



WITCHCRAFT & METAPHYSICS

Archetype and Tarot Mini-Ritual

The Father and Knight of Swords

With the wisdom of The Father and Knight of Swords this week being all about the quest for truth, we're going to do a free-writing exercise to help clarify what is true for us.

What you will need:

- Plenty of paper and a pen
- Ample time free from distractions

Process:

- Create a sacred space: Find a quiet and comfortable place where you can sit without being disturbed. Light candles, incense or burn sage to purify the space. You can also play soft music or use a singing bowl to create a relaxing atmosphere.
- Invite in your primary helper spirits and ask them to resource you with clearing and protection.
- Now focus on your energetic boundary. Try to really feel this sphere of protection that encircles you. Notice if there are any weak spots and ask your spirit helpers to strengthen this for you.
- Set your intention: Take a few deep breaths and set your intention for getting to your truth about something. Visualize your guide or spirit coming to you and helping you with the writing.
- Begin writing: Start writing without any expectations or judgment. Let the words flow naturally without worrying about grammar or spelling. Allow your guide or spirit to use your hand to write through you. If you get stuck, take a deep breath and ask for guidance.
- Keep writing: Continue writing until you feel complete. You can write for as long or as short as you want. Trust that your guide or spirit is helping you and guiding your hand.
- Close the ritual: When you are done writing, take a few deep breaths and thank your guide or spirit for their help. Blow out the candles or incense and close the space. Take some time to reflect on your writing and any insights you gained.