Welcome

Here are a few public papers to get an idea of what Wicca is about.

- Information for Those Interested in Wicca
- Be Yourself
- Reading List
- The Goddess Healing Meditation
- The Lesser Banishing Ritual of the Pentagram
- The Self-Blessing Ritual
- What to do on Esbat and Sabbat

Information for Those Interested in Wicca

Attached to this page is a PDF that you can download, containing the papers present in this Public shelf.

Wicca_Information.pdf

Be Yourself

(A talk given by Carlos – aka. Janus-Mithras – at a public speaking platform on
All-Hallows Eve, 1972, at Center Island, Toronto)

Greetings Everyone!

First of all, I feel I must tell you that I am not a lecturer, nor a Guru and that I have not come here to "sell" you a religion, a cult or even a method. I have simply come here to have a heart to heart, soul to soul talk with you, about a very Important and Beautiful subject, Yourself.

Neither have I come here to tell you how wonderful I am, but to tell you how wonderful you are. Nor have I come to tell you that I am a Divine Being and or an Incarnation of God, and that I am special. No, I have come to tell you that YOU, each of you, is a Divine Being, that each one of you is an Incarnation of God, and that we are all very very special.

I have most definitely not come here to be glamorized, worshipped or looked up to but to glamorize you, to worship you, to look up to every one of you and try to wake you up to your true worth.

Therefore, I say to you all: Wake up, and claim your Divine Inheritance, look up to yourselves, cherish yourselves, for you are not commonplace and unimportant. No, you are precious, valuable and Beautiful indeed.

You are all eternal beings, immortal, without beginning and without end.

You are not your bodies, nor are you your emotions, not even your thoughts, these things are yours, but not YOU. You are not any of these things which are continuously changing every minute. You are Pure Consciousness, always aware, always blissful and immortal. You don't die when your body dies. You don't burn when the body burns. You are, I repeat, immortal, eternal without birth and without death.

And please do not listen to those who would confuse you and demoralize you and rob you of your Spiritual Inheritance.

Do not listen to those who would have you small, petty and ugly. Those who will tell you that you are evil, sinful and doomed. Those who would split you into a thousand pieces and then tag them, conscious, superconscious, unconscious, ego, superego, id etc. etc. Do not listen, do not believe them for they will do nothing but butcher your Soul. You are One, not many. You are always conscious and blissful, and the Universe is One Substance, and that One Substance is Consciousness and Consciousness is the true and only god, and that Holy One sleeps in the stones, dreams in the plants, wakes up in animals and becomes self-conscious in man. Therefore, everything is holy and everything is God. Therefore, all things are basically Good and Beautiful and evil is only ignorance and the shadows of the One Light.

And therefore, I say to you, please do not listen. This does not mean that those functions of Consciousness do not exist. No, they do exist, but they are functions, activities, even powers if you want. But they are not YOU, they are not the immortal ever conscious, ever blissful you, no more than the eyes or ears or even the thoughts are you. These things do exist and they are yours, but they are not YOU.

But perhaps you will ask me: Where is this Divine Consciousness, this Blissful Self of yours? How can I find it? Has anybody ever seen it, or heard it or touched it? How can you prove it?

I answer you:

Is there a place where it is not? It is everywhere, and the whole of Creation with its millions of Universes is only as a tiny sponge inside this Ocean of Consciousness. And you can not see this Blissful, Ever Conscious Self for it is Himself the One Seer who sees through the eyes of all the millions of creatures of this Universe, and besides Him there is no other one to see. And you can not hear Him, for He is the Listener behind all ears. And to find Him you must become the Seer behind the eyes, and the Listener behind the ears, remembering also that He is Himself the one who seeks in all of us.

How can I prove it? Must you have your own existence proven to you? Could you say that you are not, that you do not exist? Can you deny yourself? Can you say that you are not here, seeing me, listening to me, thinking of what I am saying, aware of my presence.

You answer: "Yes, of course I am." And right there, there in those few words is the whole Secret of the Universe.

