

# Mystic Pathways

Presents:

## Soul Star Crafting Home Practice

- ◆ Sabbaths
- ◆ Universal Principles
- ◆ Noble Eightfold Path
- ◆ Prayer 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**.

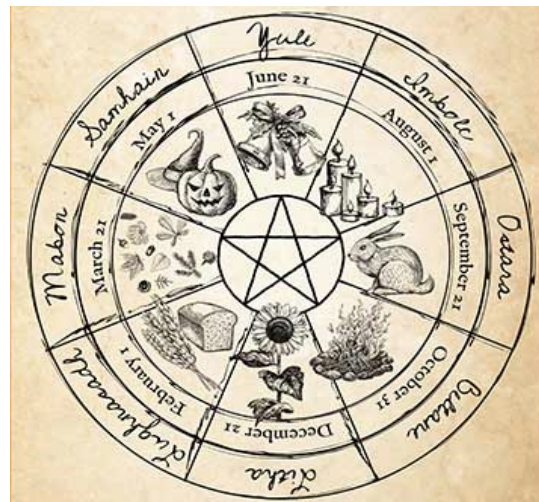
*An Initiate's Path* has been my practice and will continue to be my practice with deep gratitude and heartfelt thanks for all the teachers, guides and initiates before me, with me and after me.

*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.” -

“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.

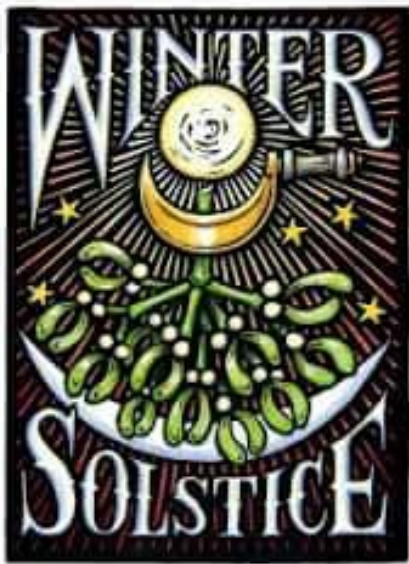




## 2) June 21<sup>st</sup> ~ Winter Solstice, Mentalism, Right Thought & Seeding A New BluePrint

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:** *Winter Solstice / Alban Arthan / Yule*



Solstice means 'standstill'.

For a few days every year the sun appears to rise and set in the same place.

Traditionally the date for Winter Solstice is 21st/22nd June. Astronomically it can vary. To check the actual astronomical time solstice and equinox please click this link:

<https://greenwichmeantime.com/longest-day/equinox-solstice-2021-2030/>

That night when even Earth's very breath seems to falter in the face of the overpowering darkness. Then, from this night onwards and with such subtlety, the sun begins the long journey towards the opposite pole, and all creation begins to exhale. A cycle of new life can begin once again. But it only appears as if the sun begins the long journey, when in reality it is Earth that is turning on her axis, coming full circle yet again. Turning furthest from the sun, light plunging into darkness only to start moving forward yet again into the light... Gaia going through her cycles of death and rebirth that all of nature understands and obeys.



The nature of Winter Solstice may evoke within us a deep sense of loss and a letting go of what no longer has endured. It has been a journey into aspects of ourselves that we were ready to see and change. And if not, that's ok, they will be back around again.

With the turning of Earth's axis turns towards the sun, we too start to turn toward the light, the sun's rays of hope and faith. Winter Solstice marks the time where we begin to think about preparing the soil to plant the seed both literally and metaphorically.

Spiritually, we can use this next 6 weeks to let go of any residual crap, any last-ditch efforts of resistance and then rest! Not rest on your laurels, but rest in nurturing yourself. Start to see the why's, what if's and why not's!

Start dreaming and planning how you could start doing things differently to get that result you are looking for.



Luna Moon Hare has travelled above, below and beyond and arrives at Winter Solstice

### ***Raking the Sand...***

At Winter Solstice we are at a pivotal time of clearing and intention setting. The past 6 weeks gave us an opportunity to let go of old ways and unmet expectations. Now we have an opportunity during the next 6 weeks to refine and define new ways and openness to fresh opportunities.

Take this time to sit in meditation, raking the sand, allowing stillness to enter to see, hear, feel, dream your way forward.

Raking the Sand ~ a form of meditation with the intent to imitate the intimate essence of nature, not its actual appearance, and the true meaning of life. Keeping your connection to your environment, nature, aids in connecting to yourself. It is in those times you may come face to face with yourself. And with an inquisitive mind you may hear that which needs hearing to either heal, let go of, embody or follow. And I see 'raking the sand' as a reminder of connecting back in with your inner voice, the voice that speaks from above all things... and it never ceases to humble me the feeling of peace when I am in nature.

Winter Solstice is such a time of going within and listening, not to the monkey mind dribble that seeks to inflate, but the heart of your soul, the part of you that dreams and connects you to all that is around you.

## *The Kybalion: The Principle of Mentalism.*

“THE ALL is MIND; The Universe is Mental.” – The Kybalion.

