



WITCHCRAFT & METAPHYSICS

Archetype and Tarot Mini-Ritual For the week of August 6, 2023

The Athlete and The Magician

With the wisdom of the athlete and the magician this week being all about understanding the magic of the body, we are going to do a ritual to connect with the resources and power that are rightfully ours, and become fully-embodied with that magic.

What you will need:

A tangible form of the four elements

- A stone or some dirt for earth
- A vessel filled with water
- A lit candle
- A vessel filled with air (an empty cup will work fine)

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.
- Turn your attention to the elements. Offer them gratitude for assisting you in this ritual.
 - Touch the earth element. Either hold the stone or put your hand into the dirt. Try to feel the connection between the earth element in your hand and the earth element inside your body. See if you can feel them attune to one another. In what parts of your body do you notice the earth element? Say aloud, "I call to me the resources and power of earth that are mine and let my body be made whole with these."

- Touch the water element. Place your hand directly into the water. Try to feel the connection between the water element on your hand and the water element inside your body. See if you can feel them attune to one another. In what parts of your body do you notice the water element? Say aloud, "I call to me the resources and power of water that are mine, and let my body be made whole with these."
- Turn your attention to the fire element. Don't touch the flame directly, but put your hand near enough to feel its warmth. Try to feel the connection between the fire element on your hand and the fire element inside your body. See if you can feel them attune to one another. In what parts of your body do you notice the fire element? Say aloud, "I call to me the resources and power of fire that are mine, and let my body be made whole with these."
- Put your hand into the vessel containing the air element. Notice the air on your skin. If you are having trouble feeling it, feel free to gently blow air onto your hand. Try to feel the connection between the air element on your hand and the air element inside your body. See if you can feel them attune to one another. In what parts of your body do you notice the air element? Say aloud, "I call to me the resources and power of air that are mine, and let my body be made whole with these."
- Spend a moment feeling the power of these resources that are now within you to utilize at any time. Listen for any messages they might have for you.
- Finally, spend some time letting your body move in whatever way feels good to you. Turn your thinking mind off as best as you can and just let your body take the lead.

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