

# 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



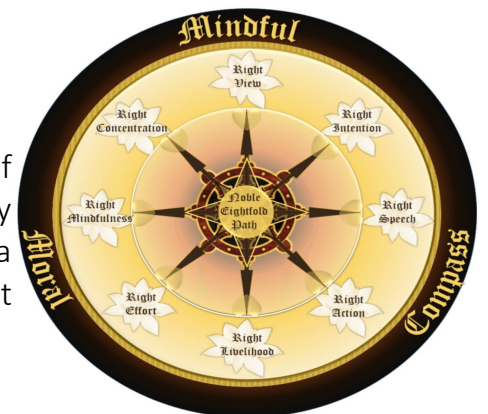
## “The Kybalion.” -

“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.



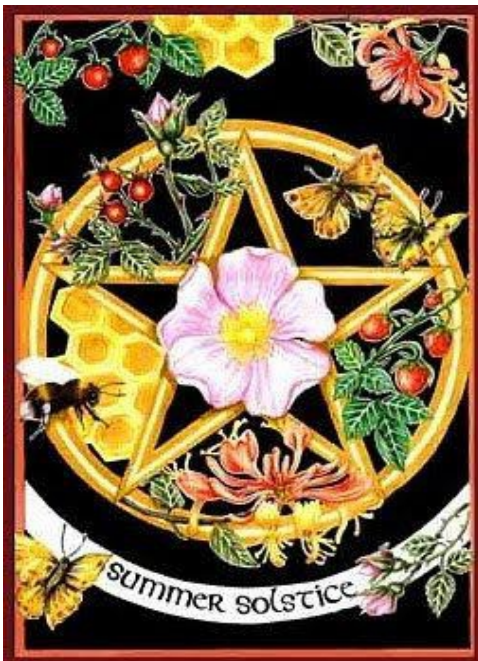


# 6) December 21st ~ Summer Solstice

## Rhythm & Right Effort & Soul Star Talisman

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 Solstice / Alban Hefin / Litha*



Summer Solstice, also known as Alban Hefin or Mid Summer, is 'The Light of Summer'. The day that carries the longest sunlit hours and the night that holds the shortest moonlit hours.

At Summer Solstice we find we are at the midpoint, the shoreline, turning or balance point between the waxing powers of spring and early summer, and the waning powers of late summer and autumn. It is therefore an ideal time to work on integration and finding balance.

The Summer Solstice is one of the three 'Spirit Nights' of the year (the other two being Beltaine 1st Nov and Samhuinn 1st May).

This is a good time to cull magical and healing herbs.

Meditate on the balancing and centering quality of the sun on the day of the Solstice, open yourself to the blessings of the creator.

Do something that you have always wanted to do but did not dare, for time is of the essence. Harvest will be coming soon and it's a grand time to see what is manifesting, growing, blossoming and make sure it's nurtured to fruition.



“Let unity, harmony and beauty be your watchwords. May you abundantly share in the illumination. Be you ready to hear the voice of those crying out for wisdom. Listen at the portals ~ for the world is large and many are seeking. Open the gates for them, and portal after portal shall open unto you.” ~ from the Order of Bards, Ovates and Druids traditional ceremony

## *The Kybalion: 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” - The Kybalion.

Summer Solstice is the peak of summer, the period of the shortest night and longest day.

The Principle of Rhythm embodies the truth there is always an action and reaction; an advance and a retreat; a rising and a sinking.

So now we can see the rise of summer, which ultimately will give way and swing back to the depth of winter. It is no different even on the mental plane for mankind. The pendulum swings between the poles of thought even. However, when we learn to observe we become unaffected by the swing of emotions or thoughts.

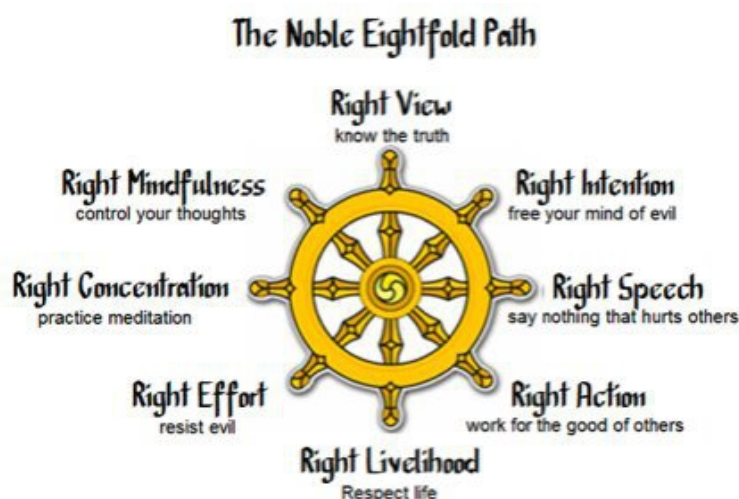
In the same way we cannot control the seasons, we learn to adapt to them, accepting that Mother Nature swings from cold to hot, from wet to dry, from darkness to light. So too can we allow our own inner pendulum to swing through the thoughts and feelings to find balance and a lightness of being.