THE ALL (which is the Substantial Reality underlying all the outward manifestations and appearances which we know under the terms of “The Material Universe”; the “Phenomena of Life”; “Matter”; “Energy”; and, in short, all that is apparent to our material senses) is SPIRIT.” – The Kybalion.



This Principle helps us understand that the “universe is simply a Mental Creation of THE ALL, subject to the Laws of Created Things, and that the universe, as a whole, and in its parts or units, has its existence in the MIND OF the all , IN WHICH Mind we “live and move and have our being”.

The Mental nature of the Universe, easily explains all the varied mental and psychic phenomena that defy 'scientific' testing. 'Consciousness', the phenomena that makes you YOU, cannot be scienced. This is the master key that unlocks many doors to the mental and psychic temple of knowledge. This is the underpinning Principle [Mentalism] in comprehending and applying the remaining 6 Universal Principles.

By understanding this principle we may use this as the dream seed for manifestation. Sit with thoughts around this principle being the basis for entering the deep void of Winter, the clearing and the dreaming. Where we dream of the seeds we wish to plant come spring.

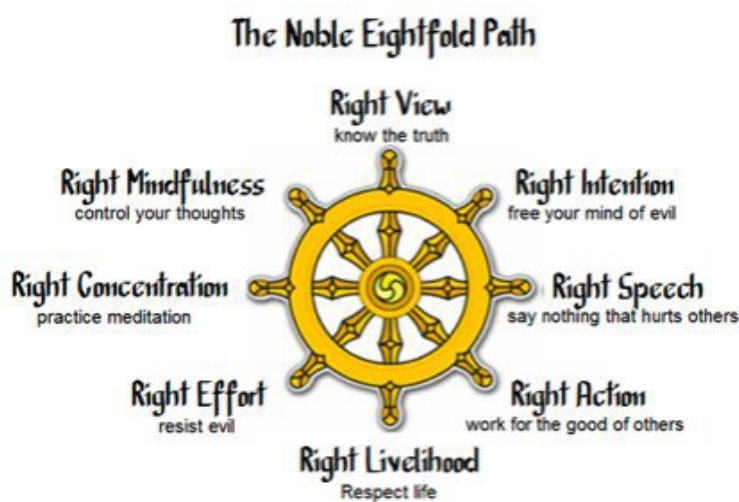
Our thoughts set up the meaning/s we attach to our experiences. Those thoughts create a frequency, a vibration, that resonates out to the cosmos, then like an echo, reflects back to us by the feedback loop our experiences. Like attracts like. Fear attracts fear. Victim attracts victimisation. By mastering our mental processes and intentions we can create a different experience. The Thought plants the seed.

As humans, our brains are literally divided in two, physically completely separate. The left hemisphere is known as the 'thinking' brain. The right hemisphere is known as the 'intuitive' brain. It is the spinal cord that physically connects these two separate hemispheres. Yet they interface 24 7. The left hemisphere assists your physical body interface with the physical/material 3D world, whereas the right hemisphere assist your physical body interface with the unseen/intuitive worlds. When we are applying this Universal Principle it is vital to keep in mind these two separate brains and learn to balance them. And not come predominantly from one or the other excessively.

Keep your connection to your environment and the natural world, as it assists in connecting to yourself. It is in those times you may come face to face with yourself. And with an inquisitive mind you may hear that which needs hearing to either heal, let go of, embody or follow. Connecting back in with your inner voice, the voice that speaks from above all things.



## The Noble Eightfold Path: *Right Thought*



*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 Thought* also known as Right Intent, is the second branch of the Noble Eightfold Path.

Right View (the first branch of the Noble Eightfold Path) reminds us to always remember there is a bigger picture at play. Right Thought reminds us to always be mindful for it is our thoughts, whether conscious or unconscious, that creates our experiences and reality – suffering or cessation of suffering.

The Thought plants the seed.

By choosing Right Thought/Intent you choose to not only commit to a lifestyle of self-improvement and ethical conduct but to apply it. In this, the commitment, you actually plant the seeds of happiness. The meaning of intent differs slightly to the meaning of intention. Intention often suggests mere ambition to achieve something, whereas intent often suggests the application of reason to actually



achieve it. A clue to the distinction is that the words usually take different prepositions: intention takes to (think “to-do list”) or of, whereas intent takes on or upon.

Another way to look at “Right Intentions” is as *the aspiration to create greater happiness, wisdom, and well-being, and relieve suffering*. Where as “Right Intent” is *the application in manifesting happiness, wisdom, well-being and the relief of suffering through living a lifestyle of self-improvement and ethical conduct*.

## Weaving them all together...

Realising that the universe is MENTAL, and right intent/thought is the practice, that they are both the creator and createe of our experiences: Mind and Intention. ***What are your intentions for your life and experiences?***

We most certainly play THE major role in the dramas and stories of our lives, it is time to own that role that we do play and have a say in how that role plays out.

Winter Solstice, the void of winter where we dream of the seeds we wish to make manifest, is an ideal time to apply the Universal Principles of Mentalism and the Path of Right Intent to seed powerful positive changes in the coming turn of The Wheel. Where we begin applying these principles by conscious awareness, choice and application.

