

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



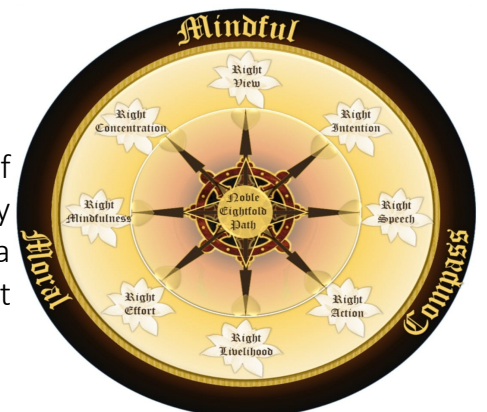
“The Kybalion.” -

“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.



7) February 1st ~ Autumn Cause & Effect, Right Mindfulness & Feather Blessings Stick

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 / Lughnasadh / Lammass*



Lughnasadh (pronounced 'loo-hus-uh') means 'the commemoration of Lugh'. In the Irish legends he was the leader of the mythical Tuatha De Danann. In the story of the Tuatha De Danann's victory over the Fomorians, Lugh spares the life of Bres – one of the captured enemy leaders, and in return is given knowledge on ploughing, sowing and reaping.

And so, marks the start of harvesting. The beginning of Autumn, not by man's calendar but rather by the tilt of the earth and her rotation around the sun.

It is a time of joy, but also a time to begin preparing for Autumn Harvesting.

It is now that we begin to reap what we have sown. It is now that we begin to understand the wisdom of careful preparation, and the sowing of good seeds in our lives and the lives of others.

At the time of Lughnasadh, summer has reached its peak and while we bask in its afterglow, we too understand that Autumn has crept ever so closer and with-it darker nights and cooler days. So, whilst it is a time of rejoicing, it is also time for preparing for the coming cooler months.

Since this is a time of beginning and an awareness that Summer is ending, you may like to spend some time acknowledging this turning point of the year... where by letting go (harvesting) we receive (reaping).

The Kybalion: The Principle of Cause and Effect

“Everything 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.” – The Kybalion.

Play the game of life! Effort bears results – Harvest Season

For me this Hermetic Principle is the culmination & practice of the first 5 laws. When we apply the first 5 this assists in being the causer instead of being the effected.



February to May is Harvest... but I wonder what will be harvested...

both literally and metaphysically. Look at what has risen in your world. It may not be what you envisioned, but then again maybe it actually is, just not in the form or way your imagined.... What were your prayers exactly?

Getting clear – between now and spring, working with the harvest energy reaping & harvesting. Realising and accepting that which needs to be cleared now and what you are gathering and grateful for.

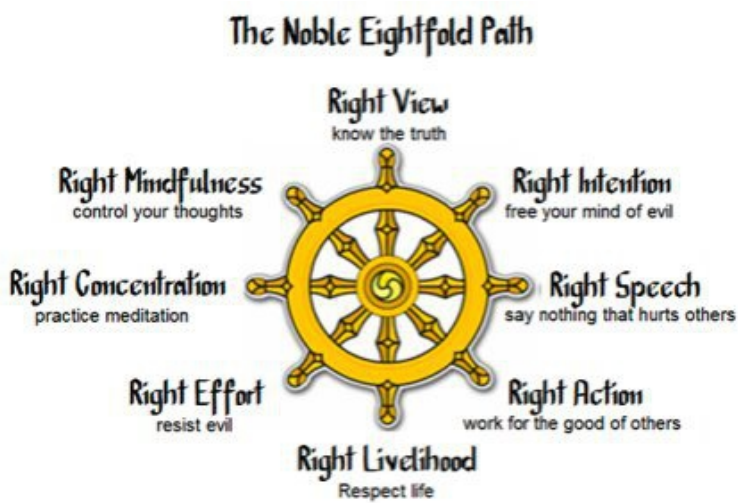
And as we near the end of another earth cycle, I sit in contemplation of the past nine months and see what my harvest and what my reaping will be. I can see the changes I have gone through, where I have let myself and others down, where I have been stunted in my own growth and therefore the growth of others ~ harvesting.

I see also where I have stepped up and assisted not only myself but others. What I have transformed within myself and therefore transformed in others. I can see clearly that which matters and see those that matter also ~ reaping.

And with still more time before we begin to draw our energies and focus within, we can let go of even more and nurture what remains till then. And with harvest season now just around the corner, what will be your gain and what will be your loss? What was the cause that now you see the effect?



The Noble Eightfold Path: Right Mindfulness



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 Mindfulness asks us to be aware of the journey in the moment, and to be clear and undistracted at that moment. Right Mindfulness is closely linked with meditation and forms the basis of meditation. While Right Effort may be an easy concept for most of us, Right Mindfulness is somewhat more trickier to grasp, and will very likely involve quite a change in the way you think.

Right Mindfulness means being aware of the moment, and being focused in that moment. Right Mindfulness asks us to be Aware of Things, Aware of One Self, Aware of Other Peoples and above all, Aware of Reality as it is.

Every day we have outside influences impacting us in some way shape or form. When we travel somewhere, we are hearing noises, seeing buildings, trees, advertising, feeling the movement, thinking of those we left behind, thinking of our destination. So it is with most moments of our lives. At times overwhelming.

