



WITCHCRAFT & METAPHYSICS

Archetype and Tarot Mini-Ritual

The Starborn and King of Pentacles

With the wisdom of The Starborn and King of Pentacles this week being all about being the hero in our own story, we're going to do an exercise of writing our life's story as an epic myth.

What you will need:

- A pen and journal (or a computer if you prefer to type)
- Ample time free from distractions

Process:

- Open your sacred space however you like.
- 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.
- Make a timeline of the major turning point events in your life.
- Choose one that really calls to you in this moment.
- Create a magical, mythical world around this story. Turn the obstacles you faced into mythical creatures or monsters (even if they were your own inner demons).
- Then write your story as though it had been an epic quest or adventure. You can follow the pattern of the hero's journey that begins with a call to leave home, followed by the bulk of the adventure where the obstacles are vanquished or befriended, and finally the return home as a different person with greater wisdom.
- Have fun with this and come to see yourself as the hero of your life that you are.
- When you feel complete, offer gratitude and close your space.