Right Intent assists to remind us not only for this Sabbath, practice and Soul Star Crafting but as the framework for the **initiate's path**. As a reminder of what actual intent is driving our action? And an important way to remember is: *where focus goes, energy flows, reality grows, results show*.

There is no-one else thinking our thoughts or voicing our narratives attached to our memories, traumatic or otherwise.

Begin to create a practice each day of either journalling or inner reflecting on where you are at and what Thoughts may need reconciling, correcting or changing. Learn to pause and listen. Practice checking in with your Thoughts to see where you may need things from a higher point of view.

Right Intent assists in adjusting your thoughts so that your vibration is a match for the seeds ready for planting.

***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)

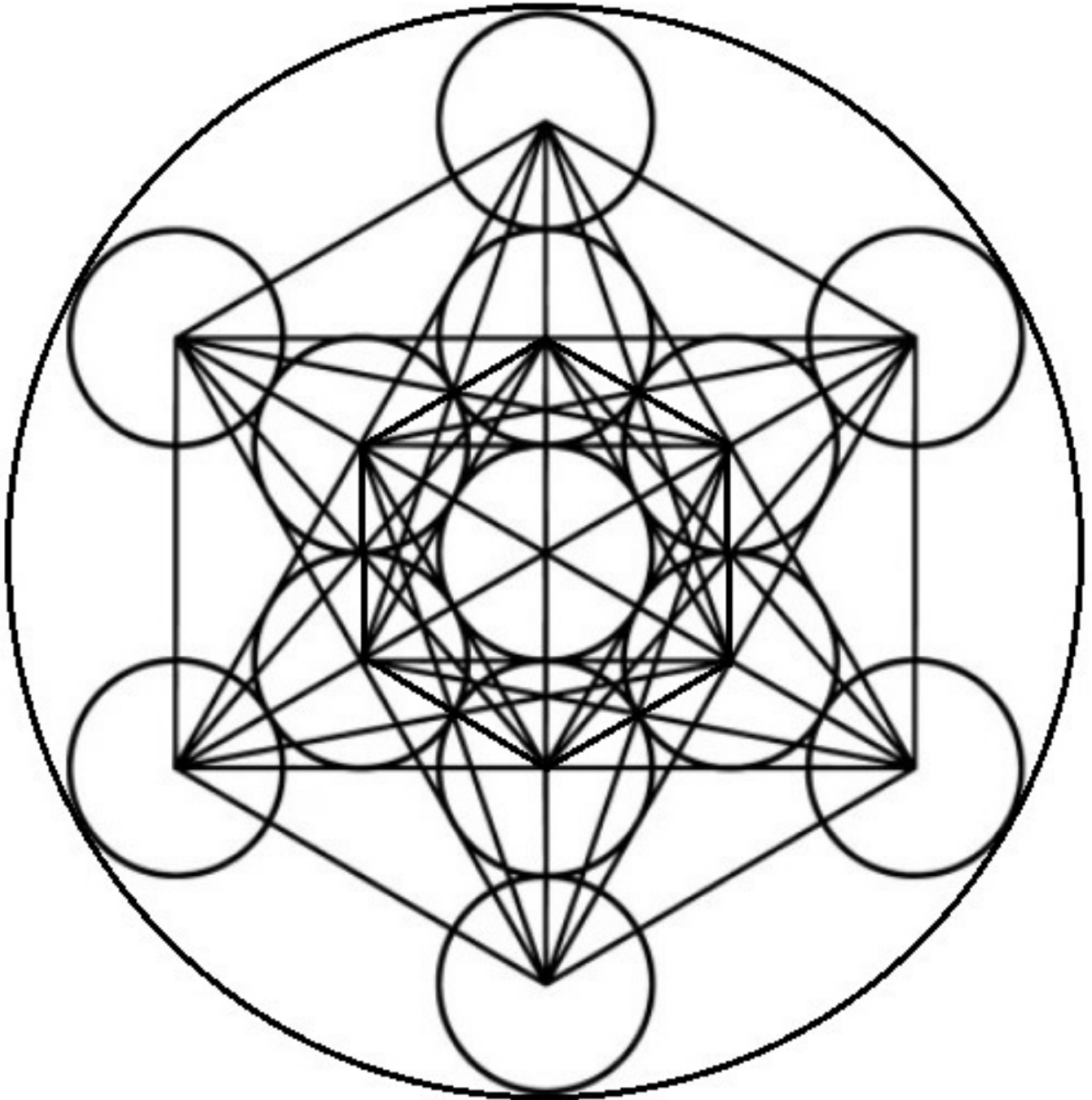
[https://www.budsas.org/ebud/bd8p/bd8p\\_12.htm](https://www.budsas.org/ebud/bd8p/bd8p_12.htm)



