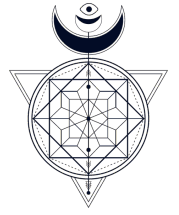


Calling back your inner knowing



You will need

- A night during the first quarter (first week) of the moon's cycle)
- A mirror
- A candle

The practice

- If you feel so called cast a circle, or simply call in protection for the ritual you are about to do.
- Sitting in a room that is as dark as possible, light the candle and place safely by your side.
- Pick up the mirror and gaze into it. Allow your eyes to adjust gently to the darkness as you breathe deeply and contemplate what you can and cannot see.
- Put down the mirror and bring the candle (safely) in front of your third eye as you say out loud:

By the light of this candle and light of the moon, I ask that my truest wisdom be illuminated

- Hold both arms - one still holding the candle - above your head, outstretched like a chalice and say:

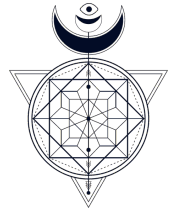
I call to the East and to the Air for clarity, for guidance and for connection to all that is available to me

And to my own wisdom I call to you

From all corners of time and directions of space I call to you

And I welcome you back"

- Bring your hands down, candle in front of your face and pick up the mirror again so that your reflection is illuminated within it.



Continued

- Bring your hands down, candle in front of your face and pick up the mirror again so that your reflection is illuminated within it.
- Now say aloud:

“Wisdom I see you
Wisdom I hear you
Wisdom I feel you
Wisdom I welcome you.
Wise one I embrace you
Wise one I know you.
Wise one I am you.

- Look at your illuminated reflection for as long as you need to, and when you're ready simply say:
So it is.
- Blow out your candle and return both it and the mirror to the floor before grounding yourself completely and closing your circle.