

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
A Study of
The Hermetic Philosophy



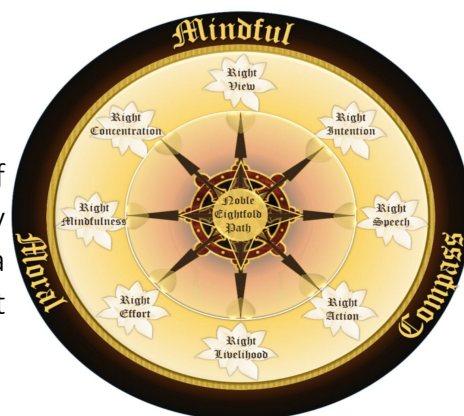
“The Kybalion.” -

“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” -

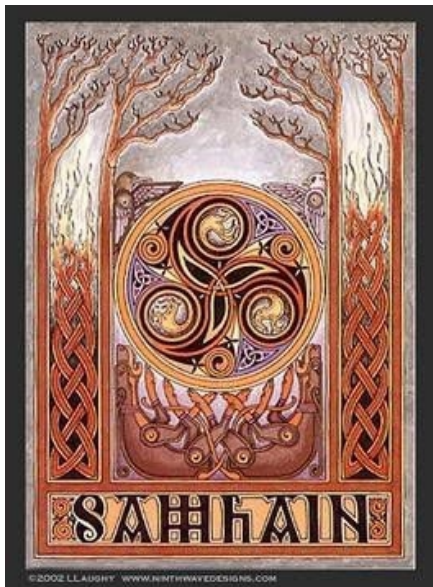
The Buddhist Path for the Cessation of Suffering, and the fourth of The Four Noble Truths. The application guide for living a spiritually purposeful life. The eightfold path, although referred to as steps on a path, is not meant as a sequential learning process, but as eight aspects of life, all of which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



1) May 1st ~ Winter / Samhuinn, The 7 Universal Principles, Right View & Direction Stones

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 / Samhuinn



The beginning of a new cycle. The time of the void. Reflecting on what was and what will carry us through the winter months. What was my harvest and what was my reaping.

What can I ask myself where did I let myself down and where did I lift myself up?

From the 1st May to 21st June we are in the Winter process of refining and defining.

Refining and defining who we truly are behind the pains of our past, the stories of suffering we unconsciously hold onto and tell ourselves every day, the false narratives attached to memories and experiences.

Refining and defining what we would like to experience in the days to come. Refining and defining how we can be of service to assist in humanities conscious re-evolution. Refining and defining from within the deep void of not knowing.

Winter ~ is the time when what we have sown, we have reaped and harvested. No more can be done.

Time to stop looking back, stop keeping track and surrender to what is. We take stock of what we did, we let go of what we didn't, and sit in the space of what is here.

Samhuinn ~ meaning Summers End, is considered a time of change, a transitioning from one way of living to another. From a sunlit outdoor life to a time where light and warmth is to be found by the hearth.

This is the time of transition. Where normal reality is disturbed as the earth moves through a 'joint' in time. Chaos is felt. Supernatural powers are seen to break through the 'joints' between the two great seasons of the year. Samhuinn as Winter begins, and Beltane as Summer begins.

Samhuinn is the time where the veil which divides subtle realms and worlds is thinnest. It is also a time for divination, as the subtle realms ~ the realms of spirit, intuition, higher awareness & senses ~ are closer at hand to guide the seer. If only we remember to connect and listen.

In some ancient tradition this time is seen as the 'new' year. And as with all beginnings there to is an ending.

Winter is when we dream of those seeds of change we have been tuning into, we begin to set-up the blue-print of our life for ourselves, each year, each cycle beginning with Winter.

When considering celebrating this time, take some time and connect and honour the ancestors and loved ones who have passed on before you. Say goodbye to the old and prepare for the new. Create a sacred fire and release into the flames grievances and blessings from the past year.

The Kybalion: The 7 Universal Principles



“The Principles of Truth are Seven; he who knows these, understandingly, possess the Magic Key before whose touch all the Doors of the Temple fly open” – The Kybalion.

I sit in contemplation every year at this time ~ the completion of yet another cycle and the coming void where a new cycle is seeded. Winter. Samhuinn.

I have been feeling that humanity has been sitting at crossroads for sometime now, old ways changing, new ways forming, a crazy dance of old moves and new. What will be let go of in order to heal? What will be let go of in order to evolve and mature?

And I muse as to what to share with you. And I most times feel inadequate to even attempt at assuming I know any answers to offer your questions. I am human. I have old stories of my own, ripe for rewriting. I am on a journey of my own. But I do feel confident in knowing that I won't stop stepping up.