## Soul Star Crafting ~ Seeding A New BluePrint

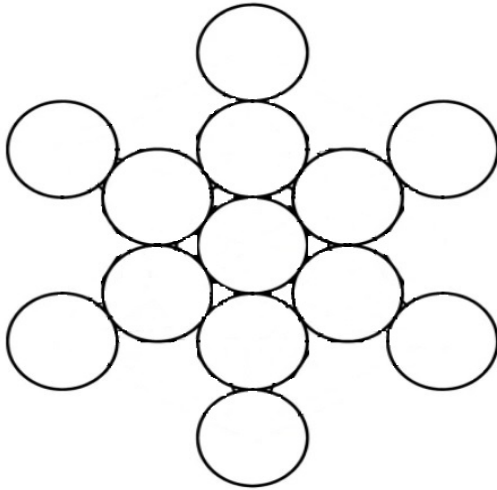
### Materials Needed:

Metatron's Cube  
Paper/Tracing paper  
Compass/Ruler  
Coloured pencils/texta's  
Pencil/sharpener/eraser



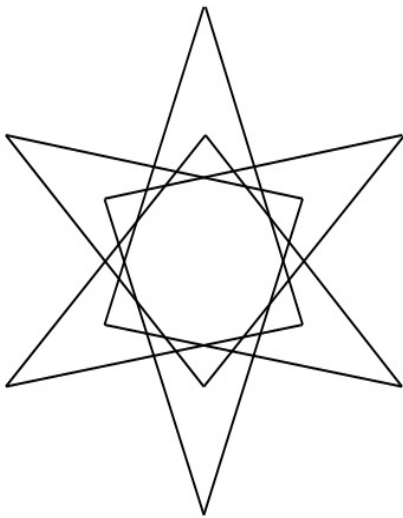
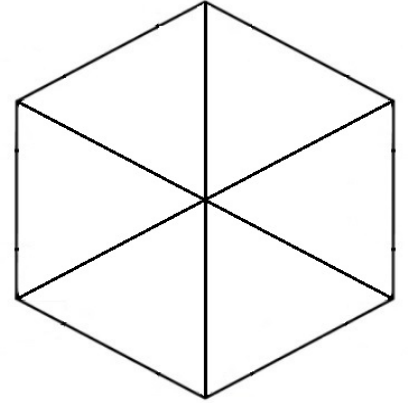
# Soul Star Crafting ~ Seeding A New BluePrint

7 Layers ~ 7 Prayers



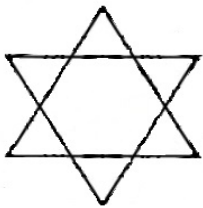
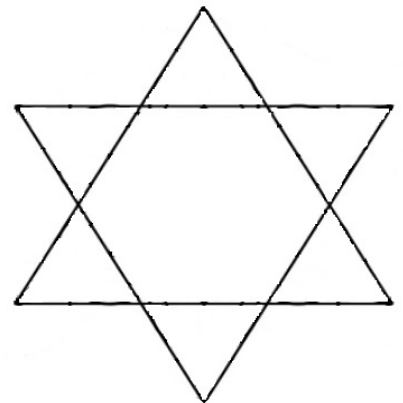
1<sup>st</sup> Layer : Base

2<sup>nd</sup> Layer : Sacral



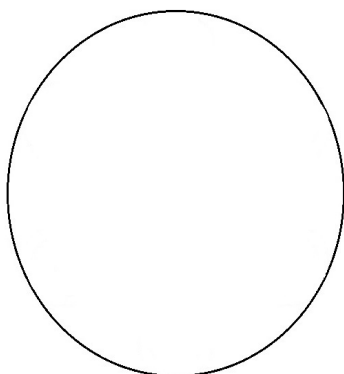
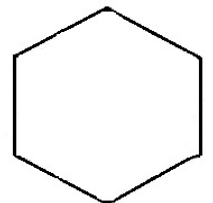
3<sup>rd</sup> Layer : Solar Plexus

4<sup>th</sup> Layer : Heart



5<sup>th</sup> Layer : Throat

6<sup>th</sup> Layer : Third Eye



7<sup>th</sup> Layer : Crown



## Seeding A New BluePrint with Metatron's Cube



So why Seeding A New BluePrint with Metatron's Cube? What is the purpose and connection to Winter Solstice?

In simple terms Metatron's Cube is a sacred geometric shape that holds within its geometry, ALL OTHER geometric shapes and patterns. It is designed, or made manifest, by every other geometric shape and pattern in existence.

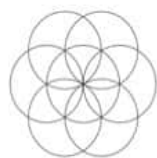
It is said Archangel Metatron, God's right hand man, holds every BluePrint to all that exists. Metatron was also personally selected to be the Scribe of God. According to legend, Metatron, who is believed to have been the prophet Enoch, is one of only two humans that ascended into the angelic realm. In this way, Archangel Metatron is one of the most powerful

archangels in this New Age because he directly represents our capacity for ascension and our ability to access spiritual power.

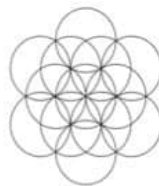
As you make progress on your spiritual path, Metatron will help you raise your vibrational energy to meet the demands that you encounter. Archangel Metatron's special mission is to help the children of Earth as they grow into adulthood. No matter the age, as it would seem humanity, personally and collectively, is still maturing. He is especially charged with helping those who exhibit spiritual and psychic gifts, like children known as new kids, crystal children and indigo children.

