

# 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



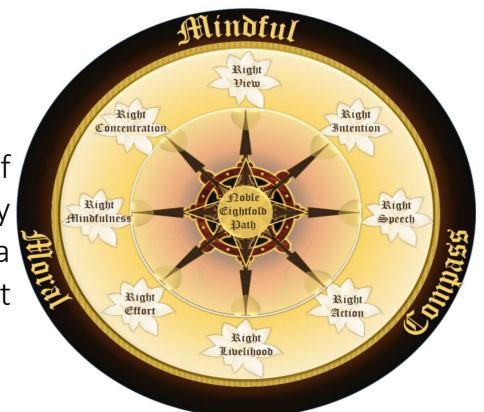
## “The Kybalion.” -

“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” -

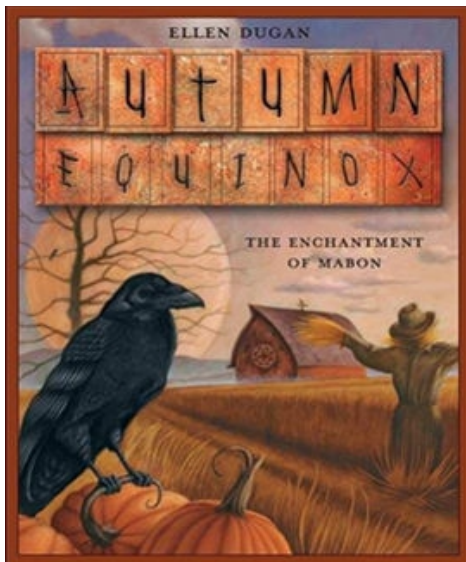
The Buddhist Path for the Cessation of Suffering, and the fourth of The Four Noble Truths. The application guide for living a spiritually purposeful life. The Eightfold Path, although referred to as steps on a path, is not meant as a sequential learning process, but as eight aspects of life, all of which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



# 8) March 21st ~ Autumn Equinox Gender & Right Concentration & Willow Web Weaving

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:** *Autumn Equinox / Alban Elfed / Mabon*



Autumn Equinox, also known as Alban Elfed or Mabon, marks the peak of the Harvest season, ceremonially 21st/22nd March.

It is around this time that you can notice the change in the air – the sun has lost that intense glare, the day light feels softer, more diffused. The nights are cooling. This is a turning point, when the hours of daylight are equal to the hours of nightlight. Equal balance, however ever so slowly going forth from this point the darkness will increase. At this time of great balance and harvest, the Earth is offering up her last gifts of berries and nuts while the slanting rays of the sun slowly weaken, and now it is nature's turn to shift from vibrancy to stillness. Where the leaves begin to redden and turn to gold and bronze.

Our ancestors, who were dependent upon the land, were aware this was the time of fruition of the previous year's work, the culmination of the year's endeavours to ensure enough food to see them through winter.

We now can use this same symbolism to take time to reflect on the harvest that is occurring on the land around us, and on all that has happened to us, all that we have gleaned or learnt during the previous

year and what is yet to come as this final greater cycle completes itself on the 1st May, which signals the start of Winter and a new cycle begins.

Embrace the last rays of the summer / autumn sun, tickling your soul to come out and soak up mother earth and her gifts, before the internal nature of winter bestows us with her moods and gifts.

## *The Kybalion: The Principle of Gender*

“Gender is in everything: everything has its Masculine and feminine Principles; Gender manifests on all planes.” – The Kybalion.

No creation, physical, mental or spiritual, is possible without this principle. It is through this attraction of the masculine (positive) and the feminine (cathode) that life exists on all planes.



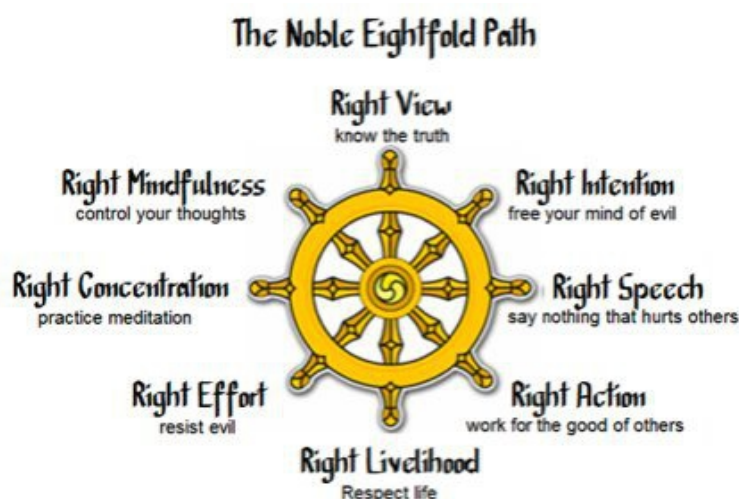
Autumn Equinox is when we gather our seeds from harvest for next planting season. For without our seeds we having nothing to grow, no life. The Gender principle shows us that each & every living thing has the masculine and feminine within. It is through the dance of the masculine, the I, the being, the giving and the ME, the feminine, receiving, creating, that creates new form, new ways, new life.