"Yes, of course I am." Wonderful words these, the Lost Word of the Ancients, the true Word of Power, the Holy Ineffable Name of God.

"Yes, of course I am." I am, I am, I am; Isn't everyone? Doesn't everyone say also I am. Isn't this the Chant of all Creation: I am, I am, I am; the birds singing, the trees swaying in the winds, the flowers blooming, the grass growing, the planets revolving in their orbits, the stars flying through space and billions of galaxies revolving and expanding all chanting I am, I exist, I am, I am, I am.

And it is this I amness which is the divinity in each one of us, it is this I amness which is the eternal, immortal us. That is your true self, your real name.

So, I have come here, humbly and with love to ask you: Don't deny yourself. Be Yourself and accept your Divine Inheritance, accept this simple faith, which needs no other proof, but your own being, your own existence.

You need not do anything but accept yourself just as you are, trust yourself, love yourself, cherish yourself, for you are a living God and the Soul of the Universe is your soul. There are no exercises to perform, no concentrations, no meditations; nothing to pay, nothing to do, nothing, for nothing can give you that which you already have, nothing can make you become that which you already are, let your highest virtue be self-trust and simplicity and dispense bravely with all crutches and means to and end. YOU are the Beginning as well as the End, so do not procrastinate with Reality

and take your Divinity for granted. Do it now, not eventually, and do not fall into the error of repeating "I AM" as if it could make you more YOU. For Realization is not by the mere uttering of "I AM", nor by spiritual practices and meditations but by the living fact of you being it already.

Do not even pretend to be "I", just be the Self absolutely, wholly and in reality, now as always.

Most emphatically there is no need for repetitious meditations or feeble imitations of Yourself. You are alive, you are conscious, you exist, so do not rehearse reality, and thereby mock your very Existence and the Reality of the Godhead you embody. For practices and rehearsing are nothing but simulations which in themselves are a denial of the Natural Holiness and Oneness of all things. Such practices merely ruin the Reality by assuming a moment, even a moment when we are not the Self and already fully realized.

Just be yourself, rise up to your true height and crown yourself with your own hands. Let all your natural functions and actions be simple and loving celebrations of this simple fact. And in this, remain humble and loving and beautiful with Perfect Trust and Perfect Love in your heart, remembering always that what you have heard here today is equally true of everyone else.

And now farewell, and may you all go in Light and Peace all the length of your days.

Reading List

Witchcraft and the Sixth Sense Justine Glass
What Witches Do Stewart Farrar
The Twelve Maidens (fiction) “
The Sword of Orly “
Omega “
Diary of a Witch Sybil Leek
The Compleat Art of Witchcraft “
Mastering Witchcraft Paul Huson
ABC of Witchcraft Doreen Valiente
The Meaning of Witchcraft Gerald Gardner
Witchcraft Today “
Witch Blood Patricia Crowthe
Where Witchcraft Lives Doreen Valiente
High Magic’s Aid (fiction) Gerald Gardner
The God of the Witches Margaret Murray
Witch Cult in Europe “
Witchcraft for Tomorrow Doreen Valiente
The Tree of Life Israel Regardie
The Magician, His Training and Work W.E. Butler
The Mystical Qabalah Dion Fortune
Ladder of Lights Grey
The Sea Priestess (fiction) Dion Fortune
Moon Magic (fiction) Dion Fortune
The Secrets of Dr. Taverner (fiction?) Dion Fortune
ANY OTHER BOOKS BY DION FORTUNE
Moonchild Aleister Crowley
The Chicken Qabalah Lon Milo Duquette

The Goddess Healing Meditation

This meditation can be performed by anyone who needs healing. It works because it connects those who perform it with the Goddess, who has been known throughout history by countless civilizations, as the deity who responds most quickly to those who ask for help.

Before performing this meditation, it should be understood that the Goddess is accessible to everyone already, at all times, and that nobody can claim the position of intermediary between you and Her. She is as close to you as your own heart, and it is through this closeness that already exists, that she hears and responds to those who call on her.

