

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



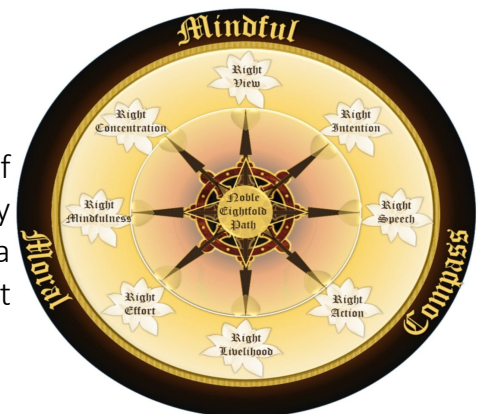
“The Kybalion.” -

“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” -

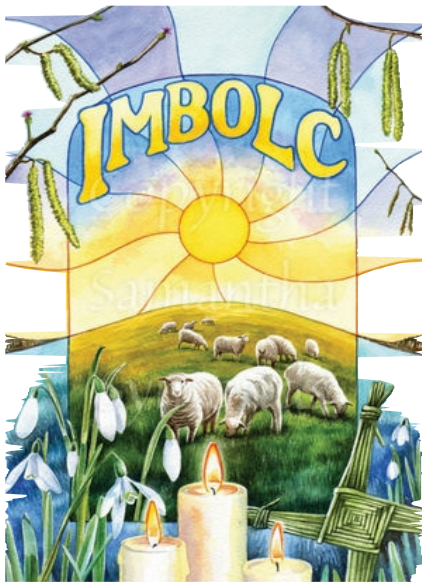
The Buddhist Path for the Cessation of Suffering, and the fourth of The Four Noble Truths. The application guide for living a spiritually purposeful life. The Eightfold Path, although referred to as steps on a path, is not meant as a sequential learning process, but as eight aspects of life, all of which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



3) August 1st ~ Spring Correspondence & Right Speech & Prickly Protection Pot

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 / Imbolc



From the deep dark depths of winter, we have slowly turned towards the light, and we can now start to sense the changes with-in and with-out.

The sun is beginning his journey back to stand high and bright in the vast scope of the sky. And although August can still be a bitterly cold month, there are strong signs that spring is merging from beneath the dark fold of winter. The day light hours are getting longer and the night light hours are getting shorter.

1st/2nd August is Imbolc in the Southern Hemisphere and is the earliest of the traditional spring celebrations. It marks the cross quarter day, midpoint between winter solstice and spring equinox. It also marks six weeks since we celebrated Winter Solstice which helped set the scene for planting dreams seeds. And right now, at this moment, it is ripe for getting clear on what those dream seeds of change you will plant.

The emphasis cannot be strong enough now on what you sow, so shall you reap both physically and metaphorically. So, what do you want to reap come harvest time?

When we are in sync with nature and the cycles of life, aware of the subtle energies and influences and spiritually speaking, that last 6 weeks were about letting go of any residual negative beliefs, any last-ditch efforts of resistance. If that 'work' has been done on the subtle levels of your psyche, then the soil is prepped and ready for enriching, so those seeds of change sprout.

This is a powerful time to realise that all dream seeds have the potential to create or destroy. Does not a new positive belief destroy an old out-dated negative belief? Where there is a beginning, there is always an ending of some sort.

So use this time to ride the great cosmic wave to see that which needs seeing, clearing the way for greater awareness and reconnecting to our inner source to create powerful, positive change.

The Kybalion: The Principle of Correspondence.

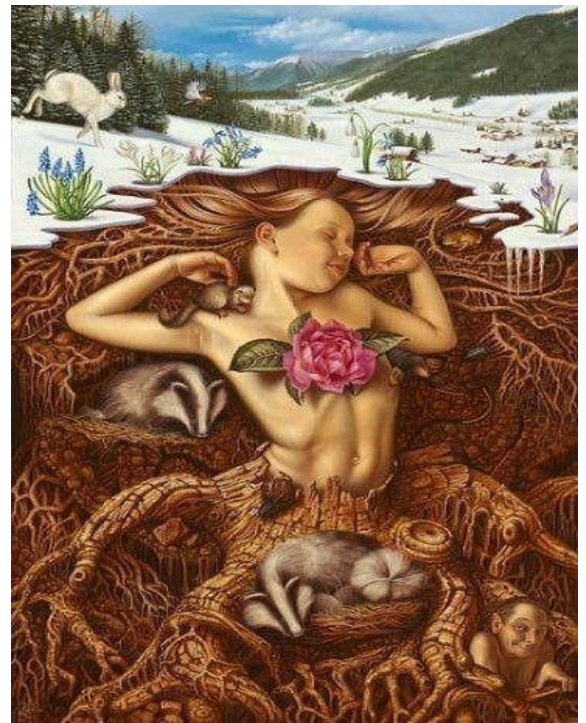
“As above, so below: as below, so above” – The Kybalion.

