

# Mystic Pathways

Presents:

## Soul Star Crafting Home Practice

- ◆ Sabbaths
- ◆ Universal Principles
- ◆ Noble Eightfold Path
- ◆ Sacred Crafting



On the day that you choose to celebrate the Sabbath, participate in the Soul Star Crafting and come into ceremony it is vital you follow the following guidelines:

- ◆ Take a 3 to 5 hour window to yourself in nature or at home – NO DISTURBANCES
- ◆ Have the materials, your journal, your water bottle and any snacks already prepared
- ◆ Prepare and dress yourself as you are coming into spiritual ceremony
- ◆ **Suggested Ceremony Framework:**
  - Smudge, Open Ceremony – acknowledging the ancestors, all of mother nature, your spiritual team and ancestors and spirit animals. Offer a prayer to the 5 directions east/south/west/north/abovebelow

*I acknowledge the ancestral stewards of the land on which I am today, and pay my respects to the Elders past, present and emerging. In acknowledgement of those that walked before me showing the way of living with country. May I remember the old ways in new ways.*

*I like to also acknowledge the animals of this land, the spirit animals of this land, the tree people, the stone people and the river people.*

*I acknowledge the direction of East, air & thought... may I find clarity in my thoughts  
I acknowledge the direction of South, fire & creation... may my desires be purified  
I acknowledge the direction of West, earth & physicality... may I feel safe to ground fully into my body  
I acknowledge the direction of North, water & emotions... may I find peace and balance in my emotions  
I acknowledge the direction of Above/Below, aether & spirit... may my connection to source remain clear and strong*

*I acknowledge and welcome myself, my higher self, my ancestors, my spirit guides, my guardian angels and spirit animals. May my magic be crafted in auspicious, protective, light energy today.  
Aho, amen, so mote it be.*

- Set Intention/Prayer for the purpose and hopes with the particular Sabbath, teaching, practice and craft
- Grab a cuppa and prep your crafting space, turn on appropriate meditation/soundscapes/ambient/uplifting music, light some incense, burn some candles. Record your intention, prayers and hopes in your journal
- Read appropriate information for that Sabbath and teachings. Make notes of any questions or awareness's that arise from contemplating the concepts and how you could apply them to you, to your every day life and what would shift by doing so.
- Play meditation music/guided meditation
- Contemplate the intention that will be the basis for the crafting exercise
- Journal any thoughts that apply and come into the crafting exercise.
- It is important to remain focused and at one with your crafting, even if mistakes are made or it takes longer than you thought. Have a break. Most of all enjoy and put your energy into what it is you are creating.
- Complete your crafting and close ceremony. Give thanks and disconnect
- At this point I do suggest grounding and moving the body to become present.

There are many paths on the spiritual healing journey. No one way is wrong and no one is right. Hence **Mystic Pathways**.

*An Initiate's Path* has been my practice and will continue to be my practice with deep gratitude and heartfelt thanks for all the teachers, guides and initiates before me, with me and after me.

*And So It Begins....*

## “Sabbaths” -

Also known as the Wheel of the Year, is not only a spiritual practice but a practical practice that connects you back in with nature, earth and the age old cycle of seasons.

The Wheel of the Year is an annual cycle of seasonal festivals, consisting of the year's main solar events and the midpoints between them. Solstices and Equinoxes are the main solar events and the midpoints or cross quarter days are the start of the seasons and begin midway point between the solstices and the equinoxes. Please note these Sabbaths are relative to living in the southern hemisphere. For the norther hemisphere they need to be swapped.