I can say that I do find hindsight to be an amazing teacher. Reflection assists in direction. What could you do different, what new ways' time has come? What has the past 12 months showed you? What new direction is calling?

If you could make a promise, to yourself but for something bigger than you, what would it be? What would you promise to do? How could you keep that promise? How would you keep stepping up to the plate, honouring that promise?

We are creator beings, while we truly do not fully understand what that exactly means, we are nonetheless creator beings. And life has a way of bringing to light that which needs to be healed. So when dreaming in this winter void for your prayers make sure you know what it is you are praying for.

Use this powerful time to go within and clear the chatter, take time out more often to sit and breathe and keep focused on your intent. Whatever that deep heartfelt prayer, know that you will have to also step up and partake in the magic to make it manifest.

As Winter marks the beginning of a new cycle this is the perfect time to introduce the 7 Universal Principles that we will work and apply with the remaining Sabbaths.

Learning and comprehending how to create magic is based on the following several universal principles. The application of the magic is in the every day life, The Noble Eightfold paths shows us it is in the practice that is the way.



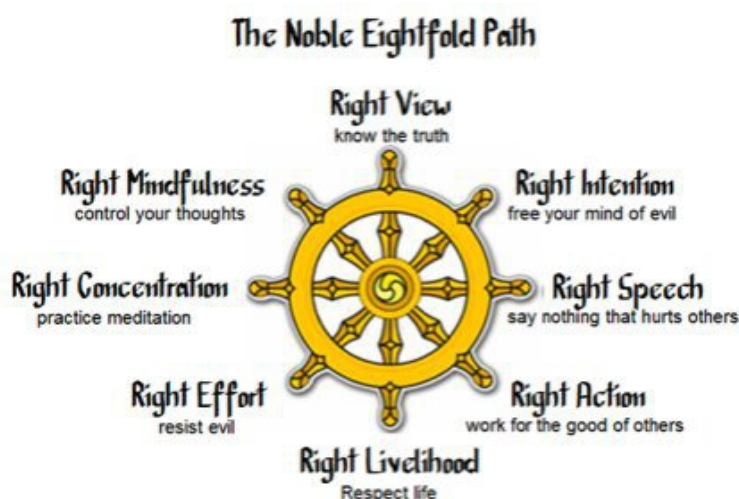
The Seven Hermetic Principles, upon which the entire Hermetic Philosophy is based, are as follows:

1. **The Principle of Mentalism** – ‘THE ALL is MIND; The Universe is Mental.’ '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”.

- II. **The Principle of Correspondence** – ‘As above, so below; as below, so above.’ This principle embodies the truth that there is always a Correspondence between the laws and phenomena of the various planes of Being and Life.
- III. **The Principle of Vibration** – ‘Nothing rests; everything moves; everything vibrates.’ This principle embodies the truth that “everything is in motion” : “everything vibrates” : “nothing is at rest” : which modern day science endorses and verifies.
- IV. **The Principle of Polarity** – ‘Everything is Dual; everything has poles; everything has its pair of opposites; like and unlike are the same; opposites are identical in nature, but different in degree; extremes meet; all truths are but half-truths; all paradoxes may be reconciled.’
- V. **The Principle of Rhythm** – ‘Everything flows, out and in; everything has its tides; all things rise and fall; the pendulum-swing manifests in everything; the measure of the swing to the right is the measure of the swing to the left; rhythm compensates.’
- VI. **The Principle of Cause and Effect** – ‘Every Cause has its Effect, every Effect has its Cause; everything happens according to Law; Chance is but a name for Law not recognised; there are many planes of causation, but nothing escapes the Law.’
- VII. **The Principle of Gender** – ‘Gender is in everything; everything has its Masculine and Feminine Principles; Gender manifests on all planes.’ The Principle of Gender works ever in the direction of generation, regeneration, and creation.

During the coming 7 Sabbaths, we can apply these 7 principles to them. We begin now to use the knowledge of the 7 Universal Principles for further study and applications in the coming months.

The Noble Eightfold Path: *Right View*



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 Intention, 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 View is to clear one's path from confusion, misunderstanding, and deluded thinking. It is a means to gain right understanding of reality.

Right view explicitly includes karma and rebirth, and the importance of the Four Noble Truths (1.the truth of suffering, 2. the truth of the cause of suffering, 3. the truth of the end of suffering, and 4. the truth of the path that leads to the end of suffering). That our actions have consequences, that death is not the end, that our actions and beliefs also have consequences after death. The energy footprint that we create and leave behind.

