

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 northern hemisphere they need to be swapped.



THE KYBALION
A Study of
The Hermetic Philosophy



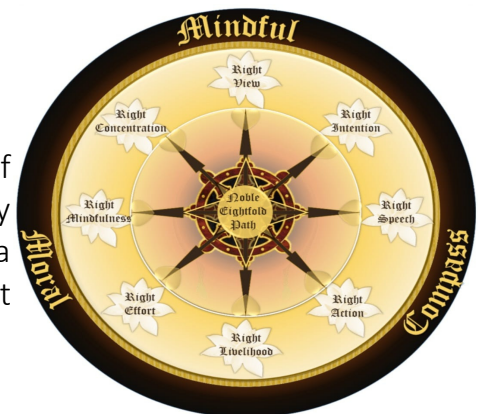
“The Kybalion.” -

“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.



5) November 1st ~ Summer Polarity & Right Livelihood & Sacred Mirror Magic

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: *Summer / Beltaine*



Beltaine ~ is the third of the Spring celebrations and while it signals the last of Spring, it also heralds the beginning of Summer.

We find now that the sun is pouring its light & warmth unto the southern hemisphere & all that inhabit her here.

The days are longer than the nights & warmth is creeping back, leaving the cooler darker nights of winter all but a memory.

Beltaine has been celebrated as a time to give thanks for fertility and creativity. It is a time of reconnecting the masculine with the feminine, both metaphorically and physically. Acknowledging the difference between the two roles, the masculine and the feminine ~ both within us and our inner world also with-out us in the world outside of us.

A time to celebrate love.

When we look in our worlds that is immediately surrounding us, literally outside of us, we can see Beltaine at play with nature. Birds are calling and singing early in the morn; crickets are beginning to hum at dusk. And if conditions have been favourable, if our efforts have been nurturing, then that seed

we dreamed, and prepared the soil for, and planted, is no longer a seed. That seed form no longer exists but rather is now a new budding form.

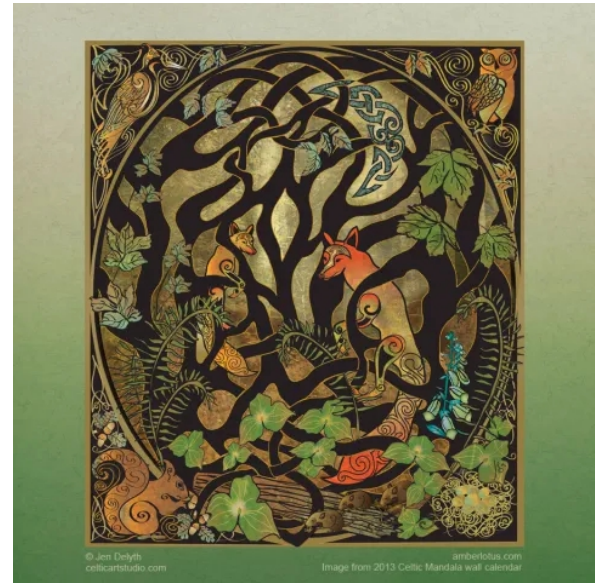
So, when we look back over the past celebrations, the seeds we planted earlier in the cycle, can you see form taking shape? This is a good way to look back and see if it was all talk or seeds of change.

The Kybalion: 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.” – The Kybalion.

Beltaine is about nurturing that which is forming. A time to tend to what is important. For what is cared for now, in the coming months, will become your harvest.

The Principle of Polarity “embodies the truth that everything is dual; everything has two poles; everything has its pair of opposites, everything is and isn’t, at the same time.” “And all are simply degrees of the same thing.” – The Kybalion