Why then, are we presenting this specific meditation?

This meditation comes from a lineage of Goddess worship which is very old, and whose many followers have devoted their lives to serving Her and Her Children.

The most important part of following her, in this lineage, is the development of her attitude of Perfect Love towards all beings. And so the initiates of this lineage invoke her and pray to her continually for whoever suffers.

This meditation can be thought of as the fruition of these prayers, and as a response from the Goddess herself– a special means of contacting her for Healing, that is the result of many lifetimes of devotion and prayers, from many dedicated practitioners.

IMPORTANT!

THIS MEDITATION IS NOT A REPLACEMENT FOR MEDICAL OR PSYCHOLOGICAL CARE! IF YOU ARE HAVING PHYSICAL OR PSYCHOLOGICAL PROBLEMS, SEE A QUALIFIED PROFESSIONAL! THE GODDESS HEALS THROUGH THEM TOO.


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How to Perform the Meditation

The best time to perform this meditation is on the Full Moon or New Moon, at Midnight. (If it’s an emergency, you can pray anytime, but it’s better to wait until night-fall.)

You should make sure you won’t be interrupted, and you should treat this as a special occasion. So if you want to buy flowers, light a candle, or dress-up for the occasion, please do. These things are not requirements, but they are a good way of showing your sincerity and earnestness in asking for help. You don’t need to do these things, but if you feel moved to do them, then you should.

Once you’re ready to perform the meditation, sit down and make yourself comfortable, then begin visualizing the High Priestess Tarot card of the Waite Deck, shown above.

It is good to make the visualization as clear as possible.

In order to do this, it can be helpful to involve the sense of touch, of hearing, of smell, etc.

So as you see the High Priestess Tarot card in front of you, you can also feel that this image of the Goddess is radiating light towards you. Feel this light on your skin. Feel it radiate through your body, clearing blockages, smoothing out your bodily energy, and aligning you with your higher-self.

Know that this light is the overflowing of Love and Compassion of the Goddess towards you.

If you want, you can also hear the sound of an immense Ocean of Light just behind her; its presence is soothing, calming, and healing.

You should make this experience as real as possible for yourself! This is so that you come to know and trust that She is there with you, as aware of you as you are of Her, and listening to you intently.

Once you feel that she is listening, simply talk to her as you would talk to a very close friend; tell her your troubles and pains, and ask for her help.

Stay with her as long as you like, and when it seems that the meditation has come to an end, you can conclude by offering your thanks.

Addition Thoughts…

Many miraculous things have been reported over the years by those who have used this meditation. Not only does the Goddess heal beings in the relative sense where we encounter common physical, mental and emotional illnesses–she also responds to beings on the very deepest level of who they are, leading them back to their innate and natural state of Love for All Beings and Trust in the Universe. This type of Trust in the Universe includes all experiences— even experiences like heartbreak, sickness, and death.

For one who has come to know the Goddess closely, even things like sickness and death become reasons for rejoicing, as they have the power to help us Remember what we have forgotten, and to return us to the most essential part of ourselves, which is as ancient as the night sky— as old as the Universe itself. To learn more about this point of view, you can read this public talk given by an Initiate and Teacher of our lineage, entitled, Be Yourself.

Also, if you find the image of the High Priestess Tarot card is too complex, you can visualize the Full Moon, using all the guidelines for visualization given above.

The Lesser Banishing Ritual of the Pentagram

Note - throughout this paper, ***only words in quotes are to be spoken or vibrated.*** *When vibrating a Word of Power, you should intone it in a voice that emanates from your lower chest, and feel the vibrations pervaiding the Universe, and bringing your awareness in touch with, or "tuning you in to," this same ageless vibration which has always been everywhere, whether or not you knew it.*

Note - throughout Western ritual, the "home" position for the hands, when they are not doing something specific, is either folded at your solar plexus (the pit of your chest, where the lowest ribs meet) or crossed upon your chest, hands on shoulders, right over left, in what is called the "kavach" mudra, the Sign of Protection.