Serendipitous being an indigo child, Metatron is one of my guides and as my soul carries the seeds of change, I am able to see how this sacred geometric shape may be the vehicle for designing our own divine blueprint for self improvement, and self-mastery. For it is self that dictates our quality of life.

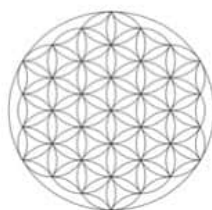
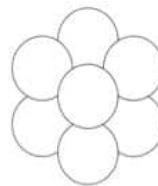
With Metatron's Cube there is deep within its design, the seed of life, the flower of life and the fruit of life.



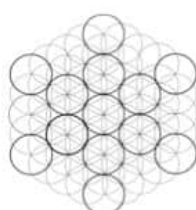
Genesis Pattern  
(Seed of Life)



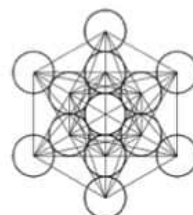
Egg of Life



Flower of Life



Fruit of Life



Metatron's Cube

So we are going to craft our own version of Metatron's Cube, imbuing intent and prayers into each layer as we draw it. Building Metatron's Cube from the foundation of the first layer to closing with the 7<sup>th</sup> layer.

Realising that as the universe is MENTAL, and right intent/thought is the practice, that they are both the creator and createe of our experiences.

The thing about prayer to remember is; to be mindful, keep them simple, keep them real, doable and actually achievable. For what we intend, prayer or call in, will have consequences and repercussions, so make them positive ones. Remember all magic is a co-creation with G.O.D./Great Spirit/Spirit/The Field/The Universe... and therefore requires acknowledging, thanking and offering. ***So before any intentional crafting, it is important to offer your thanks, acknowledgement and ownership of your part as well.***

Also in whatever your prayers/dreams/goals/desires are, whatever it is you are intending, that whatever blocks the prayer/s will be triggered, will challenge you and will come under the spotlight for healing/correcting/reconciling/forgiving/accepting/integrating. So your prayer/dreams/goals/desires etc may be made manifest.

I look back over the past 7 years of my life and realised I am now very much living what I dreamt/prayed/visioned over 7 years ago. But as I am not gifted with 360 degree physic vision, I can see now that which is missing that I did not include in my prayers, and that which I am still healing, integrating and harmonising. So with that in mind, my prayers for Seeding A New BluePrint with Metatron's Cube is going to relate to the 7 main chakra's in our bodies. Base, Sacral, Solar Plexus, Heart, Throat, Third Eye and Crown.

Here is a link for information and meditations for each chakra:

<https://www.mysticpathways.net/chakras>.

And no doubt, in another 7 years time, I will reflect where I am at then and realise what is missing and what still needs healing, integrating and harmonising. Such is the nature of life.

*The previous Sabbath, Winter/Samhuinn we created our Direction Stones. So my Direction Stones already include prayers for this coming Wheel Of The Year, **To walk and work with spirit, my team, my soul family and animal guides. To walk in grace and ease, integrity and the sisterhood of the light. To walk in peace and purpose, fun and family.** Seeding A New BluePrint with Metatron's Cube gifts me an opportunity to define those prayers even deeper. Giving me a BluePrint, or a 'road map' to create powerful positive changes in my physical world, in my mundane, chop wood/carry water everyday life.*

This Soul Star Crafting, Seeding A New BluePrint with Metatron's Cube gifts us a unique opportunity to define our prayers, through 7 layers, 7 focused intents, as a foundation for application. As a visual reminder of what right intent with our thoughts is driving our actions. As a way to remember where focus goes, energy flows, reality grows, results show.