Right Mindfulness is not asking us to exclude the world, in fact, the opposite. Right Mindfulness is asking us to be aware of the moment, and of our actions at that moment. By being aware, we are able to see how old patterns and habits control us. In this awareness, we may see how fears of possible futures limit our present actions.

Weaving them all together...

What were your prayers exactly? What are you harvesting (letting go) and what are you reaping (receiving)? Remember where Focus Goes, Energy Flows, Reality Grows, Results Show, but most people are not aware of their deeper thoughts and are acting from fear or auto-pilot. The answer lays with be present in the moment with how you feel and think and either do something about it or relax into the moment.

The practice now is then, trying the same walk as before but with a focused mind, which now concentrates only on the action of the walking. Observe your thoughts and become aware of your surroundings.

Sometimes you may be absorbed in what you are doing. Music, art, sport, work, so many things that enter-tain(hold)ment(mind) can hold our thoughts. Have you ever done anything where your mind is only with that activity? At that moment, you are mindful.

Being present in the moment in the mundane of life is where the magic is.

*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 ~ Feather Blessing Sticks

Materials Needed:

3 feathers
a small or large decorative stick, depending on the size of the feathers
natural twine
beads optional

Feather Blessing Sticks

The thing about prayers.

When praying, speak to whomever you speak to with intimacy and a knowing them like you would family, a loved one, a divine love. Call upon them however it feels is respectful and inviting.

Call them into your connection, to whisper your prayers to them as you hold each feather, running your fingers up the spine of each feather imbuing it with your prayers.

Say the prayer 3 times as you run your fingers up the spine, imbuing your prayers and energy into the feathers.

When completed and the third feather is in the stick, recite 'it is done, it is done, it is done'.

Then detach, then seal your energy field and visualise disconnecting from the feather blessing stick. See the stick as a grounded aspect of yourself, the feathers as a conduit of your prayers and then visualise streams of white light pouring and beaming your prayers to the cosmos and the field of infinite potential.

The other things about prayers...

Prayer is a way of interfacing with the unseen worlds.

The Law of Cause and Effect comes into play. So understanding there are repercussions and consequences, a ripple and echo effect when praying, or any other form of energy work.

This references to the prayers we send out.

It is best to keep it simple and clear, with parameters.

Eg: Help me to find the courage when the need arises

Eg: Help humanity make wiser choices with grace

Eg: May all light-workers be protected to carry on



You can also choose to use 1 feather or as many feathers at a time that suits your purpose. You may use 4 sticks and 1 feather each to grid a room, your home, your property.

If using the Feather Blessing Stick for sacred prayers, then create a sacred place to stand them. Create a daily spiritual practice of tuning into them and giving thanks.

Stand them with crystals, or wrap crystals around the stick with the twine during the binding stage.

I do suggest keeping them as natural as you can, avoiding man made products, plastics etc when crafting your Feather Blessing Sticks.



Feather Blessings Sticks Intent and Prayers

Please write out in your journal books the following prayers in your own writing and complete each prayer with what you would like to prayer for.

Then wrap or plait around the stick, bringing your awareness, focus and energy to the stick, the twine & your hands, fingers and thumbs. As you work the twine, know the twine and tie the twine off, 'charge' your stick and twine with the task of grounding and connecting (as representatives) of your energy to hold your prayer feathers. To give them a base in which to

shoot your prayers into the cosmos. Ask the stick and twine to safely hold your prayer feathers.

Next choose the feather to represent 'Self', a feather to represent 'The Other', and a feather to represent 'Creation'.

First choose the feather for **Self** and recite **The Prayer for Self**. Recite 3 times:

“Spirit, Great Spirit, The Grand Overseer of all Designs, I humbly bequeath this feather with a prayer of...
Whatever it is you are praying for yourself at this time writ it in here...

Aho, Amen, So Mote It Be”

(then place the feather in the stick)

Next choose the feather for **The Other** and recite **The Prayer for The Other**. Recite 3 times:

“Spirit, Great Spirit, the invisible and the visible, the felt and the unfelt, I beseech your help for...
Whatever it is you are praying for on behalf of another at this time, write it here...

Aho, Amen, So Mote It Be”

(then place the feather in the stick)

Lastly choose the feather for **All Creation** and recite **The Prayer for All Creation**. Recite 3 times:

“Spirit, Great Spirit, the all knowing, the all being, the all there is, I prayer for all creation...
Whatever it is you are praying for on behalf of all creation, write it here...

Aho, Amen, So Mote It Be”

(then place the feather in the stick)

Recite at the end of placing the third feather in the stick:

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

Then detach, then seal your energy field and visualise disconnecting from the feather blessing stick. See the stick as a grounded aspect of yourself, the feathers as a conduit of your prayers and then visualise streams of white light pouring and beaming your prayers to the cosmos and the field of infinite potential.

You can print out this prayer page and keep it under the Feather Blessing Stick and/or place your Feather Blessing Stick on your altar or somewhere sacred and safe, but also in view so you are reminded of your prayers.

Blessings,

Mim WhiteWind

Mystic Pathways

mim@mysticpathways.net

www.mysticpathways.net