**THE KYBALION**  
A Study of  
The Hermetic Philosophy



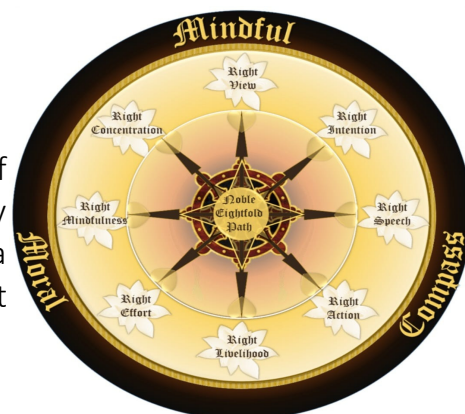
## “The Kybalion.” -

“The Principles of Truth are Seven; he who knows these, understandingly, possesses the Magic Key before whose touch all the Doors of the Temple fly open” The Kybalion, is a study of the Hermetic Philosophy. “The lips of wisdom are closed, except to the ears of Understanding” – The Kybalion.

Studying and applying the 7 Principles of the Hermetic Philosophy is like comprehending the Universe at a sub atomic level. The Laws behind the Principles help us to walk through life forewarned. It is a guide on how to change at a fundamental level, not just a surface level. The alchemical process of change, the transmutation of matter.

## “The Noble EightFold Path” -

The Buddhist Path for the Cessation of Suffering, and the fourth of The Four Noble Truths. The application guide for living a spiritually purposeful life. The Eightfold Path, although referred to as steps on a path, is not meant as a sequential learning process, but as eight aspects of life, all of which are to be integrated in every day life.



# 4) September 21<sup>st</sup> ~ Spring Equinox Vibration & Right Action & Rose of the Sea

The 8 Sabbaths, is an annual cycle of seasonal festivals consisting of the year's solstices and equinoxes and the midpoints (cross quarter days). They are marker points to help remind us we are part of nature, mother earth AND the cosmos. The 7 Universal Principles helps the thinking mind and the intuitive mind ground and create from a more conscious awareness of time, space, dimensions and consequences. The Noble Eightfold Path is a practical tool to implement and assist in living a healthier, happier life in the physical/material world of everyday living.

**This Sabbath:** *Spring Equinox / Alban Eilir / Ostara*



We have travelled from the deep dark depths of winter when night reigned in power.

We dove into the deep recesses of our minds, hearts and souls to bring up that which needed to see the light of day. We have sat in solitude; we have sung in silence; we have seen all of who we are ready to see.

We have worked the soil and then we rested the soil, we rested our souls and then we began dreaming of the seeds our soul desire to plant.

Now we seek to plant them!  
Nurture them!  
And tend to the growing creation!

Spring Equinox is traditionally celebrated 21<sup>st</sup>/22<sup>nd</sup> September, astrologically though it may occur between 21<sup>st</sup> & 23<sup>rd</sup> September. Spring Equinox signals we are at the midway point through Spring. It is the time of equal day and equal night, the balance of light and dark.

As above so below, as within so without, as the universe so the soul!

At this time of equal balance of night and day, we to have the chance to invite balance into our lives. And with the energy of Spring, we too have the opportunity for new growth, fresh starts and new beginnings.

The important awareness to keep in mind is what you nurture, what you focus on, what you give your energy to, will determine the health of that seed you plant now. We can see it in nature when children, adults even, plants or animals are neglected, limited, ignored or traumatised, it effects their growth and health. So be realistic with that which you wish to plant and grow and discipline yourself to care for that which you are planting.

This time is also known to some as Promise ~ the promise of things to come, in the anticipation of the fulfilment of that promise which will occur with the harvest in the Autumn. So keep your promises and you will be rewarded come harvest time.

So, what will you plant that you will reap in months to come? Keep in mind, where focus goes, energy flows, reality grows, results show.

## *The Kybalion: The Principle of Vibration*

“Nothing rests; everything moves, everything vibrates.” – The Kybalion.

Spring Equinox is the time of planting, actioning, creating... it is also a time of finding balance between the dark and the light.

The Principle of Vibration “explains that the differences between different manifestations of Matter, Energy, Mind, and even Spirit, result largely from varying rates of Vibration.” It reminds us of the importance of manifestation and the coming results of our intents.

“From THE ALL, which is Pure Spirit, down to the grossest for of Matter, all is in vibration – the higher the vibration, the higher the position in the scale. Between these poles, there are millions upon millions of varying degrees of vibration.” – The Kybalion

Understanding this Principle assists in mastering your own mental vibration. Our thoughts, which are our intents, hold a vibration, it has its own frequency.

