wall. You look into it, the crystal has multiple surfaces so your reflection is dismantled. You do not see your face as you recognize it. You do not see your body as you recognize. What do you see? Is it an animal? Another person? A form made of light?

Look at what you see carefully. Don't be afraid of it. This is your current spiritual self. Perhaps you have some questions to ask this part of you. Ask them. You may receive very specific answers or something more cryptic. You might not receive any answer at all at this time. That's OK, it could come later. When you feel ready, thank your spiritual self for the time you have spent together. Get up and walk away from the fire. Know you can return to this place anytime.

Slowly open your eyes. It's time to journal about your experience. How you do this is up to you, however I recommend you do something spontaneous. This is a precious moment and it should be recorded with energy, vitality and instinct. You could add words that came to you during your meditation. Doodle, scribble, be impulsive and incorporate colors and any other items you want to. Drip wax from your candle. Don't pay close attention to what you see on the page. Keep going, use your hands to smudge if you are drawn to. Enjoy yourself and know there are no rules!

When you feel ready to stop, either put your journal aside to dry (if you have used glue or paint) or close it.



Now is not the time to survey your work.

Take a few deep breaths. Ground yourself by feeling the floor or ground beneath your feet. If you like, thank the deities or the goddess for being with you and giving you guidance. Extinguish the flame of your candle and snuff out the incense if you are using it.

If you cast a circle, open it.  
Blessed Be!

Don't forget to write about what you have experienced as well.