By understanding this principle from Autumn to Winter, we may use this as the dream seed going into the final stages of self-mastery this cycle. Sit with thoughts around this principle being the basis for entering the void of Winter, the clearing and the dreaming. Where we dream of the seeds we wish to plant come spring.

The Gender Principle not only creates the seed for seeding, seeds of life, but shows us that within us we can utilise the Gender Principle to manifest dreams seeds into reality by balancing both the masculine and feminine within.



## The Noble Eightfold Path: *Right Concentration*



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 Concentration* asks us to turn our mind to focus on an object, such as a flower, or a lit candle, or a concept such as loving compassion. This forms the next part of the meditation process.

Right concentration implies that we select worthy directions for the concentration of the mind, although everything in nature, beautiful and ugly, may be useful for concentration.

The benefits of Right Mindfulness and Right Concentration are significant as they teach the mind to see things, not as we are conditioned to seeing them, but as they really are. At the same time, they also lead to a feeling of calm and peace with the world.

By being in the moment and being able to concentrate effectively, a sense of joy in the moment is felt. Release from the control of past pains and future mind games takes us closer to freedom from suffering.

### *Weaving them all together...*

In my own personal journey, I am now at my final reaping and harvesting season. I can see from the intentions and prayers I set at Samhuinn (1st May) at the beginning of this cycle how my life is reflecting the culmination of choices made and actions implemented, since setting those intentions and prayers.

And in times of quiet contemplation I can see that life is mirroring me back time and time again... the good, the bad, the beautiful and the ugly...and the beauty of this is, I get to see what can be refined (harvesting) and what can be defined (reaping).

And the seeds I will choose to gather this harvest, I will gather for my dreaming through Winter. Choosing that which I wish to keep growing, so that I may keep growing, learning and loving.

*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 ~ Willow Web Weaving

## Materials Needed:

Long strand of willow branch, fresh  
Two coloured natural wine, different colours  
Feathers, stones, sticks, seed pods, beads

## Willow Web Weaving

Willow Web Weaving, weaving our sacred feminine and sacred masculine together as we weave.

As each joint is woven, acknowledging and invisioning the interface of our two sides together in harmony and in balance.

If this is your first time creating a Willow Web Weaving which is based on 'dream catchers', I suggest watching a YouTube video of how to weave a dream catcher.

Here is a link to get you started, there are many other videos you could watch before you get started:

[https://www.youtube.com/watch?v=PcY\\_60sg0w0](https://www.youtube.com/watch?v=PcY_60sg0w0)

The purpose of this Willow Web Weaving is to bring our focus and awareness to balancing within us, our divine masculine and divine feminine, regardless of your gender with imbue our Willow Web Weaving with our intentions and prayers for a more balanced state of being.

We each have the the feminine and masculine within, each plays a vital role and self-mastery.

### Feminine:

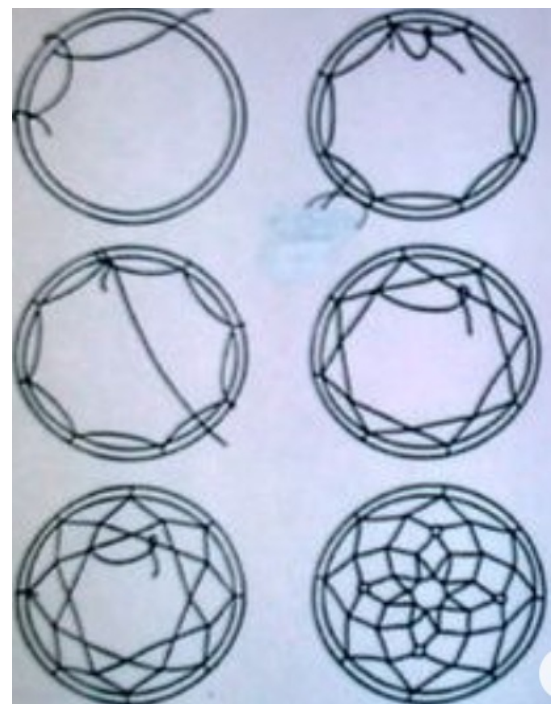
Intuition  
Nurturing  
Healing  
Gentle  
Expressive  
Wise  
Patient  
Emotional  
Flexible

### Masculine:

Logic  
Reason  
Action  
Firm  
Survival  
Loyal  
Adventurous  
Rational  
Strength

The feminine aspect is the receiver with a passive magnetic flow of energy.