The dictionary meaning of correspondence is such:

1. a close similarity, connection, or equivalence
2. communication by exchanging letters, emails, or other messages

“The Principal of Correspondence embodies the truth that there is always a *correspondence* between the laws and phenomena of the various planes of Being and Life.”

It reminds us of the importance of manifestation and the results of our intents. It reminds us that whatever we do in the physical/material plane has knock-on effects in all the other planes, ie: mental, emotional, spiritual as examples. It reminds us that through links we cannot see physically it communicates what we think, feel, see and do to all the other planes and principles.



Imbolc is the time of gestating your dream seeds... the time to prepare for growth and renewal. A time to dream that which you wish to make manifest on the physical/material plane whether that be material, intellectual, emotional or spiritual.

Powerful, intense, challenging, liberating to say the least...

Remember also, it is the time full of potential as we make our way out of winter... Intent everyone... your intent is what will manifest in times yet to come.

What will be your echo, your vibration, your influence from these dream seeds you will plant?

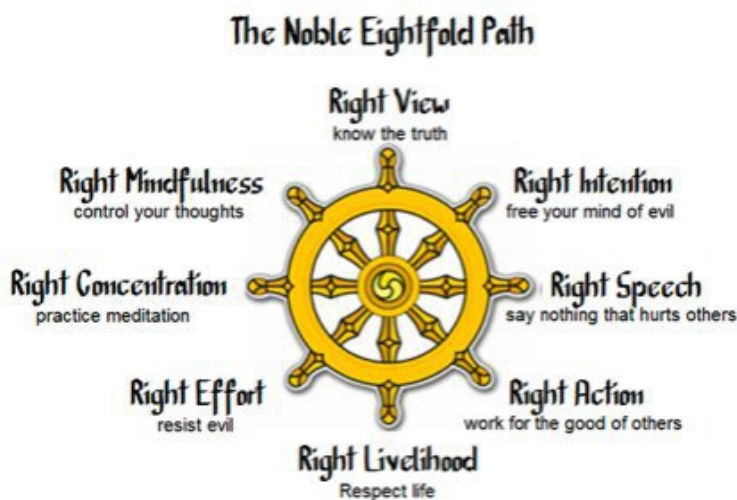
Where is the love? Where is the love in your intent... the unconditional love for creation, humanity, community and self?

So much hypocrisy in world, the political spin is out of control so it's no wonder... in fairness man has been led by deceit for centuries but when faced with such corruption do you try and fit in to it? Or do you stand, step up, be brave, be scared, be courageous, be true?

We need change and the seeds you plan to plant... will they perpetuate or create new ways? not just for you but for all of us?



The Noble Eightfold Path: *Right Speech*



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 Speech is the next step of the Path.

We tend to underestimate the power of the spoken word, and often regret words said in haste. Each of us has experienced the disappointment associated with harsh criticism, whether justified or not, and we also are likely to have felt good when kind words encouraged us.

Right Speech is also appreciating the frequency and vibration of our words, that which we speak out loud and that which we speak to ourselves has far more reaching effects than just what our ears hear. How often have you heard pleasing words yet the energy behind them were more unpleasant? So it is not just the words that we speak but also the intent and energy behind that which we speak.

Right speech involves recognition of the truth, and also an awareness of the impact of idle gossip and of repeating rumours. Communicating thoughtfully helps to unite others, and can heal dissension. By resolving never to speak unkindly, or in anger, a spirit of consideration evolves which moves us closer to everyday compassionate living. Being mindful of our inner words and external words assists in getting to know ourselves even deeper and the opportunity for healing, reconciling and re-wording.

Weaving them all together...

Imbolc is the first of the Spring celebrations and nudges us awake from our winter slumber that soon the earth will start to warm ready for planting seeds. Imbolc, the reminder the time has come to begin. The dreaming through the void of winter has led us to where we are now. Are you ready to begin the first steps towards your dream?

Correspondence reminds us that every thought, action and deed has a corresponding reaction on all other planes, that eventually will find it's way back to us.

Right Speech assists to remind us not only for this Sabbath, practice and Soul Star Crafting, but as a practice for the initiate's path and self-mastery we are dreaming to manifest. It serves as a reminder of what we verbalise has ongoing ramifications and consequences.

Begin to create a practice each day of looking in the mirror and telling yourself one positive affirmation, an affirmation for one other and an affirmation for the all beings & planes of existence.

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 ~ Prickly Protection Pot

Materials Needed:

a cactus pup
1ltr or 2ltr pot
Cactus potting mix
tumblestone crystals
Any other pot decoration you would like to adorn your pot with

Prickly Protection Pot with San Pedro

Prickly Protection Pot... with the entheogen and sacred healing plant 'San Pedro'...

