



*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 FOR ANCESTRAL COMMUNICATION

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 to the universe 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.



SAMHAIN SALVE - Mandrake salve is wonderful but not to be taken lightly. As someone who has not been as careful as desired while making large batches, trust me, you DO NOT want to apply too much salve. With any salves I like to do layers. Apply a thin layer to the space between your eyebrows, your third eye. As you progress in the ritual rub up to 3 layers into your skin for the desired effect.

SETTING THE GROUNDWORK

Before sitting down for ritual think about who you would like to communicate with or what issue you would like guidance on. This does not mean that you have a written out treatise; sit or lay down if that helps you to ground and center as you focus on the energy of your loved one. If you have an ancestral altar with items significant to the spirit that you are trying to reach, spend time looking, touching and smelling the items there to enhance the connection.

If the bond with your ancestor is already strong or you are experienced with communication you can perform this ritual at any time of year or the moon. If you are new to the practice or are feeling

unsure about the endeavor you want to choose days that are most propitious for these efforts. The Dark of the Moon (the phase right before the Full Moon) is a wonderful time for spirit work. The best time is the Full Moon before Samhain (the Witches Moon) or on Samhain itself. Because the veil between the worlds is at its thinnest during this time, ancestors and spirit guides are readily available to you if you have the right tools and are open to the experience. You should keep a record of your work in your Book of Shadows so that you may tweak future efforts for best results.

Ancestral Altars

Having an altar for your ancestors can be incredibly helpful, especially for spirit communication work. This needn't be complicated or obvious to outsiders. A small corner of a shelf with pictures of dearly departed love ones, a candle, flowers, or any small item that contains an emotional connection if suitable. Creating one before this ritual is of immense assistance in calling their energy to you.

CLEANSING YOUR SPACE

Every witch knows that everything out there is not nice. That being said, with the proper preparations your ritual need not be scary or worrisome. My general rule of thumb is that in spirit communication you shouldn't answer the phone if you don't know who's calling. There is no spirit caller ID but we have screening tools. Cleanse your body, your space, and have a trusted ascended master by your side.

Prepare your body and space so that any old energies will not interfere with your work with a ritual bath or shower. Empaths carry energy that they have picked up with them. A salt bath calms your mind and removes physical and spiritual toxins from your body; if you do not have a tub (or just don't enjoy baths) shower with a natural clearing soap (rosemary and lavender). Use warm water but not too hot. Extreme heat can damage the essential oils in any salt bath or soap. When you are finished with the bath unplug the drain or turn off the shower 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. Feel clean, fresh, and comfortable.

Cleanse your area and yourself with the Samhain incense. 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.

Every spirit has a vibration or a frequency; if you aren't familiar with the exact feeling of your loved one have an ally with you. Triple Goddesses or Goddesses specifically connected with the underworld are perfect for ensuring your safety in this situation. I also like Archangel Michael, patron saint of empaths, for this purposes. Summon their powerful presence to be by your side for protection during spirit communication so that malicious entities cannot take advantage of your open vulnerability.

DARK ENTITIES: HOW CONCERNED SHOULD YOU BE?

To be completely honest the only times that I have felt really threatened was when I worked as a medium for others and did not pay the attention to my guides that I should have. I always tell people that Archangel Michael is my other boyfriend; we are very close. He is clear, if brusque, in his messages. During the times where spirit communication has been difficult I have listened to a client who promised me that the spirit we were contacting was a loving ancestor despite Michael's warning that things were not as they seemed. In some situations the interaction was actually physically painful, but quickly handled with Michael, incense, and crystals. I share this for the lessons that

- 1.) You should never serve as an intermediary between someone else and a spirit unless you are very experienced.
- 2.) You should always listen to your allies - if they something is off, do not continue
- 3.) You can trust yourself. This is not a Hollywood movie. You can end communication and clear the space if needed. Do not forget that you have control over your own safety. The chances of you having an experience similar to mine is VERY unlikely and if, against the odds, something should happen, USE YOUR TOOLS.

LET'S TALK

When you feel cleansed and relaxed, 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. Apply more salve is desired. Rub the Message Oil on your pulse points. The heat of your blood will call to ancestors as it merges the oils and the scents will continue to expand your psychic abilities.

As your body and mind take in all of this stimulus hold your snowflake obsidian in your receiving hand (the hand opposite your power hand or the hand that your write with). It is such a wonderful stone, deflecting and transmuting negative energies while the sense of peace allows your mind to focus on your desires. After ritual you may choose to carry the stone with you like a talisman. It's protective and expansive qualities will keep your ancestors close.

Let your mind wander back to your altar or desired ancestor or spirit guide. Be open to alternative options. I have done rituals with the intention of connecting with my grandmother and instead reached my grandfather, great aunts, or even a long-deceased ancestor. Sometimes the universe knows better than us what or who we need to hear from. If you have taken the appropriate precautions you needn't worry. Focus on the scent and explore your questions with your mind. It can be helpful to imagine yourself walking down a staircase and out a door of a childhood house and see which ancestor is waiting for you outside when you get there. Ask questions, explore possibilities, and feel surrounded by love. Be open to messages that you may have not considered relevant :) Take as long as you need.

When you feel like you have taken in enough (you need time to process), make sure to thank ALL guides - ancestors, Goddess, allies. We can never say thank you enough. Honor your needs and journal the experience to revisit later.

Repeat it as often as is necessary.

Love and Light,

Meara