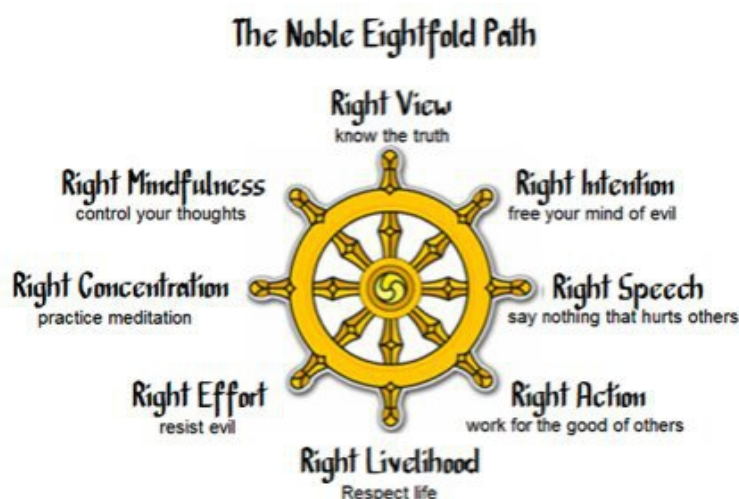


So, while we focus on that which is forming in the coming months, notice how you feel and what your thoughts are and remember that with this principle we can change the vibration of that which sits at opposites. By shifting the mental vibration, we can change Fear to Courage, Hate to Love, Negative to Positive.

When we are faced with challenges, conflict, confusion etc we have the ability to respond wisely, as it is just a matter of remembering and choosing where we will sit in the pendulum swing of polarity.



The Noble Eightfold Path: *Right Livelihood*



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 Livelihood asks us to apply our moral, values and principles in the kind of 'work' we do. To comprehend the importance and urgency upon us to fully realise the impact our 'livelihoods' have on the physical world around us, the environment, the earth, the eco-system... the only place we get to exist as we know it.

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 Livelihood invites us to step up and take responsibility for the impact we are having on the world as a 'livelihood'. Are you perpetuating the problem or manifesting the solutions?

If your work has a lack of respect for life, then it will be a barrier to progress on the spiritual path for it is in stark contradiction to that which you seek. Humans are not above all things! We are equal to all living beings and a deep remembrance is called to hold respect for all life.

If no-one made the ammunition, we would not have war.

If no-one made the harmful drugs, we would not have overdoses.

If no-one made cigarettes, we would not have nicotine addictions.

The list goes on...

The necessity cannot be greater than it is now to encourage compassionate activity, and to make a living in a way that does not cause harm and that is ethically positive.

Weaving them all together...

The wheel has turned yet again and we find ourselves at the start of Summer, where the pendulum has swung to warmer days and nights, longer days and shorter nights. Where the outdoors is beckoning life to revel in this time of the wheel. To put energy into that which will sustain us come harvest and winter. To take advantage of the warmth, sunshine and nature.

Summer reminds us of the importance of Polarity, that soon enough the days will begin to shorten, the nights will begin to cool, the plants have reached their zenith as the pendulum will surely swing to the polar opposite of Summer. Summer reminds us of the thoughts, the feelings, the energy, we need to wisely utilise now, on how we nurture those budding seeds we planted. Summer will show us that which is forming. A time to tend to what is important. For what is cared for now, in the coming months, will become your harvest.

How you apply your energy, focus, thoughts, actions deeds during this time of the wheel will also show up with what you have chosen with your 'livelihood'. For the polarity pendulum swings through all things in life.

Is your 'livelihood' part of the problem or part of the solution. For every problem there is a solution. For every solution there has had to be a problem. Imagine then, living a life that had neither. Imagine a life where humanity had recognised the polarity of all things and chose to walk a middle path. Imagine yourself applying and living a middle path, recognising and honouring the polarity of all life as know it, and choosing to nurture that which sustains life, your dreams and a different future.

*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 ~ Sacred Mirror Magic

Materials Needed:

a glassed picture frame
a mirror
tape to tape the glass over the mirror
pens/textas that draw on glass
other decorations for the frame or glass
your beautiful face

Sacred Mirror Magic

Mirror work is one of the simplest, most powerful, strange, uncomfortable, undeniably intimidating, a little embarrassing yet also profoundly healing. Mirror work can make us feel initially uneasy because it exposes our inner critic in plain daylight. Suddenly everything we feel about ourselves that we might not be aware of comes to the surface. And if you haven't developed a compassionate relationship with yourself, you might be prone to believing all the nastiness whispered in your ear by your inner critic.



In other words, in front of the mirror, there is no hiding. In front of the mirror, we catch an intimate (and sometimes painful) glimpse into the relationship we have with ourselves.

Mirror Work was a method originally developed by inspirational teacher Louise Hay as a way of getting in touch with the inner self. The primary purpose of mirror work is to develop self-love, self-care, and a more meaningful relationship with others. By simply looking into the mirror for a certain amount of time each day and gently talking to yourself, you can foster a more compassionate and forgiving connection with yourself.