For anyone dealing with night terrors, bullying at the workplace, toxic environments, unfavourable energies then this Soul Star Crafting is definitely for you.

Mainly because it feels like so many people are being energetically attacked and it has been such testing times that now more than ever do we need extra support. We are going to be using our 'speech' to charge our cactus with intent and prayer for protection.

The cactus is a fractal plant. Almost toroidal in its frame this holds the vibration of the Centre. The centre is the point of creation so it allows for this vibration to penetrate right back to source creation. With the spikes positioned to prick anything that it has in sight

“Even its post-Hispanic name, San Pedro, embodies these qualities because Saint Peter is the holder of the keys to Heaven and the name of the cactus therefore speaks of its ability to ‘open the gates’ into another world where those who drink it can heal, discover their divinity, and find their purpose on Earth. It is also known as huachuma, this is how it is most often referred to by the shamans who use it.

The earliest archaeological evidence so far discovered is a stone carving of a huachumero found at the Jaguar Temple of Chavín de Huantar in northern Peru, which is almost 3,500 years old. Textiles from the same region and period of history depict the cactus with jaguars and hummingbirds, two of its guardian spirits, and with stylised spirals representing the visionary experience.

Another image, of an owl-faced woman holding a cactus, comes from a ceramic pot from the Chimú culture, dating to 1200 AD. According to native beliefs, the owl is a tutelary spirit and guardian of herbalists and shamans, so the woman depicted is most likely a curandera (healer) and huachumera.

Lesley Myburgh (known in the Andes as La Gringa: "the outsider woman") is another of these shamans. She has led ceremonies with San Pedro for almost 20 years. "It is a master teacher", she says. "It helps us to heal, to grow, to learn and awaken, and assists us in reaching higher states of consciousness. I have been very blessed to have experienced many miracles: people being cured of all sorts of illnesses just by drinking this sacred plant. We use it to reconnect to the Earth and to realise that there is no



separation between you, me, the Earth, and the Sky. We are all One. *It's one thing to read that, but to actually experience this oneness is the most beautiful gift we can receive.*

"San Pedro teaches us to live in balance and harmony; it teaches us compassion and understanding; and it shows us how to love, respect, and honour all things. It shows us too that we are children of light - precious and special -- and to see that light within us.

Taken from: https://erowid.org/plants/cacti/cacti_writings1.shtml

San Pedro has always filled me with light codes and expansiveness, reminding me I am part of the cosmos and to shine my light for whom I am... I have also always seen them as Sentient Guardians against negative energies and entities.

We will be potting our San Pedro pups and working with them to create a protection talisman utilising the essence, energy and structure of the cactus.

Prickly Protection Pot 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 San Pedro in protecting the expression that come towards me

Rutile Quartz - may you assist San Pedro in transforming negative energies into positive energies

Black Stone – may you assist San Pedro in absorbing negative energies

The finish filling the pot with the cactus mix, leaving about an inch room at the top.



Take a moment to pause now as you connect with your chosen San Pedro. Be mindful that you are now connecting with a sacred plant medicine, a powerful guide in it's own right. Visualise, imagine or meditate upon the cactus in front of you. See the spirit of the plant, the sentient guardian being, the spiritual warrior that you are now connecting with. Imagine it's energy, it may even have a name for you.

Then when you and San Pedro are ready, carefully, intentionally and gently plant your cactus pup. Depending upon the size and length of your pup bury it between one thumbnail length to two thumbnail lengths.

Once you have carefully and gently potted your pup, point your index finger at the San Pedro and say out loud from your heart the intent and prayer below. **Repeat 3 times.**

*I humbly charge that you absorb, repel, extract,
dissolve, disintegrate, all dirty, diseased,
corrupted, used up, negative energies,
negative thought forms, negative elementals,
psychic attack, negative emotions,
wayward and fallen spirits,
poisoned darts, curses, arrows,
malicious thoughts, malignant energies, malevolent entities
from entering, effecting or lingering.
Send back that which you cannot transmute to where it came.*

*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 pup and pot with protective energy. Disconnecting and releasing any energies or expectations to your Prickly Protection Pot. Your practice now is to nurture, feed, water and protect your Prickly Protection Pot. The more you nurture, the more it will protect.

Now with your San Pedro activated, it can clear any energy that is detrimental to you. Warning not intended for spiritual rooms unless to clear out a negative spirit. The cactus will also pop any meditation energy that's positive because it works to eliminate any energy in a space to start all over again.

Place your San Pedro cactus in any area that you feel needs protection and clearing. Living room, bedroom (children especially) and office. Leave the pot in near your front door. Or if a room needs clearing, leave it in there overnight, taking it back outside the next day.

Credit to Grand Master Choa Kok Sui for the inspiration for this Soul Star Crafting.

Blessings,

Mim WhiteWind

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