This is a significant step on the path as it relates to seeing the world and everything in it as it really is, not as we believe it to be or want it to be. Just as you may read the directions on a map, and then make the journey, studying, reading and examining the information is important, but only the preparation for the journey. At a deeper level, direct personal experience will then lead us to Right Understanding.

Knowing reality is of very little value if we don't put it to personal use in our lives.

Weaving them all together...

This time of Winter grants us an opportune time of self-reflection. To check back over the last 12 months and acknowledge and reconcile all that occurred. Learn from what worked and what didn't work. Grow from what manifested and what did not.

Check within yourself that whatever blocked you in the past 12 months is recognised and cleared. Then rest.

Begin to create a practice each day of either journalling or inner reflecting on where you are at and what dreams may lay ready for realisation. Learn to pause and listen. Practice shifting your awareness to a perspective that sees things from a higher point, not just an emotional reaction, a fear response or conditioned mundane belief.

The tool of a higher perspective assists in adjusting your attitude and beliefs so that your vibration is a match for the dreams ready for realising, approaching your life like it matters.

And as we rest and dream this Winter, keep in mind (thinking mind and intuitive mind) choices have consequences, actions have repercussions. That what we do do not only impact our stories and experiences but others as well.

Blessings,
Mim WhiteWind
xx

Links to further your study and knowledge:

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

https://buddha101.com/p_path.htm

https://www.budsas.org/ebud/bd8p/bd8p_12.htm



Soul Star Crafting ~ *Direction Stones*

Materials Needed:

- 5 stones/pebbles/rocks/crystals
- Yellow, Red, Green, Blue and White paint
- Small paintbrush, water & rags
- Ceremony carry bag for your stones



East –
Air / Thought : Wind / Move : Dawn / Sunrise
 Birth Youth : Spring : Tarot / Swords
Curiosity
 Father Sky : **Yellow**



South –
Fire / Heart : Burn / Heat : Light/ Sun
 Early Adulthood : Summer : Tarot / Wands
Purpose
 Grandfather Sun : **Red**



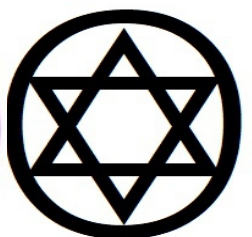
West –
Earth / Body : Solid / Material : Sunset / Dusk
 Mid Life : Autumn : Tarot / Pentacles
Courage
 Mother Earth : **Green**



North –
Water / Emotions : Liquid / Fluid : Twilight / Nightfall
 Senior Elder : Winter : Tarot / Cups
Wisdom
 Grandmother Moon : **Blue**



AboveBelow –
Aether / Soul : Avatar / Consciousness : Dark / Night
 Death : Beyond 3D
Transformation
 Great Spirit : **White**



Direction Stones

So why Direction Stones? What is the purpose and connection to Winter?

These Direction Stones may be used as conduits for the directions for protection, direction and clarity.

By placing them on your altar, in a room, in a home, around the boundary. Placed and used when working in ceremony as a way to connect to their aspects for personal healing, integration and balance. Their purpose is multi layered and multi-purposed.

Winter is the time of the void. The time when are gifted with to set the scenes for the coming wheel of the year and the **initiates path**. And a tool that may be utilised any time of the year.

We begin to realise the 7 Universal Principles when we charge each stone with intention and prayer, we begin the journey of applying these principles by conscious awareness, choice and application.

Right View assists in establishing the underlying intent not only for this Sabbath, practice and Soul Star Crafting but as the basis for the **initiate's path**.

By imbuing, charging, intending for each direction stone we create a tool that will help us find our True North, no matter what stage or where we are in life.

True North is living from the inside out. In living your authentic self. It is being lead and guided by your purpose and mission. Your True North is unique to you, and a tool to know yourself, be yourself and back yourself.

True North happens when we live with all our elements and cardinal points in balance. Then throughout the Wheel of the Year, check in with yourself to reflect back on this moment and remind yourself of your intent and purpose, to facing your True North.

My direction stone to hold me steady to my north star is the aether stone, so I have added my own prayer I am imbuing my stone with so that during the year, if I ever feel lost or challenged, I will hold it and recite my prayer and intention for all the stones and come back into awareness and remembrance.

Direction Stones Intent & Prayer

Firstly, lay your stones in an imaginary circle in front of you on the table, in the direction/cardinal point that is relevant for that stone.

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 direction. To incorporate into your prayers and intention, personalising your Direction Stones to your True North.

NB: After you have painted each stone, lay it back down in the direction it was in on the table in front of you



Soul Star Crafting Home Practice

East

Begin with your stone for the **East**, hold it in your hands near to your heart centre and recite the following prayer, three times quietly in your head, focusing your thoughts, energy and intent into the stone, the symbol, the words.

