



WITCHCRAFT & METAPHYSICS

Archetype and Tarot Mini-Ritual

The Companion and The Hanged One

With the wisdom of The Companion and The Hanged One this week being all about friendship, we're going to do a ritual to become our own best friend.

What you will need:

- A quiet time and place, free from distraction

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.
- Perform a physical gesture of friendship with yourself. Hold your own hand, place a hand on your heart or cheek, give yourself a hug. Simultaneously radiate and soak in the feeling of love as you do this.
- Set an intention to be your own best friend and meditate on that for several moments.
- Say aloud, "I am my own best friend. I treat myself with kindness, loyalty, respect, and fun."
- When you feel complete, offer gratitude and close your space.
- You can do this ritual as often as you'd like. In fact, making a commitment of doing this daily for a month will greatly enhance your relationship with yourself and others.