## *Seeding A New BluePrint Intent & Prayer*

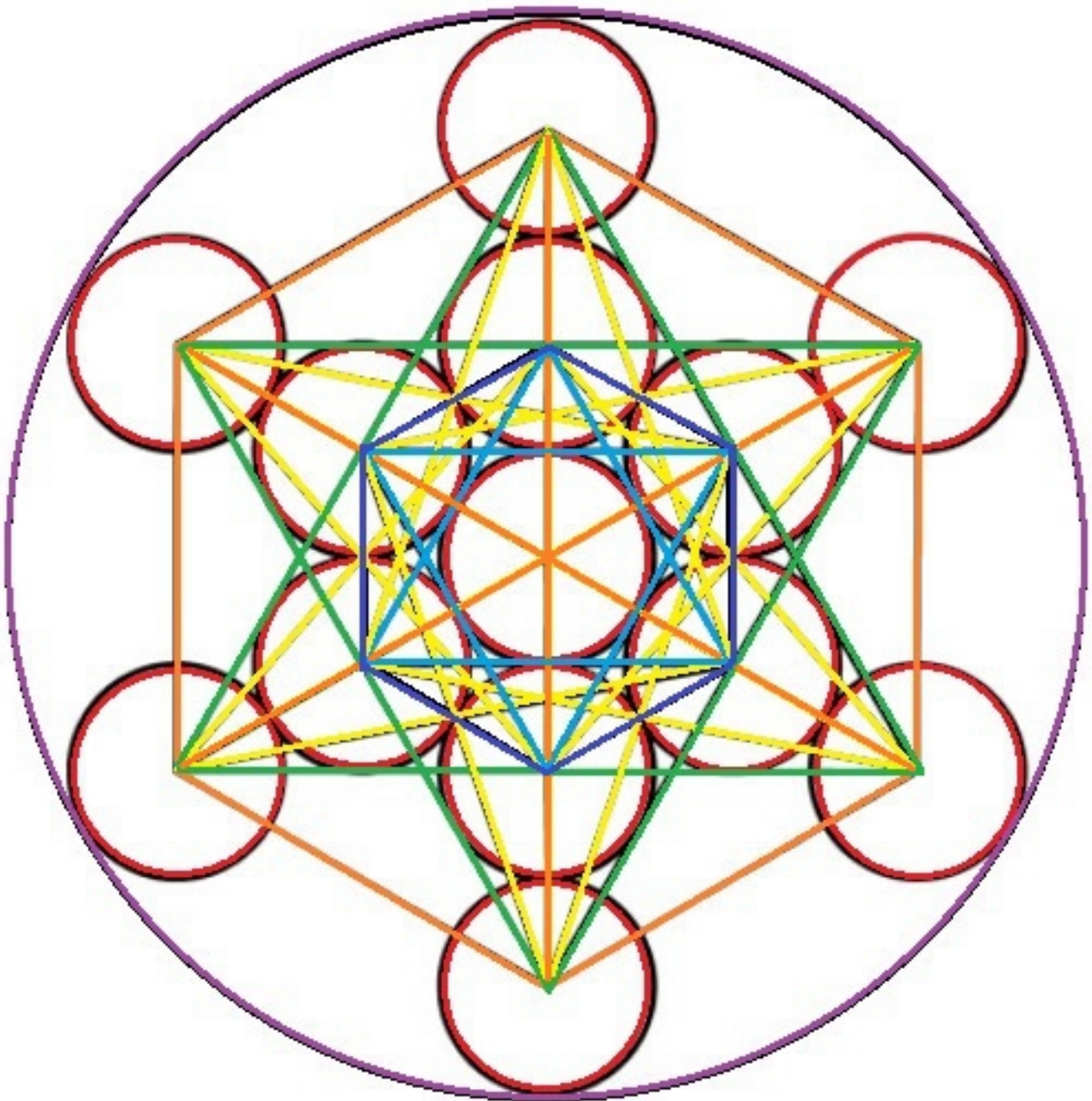
Firstly, place the image of Metatron's Cube under the paper. Secure with tape if necessary.

You may use a ruler and/or a compass, or freehand to craft your BluePrint.

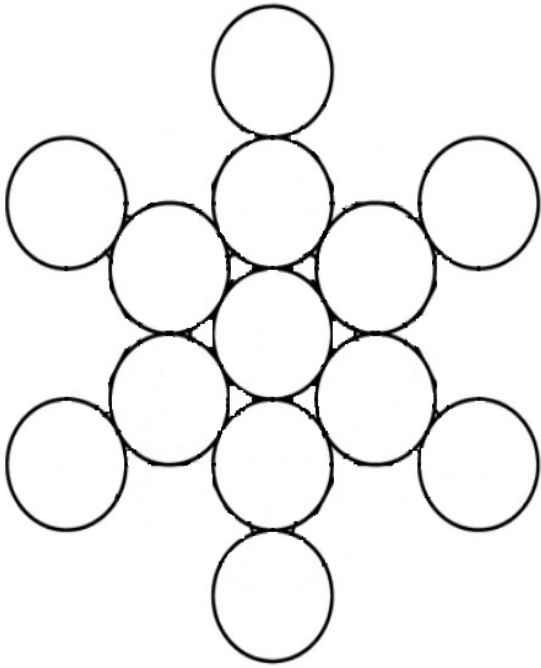
You can choose between 1 and 7 colours to draw Metatron's Cube.

Next, sit for a moment contemplating the words, images, emotions and sounds that came up for you during the meditation. Make a note of them down below next to the prayers for the relevant layer.

*Remember, to focus your thoughts, heart and energy on your prayers and silently Seed Your New BluePrint.*







## First Layer : The Circles

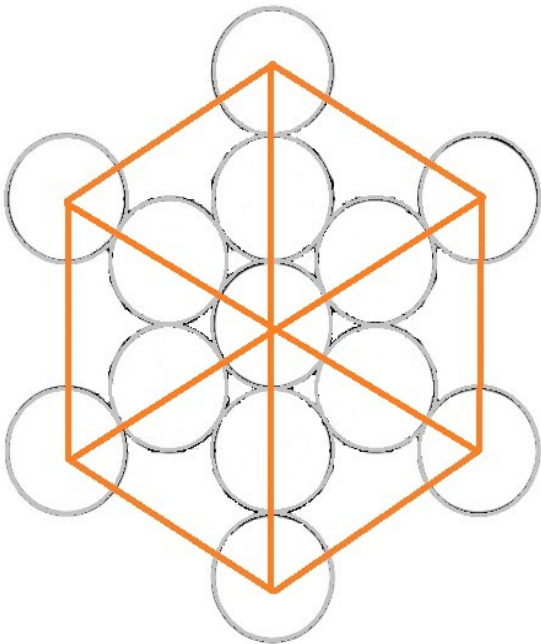
*As you draw the circles recite in your mind 3 time the following words...*