The thoughts we think, the emotions we feel, the physical sensations we experience, all carry their own frequency and vibration, we then walk ourselves around in, in the middle of that energy bubble. We know the vibration of anger, fear, resentment, bitterness and we can feel how that makes us feel, just as when we are in love, in joy, happiness, creativity, we can feel how that makes us feel. When we think of others, of situations, experiences, memories etc that too provokes a vibration.

So when we think of the future what should we collectively project? When I think of the future what am I hoping for? When you think of the future what do you see?

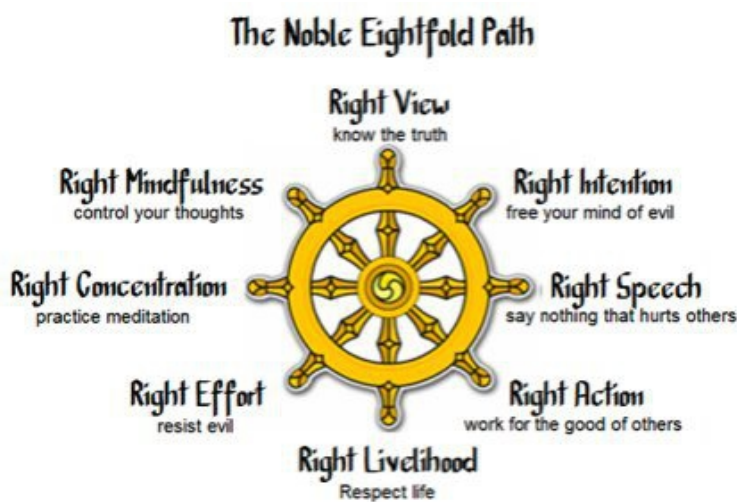


How adaptable are you at changing your thoughts to a higher frequency? Changing your vibration to one that is more harmonious, uplifting, inspiring or even neutral?

Mastering critical thinking to sow seeds of change... will they perpetuate or create new ways? not just for you but for all of us?



## *The Noble Eightfold Path: Right Action*



*The Buddhist Path for the Cessation of Suffering, and the fourth of The Four Noble Truths. The application guide for living a spiritually purposeful life. The Eightfold Path, although referred to as steps on a path, is not meant as a sequential learning process, but as eight aspects of life, all of which are to be integrated in every day life.*

*The Eightfold path consists of Right View, Right Thought, Right Speech, Right Action, Right Livelihood, Right Effort, Right Mindfulness, Right Concentration.*

Seeing the 8 Rights as a guiding light along the path to self-mastery. As a tool to remind us to come back into balance, knowing and direction.

**Right Action** asks us to recognise the need to take an ethical approach in life, to consider others and the world we live in.

This includes not taking what is not given to us, and having respect for the agreements we make both in our private and public lives.

Right Action also encompasses the five precepts which were given by the Buddha, not to kill, steal, lie, to avoid sexual misconduct, and not to take drugs or other intoxicants.

This step on the path also includes a whole approach to the environment, with Right Action being taken whenever possible to safeguard the world for future generations.

## Weaving them all together...

Spring Equinox is the time of equal balance of light and dark. The middle point. This time of Ostara reminds us also of new beginnings. For nothing is stagnant including the Wheel of The Year. Soon we will shift out of this balance of equal night and equal day and tip towards the light, and the days will start to get longer and the nights will begin to shorten. Within ourselves, we too will tip to the light, we will tip to the dark and balance ourselves time and time again. The lessons of both the spring and autumn equinox teach us tools of harmony and balance. So change is always afoot. New beginnings always around the corner.

Spring Equinox reminds us of the importance of Vibration, the thoughts the feelings the energy you hold will determine the harvest of the seeds you plant now. How you nurture them, how you feed and water them both literally and figuratively. Where focus goes, energy flows, reality grows, results show.