Lighting the Kether Lamp or Candle of Art:

Contemplate primordial Emptiness.

"In the beginning...

Before the Elohim created the heavens and the Earth, Everything was Formless,

And Darkness was upon the face of the Deep."

Contemplate

"And the Ruach Elohim moved upon the face of the Waters and said: Yehi Aur... let there be Light!

(Light candle)

And there was Light."

"And the Elohim saw the light, That it was good,

And all the morning stars sang together, And the Children of God shouted for Joy."

Raise hands to the heavens

“Holy art Thou, Lord of the Universe!

Holy art Thou, Whom Nature hast not formed! Holy art Thou, the Vast and Mighty One!

Lord of the Light... and of the Dark.”

1. **Ankh of Light:**

Become aware of a globe of brilliance above your head, larger than your head, and resting upon, or slightly into the crown of your head. Breathe deeply of pale blue prana from the ocean of it around you, and bring your right hand from the kavach mudra down to your side, then up to the top of your head as you take a deep breath and vibrate:

“Ah-Teh” Ateh — Thou Art (I Am)

Now move your hand down before your face and on down to your solar plexus as you visualize a pillar of white light, about the thickness of your neck, descending from the globe above your head down through the middle of your body to your feet where another globe, smaller than above your head, forms below your feet. You are either standing on it or slightly into it, and it is either black with green swirls or a swirling mixture of the four elemental colors: citrine, olive, russet, and black — the colors of the four seasons. As you bring your hand down to your solar plexus from above your head, visualizing thus, vibrate:

“Mal-Kuth” Malkuth — The Kingdom

Bring your hand now to your left shoulder, wherein forms a blue globe of light, also smaller than the one above your head, the same size as the one under your feet, and vibrate:

“Ve-Geh-Doo-Lah” Ve Gedulah — And The Glory

Bring your hand to your right shoulder, as a shaft of white light the same size as the one descending from above your head extends from the blue globe at your left shoulder to the red globe that forms in your right. Vibrate:

“Ve-Geh-Boo-Rah” Ve Geburah — And The Power

Slowly clasp both hands together with arms out-stretched before you, slightly above shoulder height. As your arms raise to meet each other, Vibrate

“Leh-Oh-Lam” Le-Olam —Throughout the Ages

And without breaking from the previous vibration, as you bring your clasped hands to your solar plexus again, vibrate:

“Ah-Men” Amen — Amen

Contemplate your form as a brilliant ankh of light.

Pentagrams:

Now, one by one, draw pentagrams in each quarter and charge each before moving to the next: East, then South, then West, then North, in the following manner:

Breathe deeply of pale blue prana from the ocean of it around you. Feel it accumulate in the store-house in your solar plexus. Extend your right arm fully straight, toward the lower left, your thumb holding down the last two fingers, while your index and middle finger point straight together. As you breathe out slowly, feel the pale blue prana rushing through the hollow tube which is your arm, and shooting out through your two extended fingers with the force of a flame thrower against the wall. As you breathe out slowly, throwing a line of blue fire against the wall, move your arm upward, slowly, to the top point, making a line of pale blue flame against the wall for the duration of your exhalation. Without moving your hand, see the line of blue flame lingering there, and again breathe deeply of prana, and repeat the process, drawing one line for each slow exhalation, until the pentagram is complete. (Rushing this, drawing lines quickly creates an illusion of the eye and not a true line of blue fire. So we draw the lines slowly, taking our time, one line for each breath.)

Now charge the pentagram by raising your hand above to a level beside your head as you again breathe deeply of prana. Lovingly, but forcefully charge your fingers and hand and whole arm towards the center of the flaming pentagram before you, exhaling (some also take a short step forward, shifting weight upon the right foot as they do), and throwing a blazing mass of loving fire into the center of the pentagram, whereupon the ball of flame bursts in an explosion of fiery color around the flaming letters of the name of God in that quarter.

As you charge the pentagram with the gesture and fire thus, vibrate that same name of God for the quarter (each listed below) and feel the pentagram vibrating with it.

