



WITCHCRAFT & METAPHYSICS

Archetype and Tarot Mini-Ritual

The Advocate and Eight of Cups

With the wisdom of The Advocate and Eight of Cups being all about advocating for our own emotional fulfillment, we're going to do a ritual to find what's been missing in our lives.

What you will need:

- A piece of clear quartz
- A cup filled with drinkable water
- A copy of the Eight of Cups tarot card

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.
- Take a few centering breaths as you hold the clear quartz. Clear quartz is perfect for this ritual because it can help clear your mind, making it easier for you to access your deeper emotions and desires.
- Now turn to the Eight of Cups card. Spend several moments meditating on it. Attune to the space where the missing cup is. When you feel ready, say the following incantation or something like it:

***Where magic swirls and dreams are
found,
I gather here on sacred ground,
To seek the ninth cup, profound.***

***With candles lit and circle cast,
I call on powers deep and vast,
From present moments to the past,
To bring forth what I ask, at last.***

***Nine cups of wisdom, cups of might,
Reveal yourself this very night.
Merge with the eight, in tarot's light,
And in our hearts, ignite insight.***

***By earth, by air, by fire, by sea,
Connect me to what's meant to be.
In love, in trust, in unity,
As I will it, so mote it be.***

***This simple chant, with intent pure,
Invokes the magic, strong and sure.
To find the ninth cup, I endure,
And in the eight, its place secure.***

- Pick up your cup and make a declaration that it is your 9th cup. As you drink the water within it, you will know what has been missing from your emotional fulfillment.
- When you feel ready, drink the water. Be open to whatever comes through.
- Make note of your experience.
- When you feel complete, offer gratitude and close your space.