*include your prayers:*

*“As I draw these circles Spirit, Great Spirit, The Grand Overseer of all Designs, I humbly lay the foundations into my souls' design BluePrint. I prayer for Whatever foundation for your BluePrint you are praying for yourself at this time write/say it in here now.....*

*and then say Aho, Amen, So Mote It **Be**”*

**[Base Chakra ~ Courage & Commitment. For me, this is about getting real!]**



## Second Layer : The Cube

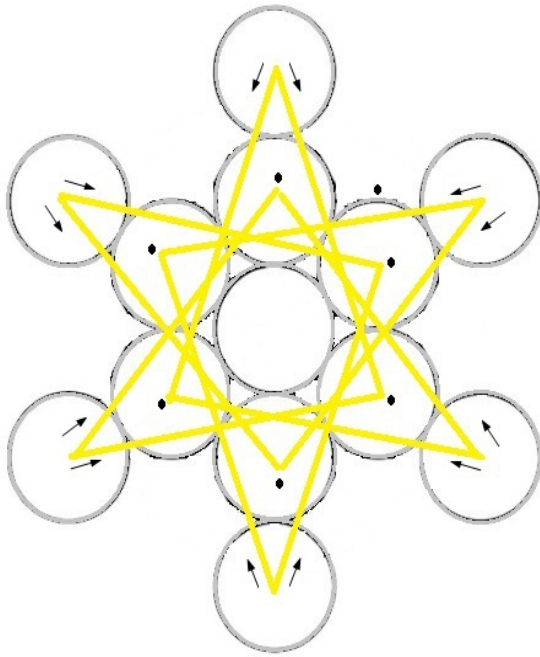
*As you draw the cube recite in your mind 3 time the following words...*

*include your prayers:*

*“As I draw this cube Spirit, Great Spirit, the All Knowing, the All Being, the All There is, I gently ignite the layer of creativity into my souls' design BluePrint. I prayer for Whatever soul expression into your BluePrint you are praying for yourself at this time write/say it in here now.....*

*and then say Aho, Amen, So Mote It **Be**”*

**[Sacral Chakra ~ Promise & Prosperity. For me, this is living my passions]**



### Third Layer : The Star Web

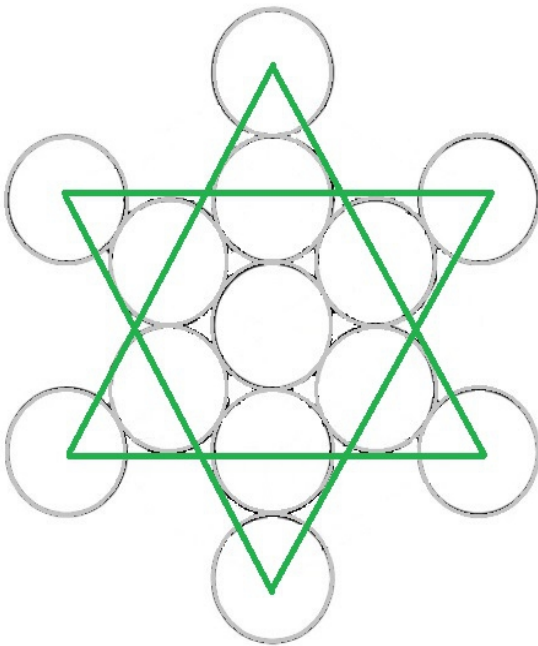
*As you draw the star web recite in your mind 3 time the following words...*

*include your prayers:*

*“As I draw this star web Spirit, Great Spirit, the Invisible and Visible, the Felt and Unfelt, I confidently weave the layer of will into my souls' design BluePrint. I prayer for Whatever will into your BluePrint you are praying for yourself at this time write/say it in here now.....*

*and then say Aho, Amen, So Mote It **Be**”*

**[Solar Plexus Chakra ~ Wisdom & Warrior. For me this is about self respect]**



### Fourth Layer : The Grand Star

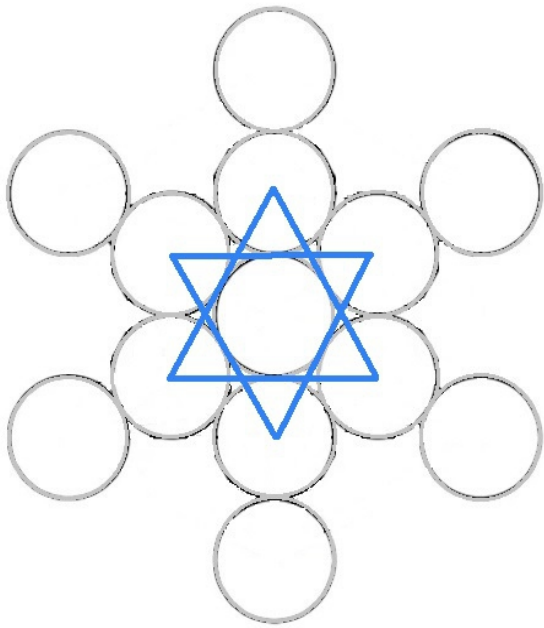
*As you draw the grand star recite in your mind 3 time the following words...*