Now do not move your hand from the center of the pentagram and the flaming name of God there. Connect this pentagram to the next (as yet undrawn) pentagram by again breathing deeply of prana. As you exhale slowly, turn to the next wall, your arm and fingers still outstretched, drawing a line of blue fire against the wall, from the center of the pentagram before you, to the center of the next wall.

Repeat the above procedure at each wall. In this manner, when you are finished, you will be surrounded by four flaming pentagrams, each with a colored flaming name of God in the center, and each connected to the others by the circle of blue fire around the room.

Eastern Pentagram

YHVH “Yod-Heh-Vau-Heh” Yellow flames around mauve letters.

Southern Pentagram

ADONI “Ah-Dough-Nee” Red flames around green letters.

Western Pentagram

AHYH “Eh-Heh-Yeh” Blue flames around orange letters.

Northern Pentagram

AGLA “Aglah” Green flames around letters of citrine, olive, russet, and black.

1. **The Archangels**

Now, facing again each quarter in turn, East, South, West, and North, greet the archangel of the quarter just behind each pentagram. As you turn from each quarter to the next, your hands should be in the kavach mudra, but as you greet each archangel, your hands should be held as though welcoming a friend, palms open (up and outward), with your hands held low and before you.

In each case, take a moment to visualize the archangel, the landscape behind him, the guardian in that landscape, and the wind of the quarter. Then, with love greet the archangel by vibrating his name, feeling the vibration in the breeze that comes from the quarter, and permeating the entire scene as well as yourself and everything around you.

Each archangel is taller than the room, standing outside it, behind the pentagram. They stand with their feet slightly apart, majestic and loving, with great and mighty wings, and upon their powerful

shoulders hangs a robe of glowing sparkling color.

Eastern Archangel: Raphael — Divine Healing

Raphael is blonde, with blue eyes, and wears a yellow robe with dancing flames and sparkles of mauve. His hands are empty, folded upon his powerful breast. Behind him is a scene of a beautiful spring sunrise with fields and softly rolling hills covered with fresh spring grass and blossoms, a stream rolling happily among them, All this is surmounted by the spectacular display of the rising sun and the rejoicing clouds and rays of light above, among which a great eagle soars.

From Raphael radiates a cool and refreshing morning breeze, pregnant with the energies of this Divine Healer. It flows though the room and through you, freshening, cleansing, energizing and revitalizing you and everything in its path.

We greet Raphael with love and respect by sharing in the vibration of his name:

“Rah-Fah-El”

Southern Archangel: Mikael — Divine Likeness *Mikael has red hair, green eyes, and wears a red robe of light, with dancing flames and sparkles of green. His right hand is stretched on high, holding a great sword that blazes with blue fire. Behind him is a vast desert scene of heat and loving warmth. Pyramids can be seen in the distance, and not too far off, a powerful lion basks in the mid-day sun. From Mikael radiates a warm and loving breeze. It flows through the room and through you, bringing the warmth of love and beauty and friendship with it, also energizing and revitalizing you and everything in its path. We greet Mikael with love and respect by sharing in the vibration of his name:*

“Mee-Ka-El”

Western Archangel: “Gabriel” — Divine Strength *Gabriel has brown hair, grey eyes, and wears a blue robe of light with dancing flames and sparkles of orange. His right hand is stretched on high, holding a great chalice of*

mother-of-pearl and encrusted with jewels. From this chalice gushes a torrent of cool, fresh, frothing water. Behind him is a scene of lakes and streams and vibrant healthy wetlands. Emerging from the ocean in the distance one can see a great and powerful sea-dragon emerging, with scales of deep sea green and flaming orange highlights.