The masculine aspect is the transmitter with an active energetic current of electric energy.





So you can see and feel, with self-reflection, which state you are in and which may be out of balance by being stuck in one and not allowing yourself to flow between all the different states.

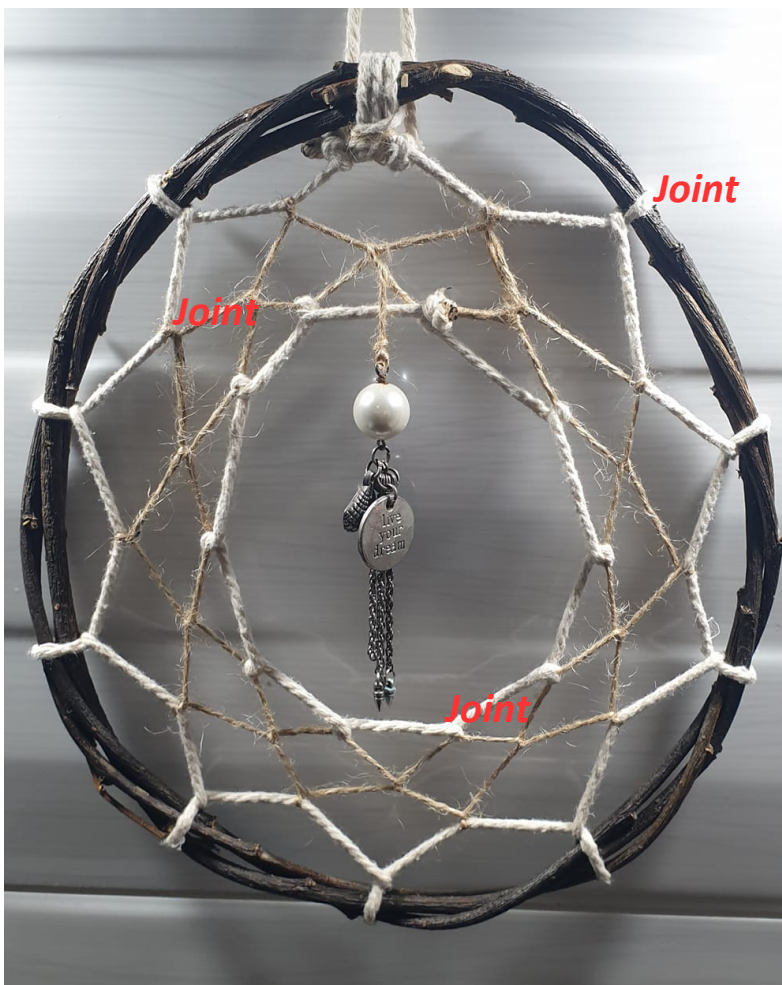
Take some time to tune into the feminine and masculine aspects within yourself. Make a list, and start acknowledging where in your life these different aspects assist you, guide you and help you.

## ***Willow Web Weaving Intent and Prayer***

First have all your materials ready around you. And if this is your first time creating a Willow Web Weaving which is based on 'dream catchers', I suggest watching a youtube video of how to weave a dream catcher.

Wrap/weave the willow branch into a circle, tucking the end into the weave at the end.

***As you weave the willow into a ring, imbue it with the intention that this represents you, your physical container. The twine the aspects of your masculine and feminine***



Cut the twine long enough to weave around the willow ring 1.5 times, leaving enough twine to tie on and off the willow ring.

The first weaving around the willow is the basis for the rest of the web. The number of 'joints' is dependent upon the size of the ring and how many 'joints' you wish to create.

I created 9 joints and the starting/ending joint. 9 joints to represent:

### **Feminine:**

Intuition  
Nurturing  
Healing  
Gentle  
Expressive  
Wise  
Patient  
Emotional  
Flexible

### **Masculine:**

Logic  
Reason  
Action  
Firm  
Survival  
Loyal  
Adventurous  
Rational  
Strength

As you weave the **first round**, at each joint, in your heart and mind, **choose which aspect it will be from the feminine aspect** to imbue into the joints: *write them here...*

Then with the **second weave**, using the second twine, at each joint, **choose which masculine aspect** it will be and **weave them together**: *write them here...*

Then the **Third weaving**, choose either twine and at each joint **choose both the feminine and masculine aspects** for that joint to combine them both: *write them here...*

**Weave and complete with decorations that resonate for you.**

I suggest keeping it as natural as you can, or recycle or up-cycle ornaments or pieces of jewellery you already own and have deep meaning for you.

When complete, place your hand on your heart and repeat the following:

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

Then hang your Willow Web Weaving somewhere in your home to remind you of the balance you wove into your Weaving and practice the balance in your every day life.

**Blessings,**

**Mim WhiteWind**

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