This then leads us to Right Action, the choices you make in the material realm, which does include your thoughts, not just your deeds.

Find balance within, whenever you feel yourself tipping, don't wait till you are too far gone that you will either hit the ground hard or the struggle to raise yourself. Temper your thoughts, actions and deeds so they align with the seeds you wish to bring life to.

*Blessings,  
Mim WhiteWind  
xx*

### **Links to further your study and knowledge:**

[https://en.wikipedia.org/wiki/Wheel\\_of\\_the\\_Year](https://en.wikipedia.org/wiki/Wheel_of_the_Year)

<https://www.mysticpathways.net/mystic-musings/categories/sabbaths>

[https://en.wikipedia.org/wiki/The\\_Kybalion](https://en.wikipedia.org/wiki/The_Kybalion)

<https://www.sacred-texts.com/eso/kyb/index.htm>

[https://buddha101.com/p\\_path.htm](https://buddha101.com/p_path.htm)

[https://www.budsas.org/ebud/bd8p/bd8p\\_12.htm](https://www.budsas.org/ebud/bd8p/bd8p_12.htm)



## Soul Star Crafting ~ *The Dew of the Sea, Rosemary*

### Materials Needed:

a rosemary seedling  
1ltr or 2ltr pot  
gardening gloves  
organic potting mix  
tumblestone crystals  
Any other decoration you would like to adorn your pot with

### ***The Dew of the Sea***

*Rosmarinus officinalis*, also known as rosemary, Dew of the Sea, is an evergreen plant that belongs to Lamiaceae, the family of mint.

The use of rosemary goes as far back as 500 B.C. when the ancient Romans and Greeks used it as a medicinal and culinary herb. Egyptian tombs had dried sprigs of rosemary that date back to 3,000 B.C. Dioscorides, a Greek pharmacologist and physician, also wrote about rosemary's excellent healing properties in his opus *De Materia Medica*, a text which served as the gold standard for identifying and using medicinal herbs for over a thousand years.

Rosemary is beneficial in healing due to its rich source of antioxidants and anti-inflammatory compounds, thought to help both the immune system, and improve blood circulation. This helps it to fight free radicals, which can make it helpful in fighting various diseases, like cancer. Rosemary was traditionally used to help alleviate muscle pain, improve memory, boost the immune and circulatory system, and promote hair growth, and is still being used for these reasons today.

Rosemary is either used as a herb in food or extracted as an oil to use in medicines, both topically and orally.

**History + Lore:** Rosemary's healing powers have been celebrated throughout the world. In the Middle Ages, rosemary was associated with wedding ceremonies, where the bride would wear a rosemary headpiece and the groom and wedding guests would all wear a sprig of rosemary. From then on, it became associated with love and remembering.

*"There's rosemary, that's for remembrance. Pray you, love, remember..."*

*Shakespeare also used it as a symbol of remembrance in another line from *The Winter's Tale*. In *Romeo and Juliet*, rosemary was placed on Juliet's tomb as a symbol of loss and remembrance.*

**Related Chakras:** It's especially healing for the third eye chakra, helping to promote spiritual clarity.

**Spirituality & Psychic Properties:** Rosemary is considered to be one of the best tonics for the central nervous system, because it acts as a brain stimulant and has a long history of improving the memory,





aiding psychic protection and intuition. It inspires the love of self and others and strengthens the willpower, according to Dr Glennis Rogerson, PhD. In his article, Davis suggests that “It strengthens the heart. It may be considered a middle-aged executives' best friend.”

According to legend, it was draped around the Greek goddess Aphrodite when she rose from the sea, born of Uranus's semen. The Virgin Mary is said to have spread her blue cloak over a white-blossomed rosemary bush when she was resting, and the flowers turned blue. From then on, the shrub was referred to as the “Rose of Mary.”

**Fidelity & Loyalty** : Rosemary is also considered a symbol of fidelity. Lovers used to exchange sprigs of rosemary to promise loyalty and faithfulness. It has also been used in different ceremonies that celebrate love and friendship, for instance at weddings and parties.