From Gabriel radiates a cool breeze that carries with it the refreshing spray of the waterfall that pours from his chalice. It flows through the room and through you with a deeply refreshing cleansing effect, energizing and revitalizing you and everything in its path. We greet Gabriel with love and respect by sharing in the vibration of his name:

“Ga-Bree-El”

Northern Archangel: Auriel — Divine Light *Auriel has a stern appearance with his jet black hair and eyes as black as space itself. He wears a black robe with dancing flames and sparkles of citrine, olive and russet, and he holds in his arms a great cornucopia from which overflow all the rich offerings of the earth: grains, fruits and vegetables, precious minerals, metals and gems. Behind him is a scene of newly ploughed fields nearby, rolling foothills of pasture land in the distance, and in the far distance great and rugged mountains. A great black bull can be seen not far away.*

From Auriel radiates a cool breeze that smells strongly of the rich earth of the newly ploughed fields. It flows through the room and through you, enriching, energizing and vitalizing you and everything in its path. We greet Auriel with love and togetherness by sharing in the vibration of his name:

“Ah-Oo-Ree-El”

1. **The Four Winds:**

We greet each of the four winds directly by also sharing in the vibration of their names feeling them blow right through us, healing us and balancing our natures:

Eastern Wind: Eurus *warm and moist* “Eh-Oo-Rus” Southern Wind: Notus *warm and dry* “Noh-Toos” Western Wind: Zepherus *cool and moist* “Zeh-Feh-Roos” Northern Wind: Borus *cool and dry* “Boh-Roos”

The Guardians of the Watchtowers:

As with the Archangels, face each one in turn: East, South, West, North. As you turn from one quarter to the next, keep your hands in the kavach mudra, but as you greet each, open your palms in a gesture of welcome and friendship.

In each case, as you address the guardian of the direction, it comes forward, toward you, enormous, towering above you, and behind the archangel. It faces you with powerful attention, love, and respect, and when you finish addressing it, it turns around, facing the direction it is to guard...

Guardian of the Great Eastern Watchtower

The Eagle is enormous, flying high, and with each swath of it's wings, lightning crackles from it's wings, and one can see storms rage in the distance under it's sheer power until it passes... coming closer to you:

"All-Wise Eagle,

Lord of tempest, storm and whirlwind, Master of the Heavenly Vault

Ruler of the East,

Great Prince of the Powers of Air.

In the Name of the Lord of the Universe, Who works in Silence,

And Whom Nothing but Silence can express, Be Thou present, we pray Thee,

And Guard us from all perils."

Guardian of the Great Southern Watchtower

The Lion is enormous, playfully dancing toward you around the pyramids in the distance, lightning crackles from it's flaming mane and tail...

"Oh Thou Lion, Lord of lightening,

Master of the Solar Orb, Ruler of the South,

Great Prince of the Powers of Fire.

In the name of the Lord of the Universe, Who works in Silence,

And Whom Nothing but Silence can express, Be thou present, we pray thee,

And guard us from all perils."

Guardian of the Great Western Watchtower

The dragon is huge, obscuring view of everything else, it's scales and fins deep sea greenish, glowing with blue fire, and crackling with lightening...

"Great Dragon of Old, Ruler of the Deeps, Guardian of the Bitter Sea, Ruler of the West,

Great Prince of the Powers of Water.

In the Name of the Lord of the Universe, Who works in Silence,

And Whom Nothing but Silence can express, Be thou present, we pray thee,

And guard us from all perils."

Guardian of the Great Northern Watchtower

The Bull is huge, stomping it's way from the foot hills near the enormous mountains in the distance, each step shaking the very earth, and lightening crashes and flashes between it's gargantuan horns... "Black Bull of the North,

Great Horned One,

Dark Lord of Mountains and all that lies beneath them, Ruler of the North,

Great Prince of the Powers of Earth.

In the Name of the Lord of the Universe, Who works in Silence,

And Whom Nothing but Silence can express, Be thou present, we pray thee,

And guard us from all perils."

1. **Finishing**

Contemplate the entire scene: You are a brilliant ankh of light, standing amid a circle and four brightly flaming pentagrams of blue fire in the center of each of which is a blazing name of God. Towering around you are the four archangels, and behind them the Winds blow and the Guardians stand watch.

