



WITCHCRAFT & METAPHYSICS

Archetype and Tarot Mini-Ritual For the week of September 3, 2023

The Witness and The Three of Swords

With the wisdom of The Witness and Three of Swords this week being all about our wounds, we are going to do a ritual to practice being witnessed by other than living humans.

What you will need:

- A safe space and time where you can let yourself be vulnerable.

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.
- Return your attention to your primary helper spirit(s). You're going to do a practice of co-regulating with these spiritual forces that back your life. You're going to practice being witnessed BY your spirit guides.
- Speaking aloud, ask your trusted spirit helper(s) to witness you.
- Place a hand on your heart space and, again speaking aloud, tell the story of your wounding. Let yourself be heard by your spirit team.
- When you are finished, sit in silence and feel the support that is all around you.
- Give thanks and close your sacred space.