As a symbol of truth and clarity, mirrors are one of the most ancient and direct ways of accessing self-realisation. Some of the earliest uses of mirrors date back to Anatolia (now called Turkey) from 6,000 to 8,000 BC. These ancient mirrors were made out of obsidian, which itself is a stone symbolic of psychological purification, shadow integration, and protection.

By using a mirror to consciously access the inner layers of our being, we gently remove the blocks and untie the knots preventing our ability to grow and evolve. Indeed, mirror work can facilitate a deepening of our spiritual awakening process. Another reason why mirror work can make us feel uncomfortable is that it exposes the vulnerable and neglected parts of our inner selves. After all, what better opportunity for that forgotten part to finally grab our attention than face-to-face in front of a mirror?

Most of us have numerous abandoned inner parts, but the most common one that we're disconnected from is the inner child. We all possess an inner child – it's one of the many archetypes (or patterns of energy) that compose our personality structures. The inner child is the part of us that still retains a sense of childlike wonder, spontaneity, creativity, and joy. On the other hand, our inner child also

possesses many of our primal and core wounds. Thus, learning how to relate to and liberate our inner child is crucial.

Mirror work is an intensely effective way of helping us to re-establish a connection with this delicate part of ourselves. When looking into the mirror and trying to reconnect with the inner child, it's not unusual to feel waves of sadness wash over you. You may also experience unexpected bubbles of excitement or joy. But typically, it's common to experience heavier and more uncomfortable emotions first.

Although this kind of mirror work can be upsetting and unpleasant at times, these feelings point to deeper work that is alchemy at a subconscious level. Simply gazing at yourself in the mirror and comforting your inner child can be a tremendously healing practice and a powerful form of inner child work. The more emotions you experience, the more a sacred kind of purging and transformation is happening.

The eyes are the mirrors to the Soul, and mirror work gives you direct access to this core part of your being. However, it's not always possible to directly connect with your deeper Self. Most people first experience a harsh inner critic that arises and serves as a doorkeeper to the deeper psyche. To make it past that harsh doorkeeper, you must learn to disarm it through mindfulness and self-compassion. It's at this point where inner work practices such as self-love become vital to work through your insecurities and self-resentments.

But how do you know that you're reconnecting with your Soul? For me, the presence of my Soul emerges when my face softens, my eyes become warmer and more compassionate, a slight smile enters my face, and a lighter form of energy fills my body, it also tends to feel like being drawn inwards into an embrace. As magical or mystical as that may sound, using mirror work as a portal to your Soul is actually quite natural, it feels like returning home to the truest, most whole, and wisest part of yourself.

Mirror work is deceptively simple but tremendously empowering. So much healing work can be done by simply looking at yourself in the mirror and expressing self-loving affirmations. One of the most amazing side benefits of mirror work is how it impacts your relationships. By learning how to love yourself more, life becomes more harmonious and your connections with others blossom and flourish.

And finally, mirror work helps to facilitate and deepen our spiritual awakening, aiding us in gaining clarity and inner illumination.



Sacred Mirror Magic Intent and Prayer

First have all your materials ready around you. Take the glass out of the picture frame and tape the glass to the mirror. Bring it to a height that is suitable for looking into, for sketching your facial outlines. Keep in mind there is a 'border' for the frame. Make sure that the glass and mirror will not move and that you are in a comfortable position to sit still and gaze into the mirror.

Now take a moment and reflect back over the notes and meditation. Soften your gaze as you look into the mirror, just observe your features, and take a moment and bring your focus inwards.

When you are ready to begin tracing, you will need to close one eye. I use my hand that I don't draw with to cover it so I don't have to squint.

There is no wrong or right as to what you choose to trace, enhance, reflect.

Now that you feel ready to trace the aspects you want to outline, speak to your reflection the following intents and prayers. **Repeat 3 times.**

*I'm learning to love you
I'm willing to take care of you
I am worthy of love
I am enough
I am exactly who I need to be in this moment
I am beautiful
I am whole
I am fierce and strong
I trust in my natural wisdom
I am open and receptive
I believe in you*

When you have finished tracing the outlines that you choose to trace, inwardly speak into the reflection any words, affirmations or intents that you wish to seed into your soul as you complete decorating the image, glass and/or frame with words, affirmations, symbols etc.

When complete and after reciting the above intention and your own personal prayers 3 times, place your hand on your heart and repeat the following:

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

When complete, place the image in a place that you can see every day and at least once a day acknowledge the image, affirmations and words and fondly remember why and to what purpose is this image helping you to remember and practice.

Blessings,
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Soul Star Crafting Home Practice