Now stand in the form of a fifth flaming pentagram of blue yourself, and say aloud:

“For around me, FLAMES the pentagram!” “And above me, SHINES the six rayed star!”

Now lift your hands to the heavens, where a brilliant

six-pointed star of golden light gleams, and vibrate the seven letter name of God:

“Ah-Rah-Ree-Ta” ARARITA One is the beginning,

One is the end, Permutation is One.

“Holy art Thou, Lord of the Universe!

Holy art Thou, Whom Nature hast not formed! Holy art Thou, the Vast and Mighty One!

Lord of the Light... and of the Dark.”

Close arms in the kavach mudra.

Perform whatever type of holy meditation(s) you desire.

One example:

Sit quietly, basking in the light and companionship around you. Draw your attention inward, letting go of any focus of your attention. The result is complete relaxation, outer and inner. Relax thus letting go of any focus of your attention for as long as you can.

Another example:

Perform the ritual called the Middle Pillar Exercise.

Another example:

Warning: perform this example **only** *when you understand, are convinced, and can speak with conviction that the being speaking these words is not you as a human being, but a direct manifestation of the One Pure Consciousness (that you Know when you know "I Am"). Always know that this One Pure Consciousness is shared by all beings, and therefore what is said here can be said by every being in existence. If you get a charge of* **personal** *pride out of this, then you should not be doing this, are damaging yourself, and are asking for magical disaster. Instead you should feel terrible* humility *in the awesome face of the fact that you are (like everyone else) one of the eyes and ears of the Universe, that through you, the Universe knows itself (Man, Know Thyself!), and in that, you should feel tremendous* **selfless** *pride.*

Raise hands again to the heavens, this time focusing far beyond the golden six-point star above:

"For *I Am:* He whom the winds fear and for Whom the earth trembles.

I Am: He Whom nature has not formed.

I Am: the vast and Mighty One, Lord of the Light and of the Dark."

Pause

"Come ye and follow Me,

and make all spirits subject unto Me.

That all spirits of the firmament and of the aether, On dry land and in the water,

of whirling air, and rushing fire,

and every spell and scourge of god may be obedient unto Me."

Pause

"EE-Ah-Oh" – 3 times – IAO. IAO. IAO.

Pause

“Sah – Bah – Oth” – 1 time – Sabaoth.

Lower hands. Bask in Light and Love, in the Presence of the timeless, deathless, Consciousness of the Universe.

VIII Closing

After path-working, or other astral work, stomp your foot on the ground or firmly knock with your fist or staff, to affirm and declare the operation closed, and to bring your attention fully back to the everyday world.

For the Guardians of the Watchtowers, and for any elemental or spirit forces or entities that were involved in your holy meditation, give “license to depart” by emanating love and thanks to all, saying:

“In the Name of the Lord of the Universe, Who works in Silence,

And Whom Nothing but Silence can express, Depart with our (my) Love unto your abodes, Let there be Peace between us and you,

And be ye ready to come when ye are called.”

Perform the “Closing Ankh,” that is, repeat step 2 of this paper, the Ankh of Light. The only difference in closing is to do the shoulders in a different order. In closing we do the right shoulder first, then the left, vibrating “Ve Geburah” for the right shoulder and then “Ve Gedulah” for the left.

Put out the candle(s) and incense, and change into normal clothing if applicable. Having done so, it is important to eat and drink a small snack to “ground” your attention and to partake of the “fruits” of your meditation. Know that, in the case of this particular ritual, the “Lesser Banishing Ritual of the Pentagram,” the Living Pentagrams and the Archangels are with you forever, as they always have been, and they do not leave when you have finished focusing on them as you have done in this ritual. Remember their unwavering companionship.

The Self-Blessing Ritual

This is a ritual of self-dedication to the Goddess and as such it should be performed on the night of the new or full moon, but its use is not limited to those occasions only. In fact, need, not season should determine your performance of it. There is great and real power in this self-blessing, therefore it should be used in time of need and not done promiscuously or out of curiosity.

