

RITUALS

A ritual is a series of symbolic or energetic actions carried out alone or with a group. This is usually on one location for a certain length of time. The spiritual use of rituals is that due to the time involved more energy can be gathered and people can become more focussed and involved in the process. Despite the benefits a poorly done ritual can be risky because of the power which builds up over time. To guide people new to rituals I have compiled a few pieces of advice for a succesful ritual.

Setting the scene

Before any attempt is made to contact another dimension the space and people should be prepared. The preparation has several purposes.

- to purify the energy in the space
- to purify the participants' energies
- to harmonize the participants and focus them
- to create a vessel which will hold the invited energies and allows the energy to build without seeping away
- to make a symbolical and energetic invitation

Temple creation

First create a temple, literally a place which is closed on a horizontal level and open on a vertical (spiritual) level. Close the doors and windows, turn off the mobile phones, draw the curtains and perform other acts to separate yourself and the participants from their horizontal lives. Sometimes it can be useful to stop addressing the participants with their everyday names and titles and use initiation or spiritual names instead. After this is done we can define the space in the following manner:

- Be welcome, powers of the East. Powers of inspiration and light. Be welcome in this circle of your friends.
- Be welcome, powers of the South. Powers of protection and support. Be welcome in this circle of your friends.
- Be welcome, powers of the West. Powers of strength and insight. Be welcome in this circle of your friends.
- Be welcome, powers of the North. Powers of wisdom and harmony. Be welcome in this circle of your friends.

After defining the horizontal space turning to each direction as we make the invitation we can now define the spiritual space which we wish to work within.

- Thank you mother earth, for granting us these bodies. Thank you for giving us the strength and experience necessary to grow.
- Thank you great spirit, for your blessings on our path. Thank you for teaching

us how to live in harmony and cooperation.

- Thank you ancestors, spirit guides and guardians, for your advice and inspiration. Thank you for helping us realise our strengths and weaknesses and teaching us how to transform ourselves.

It is nice if you can give these seven powers some representation in the room by lighting candles, striking a drum or singing bowl or by representation, a statuette or image. The representation can act as a conduit allowing the powers to aid the ritual or journey.

Purification

Now that the temple has been erected it has to be cleansed. This can be done in many ways using the different elements. Water for washing away or fire for burning away undesired energies are the standard methods. It is also possible to use the earth and air elements for cleansing, but this is often harder and less effective due to the nature of the elemental powers. Crystals and incense can however create a good base energy to work with. Music and symbols are however an important part of providing energetic structure to the temple. The most important element is harmony and focus. You are cleaning on a physical level with your body, on a magical level with your willpower, on a mystical level by connecting to that which you want to affect and on a mental level by visualizing the desired result. Once you and all participants have been cleansed you can move to the next phase.

Summoning

With the temple erected and purified we can commence to summon the desired power or powers. The participants can engage in adorative, supplicative or even evocative prayers. It is possible for all to focus on inviting one power or several. It is important that the summoned powers have a harmonious relationship with each other and with the summoner, this includes having a similar vibration. As with the definition of the temple it is good to have a representation or focus which can hold the generated as well as the summoned power. It is also good to offer a sacrifice, traditionally a plant, food or a gift for the temple itself. This sacrifice can function as a token of respect, a source of energy or tool for the summoned power, payment or symbol of brotherhood. The sacrifice of blood or animals is inadvisable unless you really know what you are doing.

Blessing

If the summoning went well a connection will have been established between the temple and the power. Now a blessing can be requested. A blessing can be in the form

of an individual or group healing, channeled information, intervention in current or future affairs or more commonly advice and transformation during a trance journey. The reason for this is that powers are most effective at their natural level of vibration. The ability to come as close as possible to the natural vibration of that power enhances the effect of the blessing. This is why the summer is such a great time to perform rituals since the abundance of light and life allows us to be in a higher vibration and use what blessings we receive more effectively. For those who lack the ability to make trance journeys and also lack channeling ability it is good to practise their meditation and prayer skills to maximize the effects.

Closing

When the work has been done and all participants have been blessed it is time to close the ceremony and temple. Do this process in such a way as to aid the participants in descending back to their daily lives gradually. Start with thanking and dismissing the highest powers first, then dismiss the temple and finally thank and dismiss the participants themselves. Give the participants the opportunity to transform the blessings they have received to each lower level of vibration to maximize the benefits.

Finally allow the left over energies to distribute themselves into the world through the participants so even those absent may benefit from the blessings. Sometimes it can be good to allow participants to share at this stage. The sharing can result in secondary blessings by powers connected to other participants. If you choose to share it is often better to leave the temple intact until the sharing has been completed.