



*Merry Meet! This insert is intended to guide you in using your kit. Be light and enjoy!
Please do not hesitate to DM me if you have any questions.*

INTENTION

Intention is key to any magickal work. Without a clear understanding of what it is you want to achieve you send a scattered, convoluted message and your results will be muddy at best. Remember, you are tapping into the natural flow of energy and directing it to a beneficial goal.

Before sitting down for ritual it is critical to know what you want to achieve. This does not mean that you have a written out treatise; if you are overwhelmed and you are sitting down because you need to sit down and ground and center to find peace, that is perfect. It is fine to have a far more intricate goal, just make sure that you are focusing your energy on a specific aspect that is conducive with the moon. Basically perform spells to draw an energy to you during a waxing moon (new moon to full moon) and spells to push an energy away from you during a waning moon (full moon to new moon). This is obviously simplified but it is a good guideline. You should keep a record of your work in your Book of Shadows to determine when your energy is most effective and when your intention has been spot on or when it may have been too muddled.

So if seeking peace, during a waxing moon you would want to draw protection to you, peaceful energies, or spirit guides to help you learn how to maintain your peace. You could also charge a talisman, such as the stone in your kit, to assist you in finding peace when you are in need. Conversely, during a waning moon you want to banish the energies that disturb your peace. In both cases keep in mind that we can be our own worst enemy. When you are cleansing your space think about whether you feel you deserve peace. Do you always feel it's more important to make others happy rather than yourself?

Think about whether you need to banish old though processed that tell you that you are not worthy of peace. Draw in new energies to

believe that you deserve joy. The process of banishing and releasing at the same time is especially effective during the full moon; the new moon is a great time for setting the framework for a new way of approaching things and the dark of the moon (just before the new moon) is a great time for divination and thinking through what keeps you from manifesting for yourself. If you are new to spell work I recommend that you begin with a simple word, phrase, or mantra: I allow myself to feel the simple joy of peace or I reject all energies that keep me from experiencing peace.

Though you may perform spells from books or other sources, I find the most effective spells are the ones that come from your heart, not someone else's. This is especially true for empaths who are so good at channeling energy, it just takes practice and focus. For more information on making your own spell check out my [Beginners Spell Guide](#).

CLEANSING

Once your intention is clear in your mind you are ready to work. Prepare your body and space so that any old energies will not interfere with your work with a ritual bath or shower. Not only does a salt bath calm your mind, the salts and herbs remove toxins physical and spiritual from your body but you may use an appropriate body wash if you do not have a tub (or just don't enjoy baths). Use warm water but not too hot. Extreme heat can damage the essential oils in any salt bath. While soaking envision the work that you are about to do and see anything that keeps you from your intention dissolving away into the water. When you are finished with the bath unplug the drain and stand in the tub while the water flows away. Let the water on your body run down into the tub. Don't be in a rush to towel off—you want to make sure what you are washing away leaves you; don't rub it into your towel or back into your skin. Dress in clean comfortable clothes. Remember that the message you send to yourself during this

time is critical – nurturing yourself should be a joy and an important process. If this feels arduous or overwhelming move straight to incense cleansing. Do not do anything that is stressful.

If you have a smudge stick or spray do an initial cleansing of your area and yourself. Sage is traditional. Lavender, cedar, mugwort or sweet grass are also common options. Let yourself be guided by what is appealing to you. I like to cleanse a space and fill it with welcoming energy. My Protection or Sacred incenses are perfect for general purposes. If you cannot use loose incense (roommates or room size can often limit what we can do) a stick or cone incense can work. I recommend Frankincense or Rose to keep high vibrational energies in a space after cleansing so that negative energies don't move right in.

When cleansing a room move in a clock-wise fashion. I like to start in the north, others prefer the east with the rising sun. Honestly if your intention is clear and pure you don't have to sweat the details. Enjoy the beauty of this experience and trust your intuition. When cleansing yourself start at your left shoulder and again move in a clock-wise fashion.

If you are sensitive to smoke spritz the room around you with a smudge spray. This does not have to be a long or involved process, especially if this is your personal space. Deep smudging/cleansing is more of a concern in areas where there are a lot of people, particularly negative people.

SETTLING DOWN TO WORK

For many the process of cleansing self and space is more symbolic than literal but it is valuable as it begins the focusing of the mind, eliminating all of the distractions that keep our thoughts running in a hundred different directions. When you feel cleansed it is time to sit down and work. I like to sit on the floor but this is simply a personal preference. Sit in a chair, lay on your bed, just be comfortable.

Let incense continue to burn if that is convenient for you and apply flying ointment to your third eye, the space between your eyebrows. I like to three layers of the Flying Oil but the amount is your choice. A little goes a long way so apply a small amount to your third eye and wait a moment or two. Rub more on as needed.

Hold your stone in your receiving hand. This is the hand opposite your power hand or the hand that you write with. Whether it's an energetic crystal like carnelian or a more subtle one like rose quartz with time you will feel a connection to your stone. After a ritual you may choose to carry the stone with you like a talisman. Some even carry their stone in their bra.

As you get more comfortable, meditate on your intention. What is it that you want for yourself? What changes do you need to make to get there? If you have self-imposed obstacles, why did they come to be? Understanding of yourself is critical to fulfillment. Visualize where you want to be; see it clearly. Apply oil and breathe the scent in deeply. You may apply it to your pulse

points as the heat of your blood works with the oil to improve the scent or you may anoint a candle or yourself. For the candle, roll the oil on the palm of your hand and then roll the candle on your hand to distribute the oil on the sides. The heat of the flame will cause the scent of the oil to radiate. To anoint yourself, roll a little on your feet with the thought that these feet that will walk your intention be blessed. Place oil on your inner thighs with the thought of giving birth to your intention, your stomach with carrying your dream within you, your heart with following your intention with love, your throat to speak the truth of your intention and your temples to see the reality of your vision. Focus on the scent and explore your intention with your mind. See the reality of you living it. When you need a reminder you can reapply the oil and think back to your meditation.

Take as long as you need with this practice. Repeat it as often as is necessary while being mindful of the moon phase.

Your stone has been cleansed and charged before arriving to you for expedience but I always recommend cleansing and charging stones regularly. Methods vary by person and strength of stone; I like to put most stones in a bowl of sea salt in a window sill where they can soak up sunlight and moonlight. Some run their stones under water, through incense, or even bury them in the earth. Think about your comfort level and preference as to the care of your stone.

Love and Light,

Meara