The purpose of the ritual is to bring the individual witch into closer contact with the Goddess. It can also be used as a self-dedication to the Goddess, when a person who desires dedication has no one who can dedicate him.

The self-blessing ritual can also be used as a mirror exorcism, to banish any evil vibrations or influences that may have gathered or formed around a person.

It may be performed by any person upon himself, and at his own desire.

Perform the ritual in a quiet place, free of distractions and possible interruptions and nude.

You will need the following:

1. Salt, about one teaspoon full.
2. Wine, about one ounce
3. Water, about one-half ounce.
4. Candle, white or pale blue (votive or taper)

The results of the ritual are a feeling of peace and calm and a feeling of “cleanliness” or purity.

It is highly desirable that the person performing this ritual should bask in the afterglow and soak the peace and calmness in. He should also meditate and try to understand that he has called the attention of the Goddess to himself, asking to grow closer to the Goddess both in goals and in wisdom.

Procedure

When you are ready to begin, face North and sprinkle the salt on the floor in a small area, just large enough for you to stand, and stand on it. Now light the candle in the name of the Goddess and offering it to her with the following words:

O Thou loving Aradia
Mighty Mother of us all
I light this candle
In thy name and to thy glory!

Let the warmth of the candle be absorbed into your body. Mix the water into the wine, meditating upon your reason for performing the self-blessing.

Dip the fingers of the right hand into the wine and water mixture and anointing the top of your head say aloud:
Bless me Mother, for I am thy child.
Anoint eyes, first right, then left:
Bless my eyes that wherever I may look, I may see only thee.
(Anoint the nose:
Bless my nostrils, that they may breathe thy essence.)
Anoint the lips:
Bless my lips, that I may speak only of thee.
Anoint the breast:
Bless my heart, which is thy temple and thy shrine.
Anoint the sexual organs:
Bless my Phallus (or womb) without which we would not be.
Anoint the knees, first right, then left:
Bless my knees that shall kneel at thy sacred altar.
Anoint the feet, first right then left:
Bless my feet that have brought me in Thy ways.

SO MOTE IT BE

What to do on Esbat and Sabbat

Witches celebrate roughly 21 times in each year: 8 Sabbats sacred to the Great Horned One, and 13 Full Moon Esbats sacred to the Great Mother Goddess.

4 of the 8 Sabbats are Fire Festivals traditionally performed on these evenings:

Hallowe'en (Samhain) — October 31 (eve before All-Souls)
Candlemas (Brigid's Day, Imbolc)— February 2
May Eve (Beltane) — April 30 (eve b4 May Day)
Lammas Day (Lughnasadh) — August 2

The other 4 of the 8 Sabbats are Solar Festivals, where dates are determined by the passing of the Sun into particular zodiacal signs:

Spring Equinox (Ostara) — Sun enters Aries (Fire)
Summer Solstice (Midsummer, Litha) — Sun enters Cancer (Water)
Autumn Equinox (Mabon) — Sun enters Libra (Air)
Winter Solstice (Yule) — Sun enters Capricorn (Earth)

Furthermore, the exact time of the Full Moon or Sun entering zodiacal signs can be taken into account. For Esbats, we always celebrate while the Moon is still waxing. Therefore the Esbat is held on the evening before the exact time of the Full Moon, and not after. For Equinoxes, we always celebrate on the evening immediately after the exact time of the Sun's passing into the zodiacal sign, and not before. All other Sabbats are held on the prescribed date. We do not celebrate on an Eclipse until advanced in training.

Following these rules, exact dates for these Esbat and Solar Festival celebrations for the next few years, for times in Toronto, are provided at the end of this paper.

When practicing alone during these celebrations, this simple and satisfying regimen is suggested:

1. Perform Lesser Banishing Ritual of the Pentagram
2. While inside the Circle thus produced, perform the Self-Blessing Ritual
3. Still while inside the Circle, for Esbats practice the Goddess Healing Meditation
4. Still while inside the Circle, for Sabbats practice crystal gazing or fire gazing
5. Finish by closing the Banishing Ritual of the Pentagram