To change a pattern one must be aware of it first, allowing the pendulum to swing while raising your consciousness to a higher plane of awareness to weave a new design.

And with harvest season now just around the corner, what will be your gain and what will be your loss?



## The Noble Eightfold Path: *Right Effort*



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 Effort* means cultivating an enthusiasm, a positive attitude in a balanced way. When we are practicing Right Effort, the natural attitude is of steady and cheerful determination. In order to produce Right Effort, clear and honest thoughts should be welcomed, as Right Effort equates to positive thinking, followed by focused action.

“Right Effort”, sometimes called right diligence is the sixth component of the Buddha’s Noble Eightfold Path, Right View, Right Intentions, Right Speech, Right Actions, Right Livelihood, Right Effort, Right Mindfulness and Right Concentration.

The idea of “Right Effort” is that the effort exerted in practice and in life needs to be “Right.” It needs to be finely tuned, neither too lax, nor too effortful. The Buddha taught that practice should be like a well-tuned string instrument. If the strings are too loose, they won’t play a sound. If they are too tight, they will break. Practice should be nourishing, not draining. So, “Right Effort” actually points precisely to the Buddha’s “Middle Way.”

“Right Effort” is not just for meditation practice but for how we conduct our lives. It calls for us to develop and encourage good qualities, ones that will lead forward on the path, and reduce or discourage bad qualities, ones that interfere or block progress. There are many good qualities to be cultivated such as mindfulness, investigation of phenomena, energy, joy, tranquillity, concentration, and equanimity.

This suggests that we should work to develop mindfulness, paying attention, on purpose, without judgement, to what is occurring in the present moment. After all, how are we going to progress on a spiritual path if our minds are lost in thought, memories of the past or projections of the future? Only by being attentive to what is happening right now, do we have any hope of seeing things as the truly are.

Mindfulness can be developed by engaging in contemplative practices such as meditation, yoga, contemplative prayer, mindful movement practices, journaling etc. So, “Right Effort” mandates that practice is necessary to cultivate our mindfulness, but do so with energy and striving, but not too much or too little. We need to practice the “Middle Way.”

## Weaving them all together...

The wheel has turned yet again and we find ourselves at the peak of Summer, where the pendulum has swung to the shortest night and longest days. 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.

With 'Harvest' just around the corner, Right Effort and Rhythm are strong reminders of what we take care of inside and out will become our harvest shortly. Practice being mindful of where your energy and focus goes and course correct if necessary!

As the pendulum of life swings to its rhythm, practicing the “Middle Way” will help you flow with life while not losing your way.

*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 ~ Soul Star Talisman

### Materials Needed:

modelling clay  
an image or knowing of your what your Soul Star Talisman is  
tools for shaping and/or sculpting  
paints to decorate

### Soul Star Talisman

The protective powers of talismans are numerous and these precious talismans have been worn, put in pockets, sacred purses and even under pillows.

They function as a conduit for divine protection, which can involve both the attraction of positive energies to the wearer and the deflection of all malicious energies, disease, danger and the evil eye.

While some people believe that objects are inanimate and do not have an essence, those that know know otherwise. Objects, like talismans and amulets, can help you harness magic, power, and protection.

Talismans may manifest in your life in so many ways. One may speak to you in a crystal store, another may show up in your meditations, dreams or visions. Talismans hold symbols. Symbols are unique and personal to each and everyone of us.

Talismans carry magical, powerful, protective symbols that inspire or invoke certain elements or qualities, depending on your life's purpose or the stage of your journey on this planet. When it comes to talismans and amulets, the symbolic world is your oyster.



## Soul Star Talisman Intent and Prayer



First have all your materials ready around you.

The intention is to know what you would like to create prior to getting to this point.

If you do not know, then I suggest taking time out and tuning into what your Soul Star Talisman may be before sitting down to create it.

When you do know what your Soul Star Talisman is, then begin your creation using the modelling clay.

When your Soul Star Talisman is completed, hold it in your hands or your hands upon it and close your eyes, feel the physical creation in your hands, then tune into the intent you are going to imbue your talisman with and speak your prayers, ;literally whisper your prayers onto your talisman... **Repeat the prayer 3 times.**

*My Soul Star Talisman,  
I create you for...  
I imbue you to...  
I bless you with...  
in return I will treat you with respect, faith and trust.  
Aho, Amen, So mote it be.*

Take time to pause with your Soul Star Talisman, tune into your talisman and allow you mind and talisman to connect.

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 or wear your talisman as your intuition and intent guides you. Honouring your prayer and talisman.

Blessings,  
Mim WhiteWind  
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[www.mysticpathways.net](http://www.mysticpathways.net)



*Soul Star Crafting Home Practice*