CREATING RITUALS

the witchy way

Why are rituals important?

Rituals give us a chance to stop the constant spiraling, busy, spinning of the world to slow down and time and anchor in. They **connect us to nature**, both inner and outer. Every time I do a ritual, it feels like an anchor. It reminds me there is a bigger picture in life and whatever I'm currently going through, whether easy or hard, is temporary. It brings me **back to light and hope** and the reminder that through the ups and downs of life, we are on a soul's journey, and to give ourselves some credit, appreciation, and overall gratitude.

It also allows for **surrender**, which is actually a very active practice and can be very challenging in a society that is very masculine in that it is always striving for more, more, more, and always doing (and really doesn't know how to slow down, trust, have patience and surrender). I love that ritual is a time for me to surrender to that bigger picture, the cycles and rhythms, and that I can let these practices carry me for a bit, instead of feeling like I have to carry it all, all the time.

Ritual can be formal and specific, or it can be loose and flowy. It can be big and with a group, or small and just for you.

The most important part is to make it feel authentic, special, and relevant to YOU! There is no right or wrong.

© Copyright Jessica Energy

WHEN TO PRACTICE
Rituals

I practice ritual most through the **cycles of the moon** and the sun. I also practice rituals for any personal important milestones - birthdays, anniversaries, whatever feels emotionally connected and important.

The **new moon** is a great time of new beginnings - it's empty and full of potential and a great time to go inward. A perfect time to set intentions & pull cards.

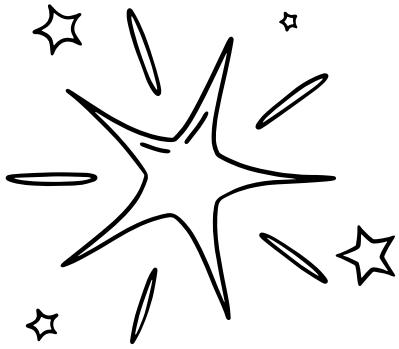
The **full moon** is a time to be a bit wild, maybe out and about. It's a more outward energy, a great time to moon bathe naked or try some free-form dancing / painting/etc.

In pagan traditions, the **8 sabats** make up the wheel of the year, and connect us to the **sun's cycles** and rhythms, seasons, endings and beginnings. Thus they are a particularly great time for ritual, checking in, ceremony, celebration, and gathering.

© Copyright Jessica Energy

HOW TO PRACTICE *Rituals*

A great rule of them is to incorporate the elements:



AIR - incense, a smudge stick or candle work great
FIRE - light a candle or have a fire
WATER - a bowl of water, sea shells, a river rock
EARTH - crystals, flowers, food, dirt, salt

The only thing you truly need for a ritual is YOU!
They're meant to be whatever feels relevant & fun to you!

1. Take a moment to center & cleanse (using the elements)
2. Set an intention
3. Honor & give thanks
4. Enjoy the ritual - cakes & ale are often served, dancing, playing, sharing a meal, pulling cards, doing a fire ceremony, singing, connecting to a goddess, making a craft, magickal activity (spell), etc.

Resource: The Witch's Wheel of the Year Book

© Copyright Jessica Energy

HAVING AN ALTAR FOR *Rituals*

I love having many altars in my home. A little sacred space in every room. I always have one main altar in my living room that I can truly adorn. And **a meditation altar** as well. Some of my favorite goodies, so I can go there and it feels set up and easy for me to drop in and feel **supported by the sacred.**

It has **aspects of all 5 elements** as listed above. I also like to put the tarot, affirmation and oracle cards I pull here so I can continue to reflect and soak in my intentions.

I also have some of my most **cherished photos** on my latars, so I feel connected to my ancestors and loves ones. A way to show them daily respect and feel the love.

You can add in **elements of the pagan wheel**, depending on where you're at in the wheel. Some summer flowers. More candles in the winter. Beautiful leaves in the fall. You name it!

© Copyright Jessica Energy