When finished the third recitation of the East prayer below, paint the symbol you choose for air on it in **yellow** while contemplating the prayer and intent for your year ahead, what new direction could be calling you from the winter void for you to follow, embody and experience?

East Prayer:

With the power of love, I reach to the furthest East of existence.

I call upon the keepers of the East.

I am ready to cleanse and purify my thoughts, emotions and actions.

I let go of any negativity or fear that arises from me so that I may remain purified by my meditations and my connection to great spirit. I know the divine is everywhere within me and around me I seek to focus my attention on love and to emanate the light within that my vision may be clear.

(add some words of your own....)

Fill me, keepers of the East with wisdom that I am I learn and grow

I bring this everlasting light now to illuminate Love into my world.

As I cleanse my hands I reach out to pure light.

South

Next your stone for the **South**, hold it in your hands near to your heart centre and recite the following prayer, three times quietly in your head, focusing your thoughts, energy and intent into the stone, the symbol, the words.

When finished the third recitation of the South prayer below, paint the symbol you choose for fire on it in **red** while contemplating the prayer and intent for your year ahead, what new direction could be calling you from the winter void for you to follow, embody and experience?

South Prayer:

With a power of love, I reach to the further South of existence.

I call upon the keepers of the South.

Too long I have walked in the shadow of my thoughts and pain.

I have mis-created my world by following my fear. I now take responsibility for creating my world in a better way. I will live in the now. I will use my arms to hug, my heart to determine, my mind to receive, my emotions to give through love.

(add some words of your own....)

Fill me, keepers of the South with determination to grow in my love light.

I am determined to grow in love.

As I cleanse my hands I reach out to pure light.

West

Next your stone for the **West**, hold it in your hands near to your heart centre and recite the following prayer, three times quietly in your head, focusing your thoughts, energy and intent into the stone, the symbol, the words.

When finished the third recitation of the West prayer below, paint the symbol you choose for earth on it in **green** while contemplating the prayer and intent for your year ahead, what new direction could be calling you from the winter void for you to follow, embody and experience?

West Prayer:

With the power of love, I reach out to the furthest West of existence.

I call upon the keepers of the West.

Before me is a stone. The stone I have chosen to find the true gift of spirituality.
Today, I start my journey back to source within me to the place of introspection.
To the place of self-healing. Ever mindful of great Spirit within me.
I allow my inner journey to reflect in my outer expression of strong love.
(add some words of your own....)

Fill me keepers of the West, with mindfulness towards fellow humans.

I am mindful towards my fellow humans.

As I cleanse my hands I reach out to pure light.

North

Next your stone for the **North**, hold it in your hands near to your heart centre and recite the following prayer, three times quietly in your head, focusing your thoughts, energy and intent into the stone, the symbol, the words.

When finished the third recitation of the North prayer below, paint the symbol you choose for water on it in **blue** while contemplating the prayer and intent for your year ahead, what new direction could be calling you from the winter void for you to follow, embody and experience?

North Prayer:

With the power of love, I reach to the furthest North of existence.

I call on the keepers of the North.

I know you are everywhere for all time I come now for spiritual comfort and strength.
May I be surrounded with only my pure thoughts and actions may I tend to my holy temple with in,
bless my intentions as I evolve into divine love, wisdom and power in the oneness of life.
(add some words of your own....)

Fill me keepers of the North, with a consciousness of one.

We are one in consciousness

as I cleanse my hands I reach out to pure light.

AboveBelow

Next your stone for the **AboveBelow**, hold it in your hands near to your heart centre and recite the following prayer, three times quietly in your head, focusing your thoughts, energy and intent into the stone, the symbol, the words.

When finished the third recitation of the **AboveBelow** prayer below, paint the symbol you choose for aether on it in **white** while contemplating the prayer and intent for your year ahead, what new direction could be calling you from the winter void for you to follow, embody and experience?

AboveBelow Prayer:

With the power of love, I reach to the furthest AboveBelow of existence.

I call on the keepers of the above/below.

Keep me grounded and connected, steady and true to my path.

Remind me I am here now to make a difference in my life.

Remember the truth, old ways new and I am part of mother earth and father sky.

(add some words of your own....)

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.

Fill me keepers of the AboveBelow, with peace and purpose.

I am/We are part of the ALL

As I cleanse my hands I reach out to pure light.

When finished painting the symbol for AboveBelow on your stone. Place in the centre of your direction stones and recite the following:

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

Then imagine/visualise sealing the ring of Direction Stones with protective energy. When the stones are dry you may wish to place them in a special carry bag.

Blessings,

Mim WhiteWind

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Soul Star Crafting Home Practice