*include your prayers:*

*“As I draw this grand star Spirit, Great Spirit, The Grand Overseer of all Designs, I sincerely instil the layer of love into my souls' design BluePrint. I prayer for Whatever will into your BluePrint you are praying for yourself at this time write/say it in here now.....*

*and then say Aho, Amen, So Mote It **Be**”*

**[Heart Chakra ~ Love & Loyalty. For me this is about softening and joy]**



### Fifth Layer : The Inner Star

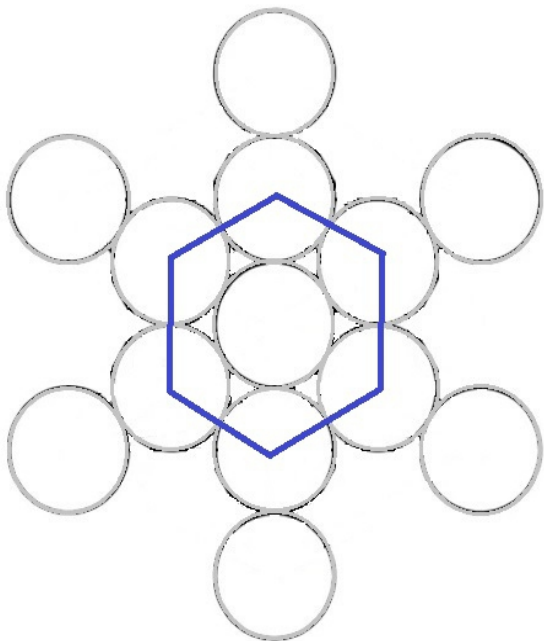
*As you draw the inner star recite in your mind 3 time the following words...*

*include your prayers:*

*“As I draw this inner star Spirit, Great Spirit, the All Knowing, the All Being, the All There is, I activate the layer of expression into my souls' design BluePrint. I prayer for Whatever will into your BluePrint you are praying for yourself at this time write/say it in here now.....*

*and then say Aho, Amen, So Mote It **Be”***

*[Throat Chakra ~ Love & Loyalty. For me this is about following my word]*



### Sixth Layer : The Inner Hexagon

*As you draw the inner hexagon recite in your mind 3 time the following words...*

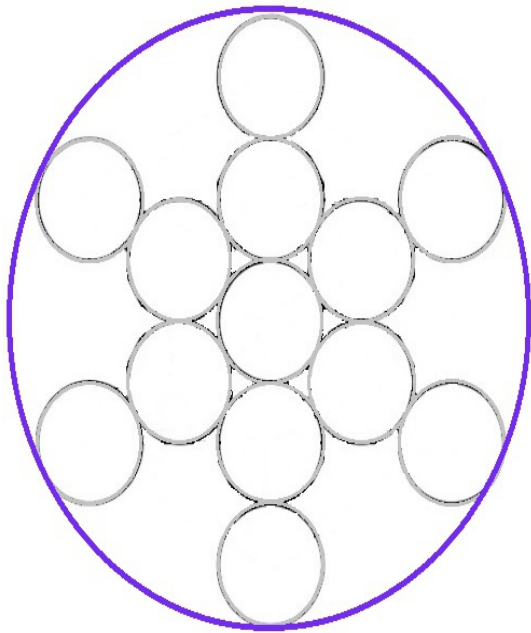
*include your prayers:*

*“As I draw this inner hexagon Spirit, Great Spirit, the Invisible and Visible, the Felt and Unfelt, I intuitively tune this layer of trust into my souls' design BluePrint. I prayer for Whatever will into your BluePrint you are praying for yourself at this time write/say it in here now.....*

*and then say Aho, Amen, So Mote It **Be”***

*[Third Eye Chakra ~ Faith & Fellowship. For me this is trusting my 'feels'.]*





## Seventh Layer : The Enclosing Circle

*As you draw the enclosing circle recite in your mind 3 time the following words... include your prayers:*

*“As I draw this enclosing circle Spirit, Great Spirit, The Grand Overseer of all Designs, I simply entrust this layer of truth into my souls' design BluePrint. I prayer for Whatever will into your BluePrint you are praying for yourself at this time write/say it in here now.....*

*and then say Aho, Amen, So Mote It **Be**”*

*[Crown Chakra ~ Trust & Truth. For me this is remembering the bigger picture.]*

When finished drawing the layers and reciting the prayers for the 7 layers, repeat the following 3 times:

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

Then imagine/visualise sealing the enclosing circle with protective energy. Disconnecting and releasing any energies or expectations to your BluePrint. Your practice now is to put into action steps, attitudes, space and energy for you to gently and courageously nurture your BluePrint into manifestation.

**Blessings,**

**Mim WhiteWind**

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