**Oracle of Love:** In the past, some believed that rosemary could lead them to their one true love. In order to achieve this, they would put some of it under their pillow, hoping that it would reveal the identity of their soulmate or true love in their dream.

**Protection:** Historically, rosemary was believed to offer protection from negative energies and harmful intentions. It was often placed by doorways or beds to ward off evil spirits. It was also used as a fumigant to cleanse the air of illnesses.

**Growth & New Beginnings:** Because of its robust nature and ability to thrive in various conditions, rosemary is sometimes seen as a symbol of growth and new beginnings.

### **Culinary Uses of Rosemary**

Rosemary is used to add a unique and complex flavour to food, with a slightly bitter taste that complements meat like chicken duck, lamb, sausages, and stuffing. It's commonly used to season dishes like casseroles, soups, salads, and stews. It also goes well with mushrooms, potatoes, spinach, and most grains.

To prepare rosemary, the leaves are usually rinsed under cold running water and then pat dry. The leaves are removed from their stems and then added to the dish, although some prefer to use whole sprigs of rosemary to meat dishes and stews.

### **Caring for Rosemary**

This perennial shrub can grow up to a meter in height, but others can become as tall as 2 meters. Rosemary has long leaves that look like small pine needles, and small blue flowers that bees love.

When growing rosemary, plant it in an area that gets plenty of sunlight. The plant also needs a well-draining potting mix and make sure to let the soil dry out between waterings to avoid root rot.

*We will be potting our Rosemary Seedlings and working with them to create a potent healing talisman utilising the essence, energy and structure of the Dew of the Sea.*

## Dew of the Sea Intent and Prayer



First have all your ingredients ready around you and take a moment and bring your focus inwards.

Begin by filling the pot half way. Then place the crystals you have chosen on top of the soil. As you place each crystal speak to it telepathically charging it with the intent you wish to charge the crystal with.

For example:

Blue Quartz – may you assist Rosemary in protecting the expression of my uniqueness

Rutile Quartz - may you assist Rosemary in creating clarity

Black Stone – may you assist Rosemary in attracting love into my being

Then finish filling the pot with the organic potting mix, leaving about an inch room at the top.

Take a moment to pause now as you connect with your chosen Rosemary.

Be mindful that you are now connecting with a sacred plant medicine, a powerful healer in her own right. Visualise, imagine or meditate upon the rosemary in front of you. See the spirit of the plant, the Dew of the Sea, the spiritual being that you are now connecting with. Imagine her energy, she may even have a name for you.

Then when you and the Dew of the Sea are ready, carefully, intentionally and gently plant your rosemary seedling.

Once you have carefully and gently potted your seedling, point your index finger at the Dew of the Sea and say out loud from your heart the intent and prayer below. **Repeat 3 times.**

*Rosemary ~ Dew of the Sea*  
*In my caring and feeding you, in turn you will care and feed me*  
*Together we will exchange our energies to heal, grow and be healthy*

*Rosemary ~ Dew of the Sea*  
*Grant me the serenity of mind to accept that which cannot be changed,*  
*Embody me with the courage to change that which can be changed,*  
*Bring crystal clear clarity and wisdom to my being*  
*to know the one from the other*

*Rosemary ~ Dew of the Sea*  
*May your healing leaves and sprigs cleanse and heal my physical body*  
*May your healing scents and aroma's calm and clear my mind*  
*May presence and essence draw to me love, loyalty and faithfulness*

*With deepest gratitude, I humbly thank you in full faith.*  
*Aho, amen, so mote it be.*

After reciting the above intention and prayer 3 times, repeat the following:

***It is done. It is done. It is done.***

Then imagine/visualise sealing the enclosing the seedling and pot with protective energy. Disconnecting and releasing any energies or expectations to your Dew of the Sea. Your practice now is to nurture, feed, water and protect your Dew of the Sea. The more you nurture, the more it she will nurture in kind.

**Blessings,**  
**Mim WhiteWind**  
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