



# WITCHCRAFT & METAPHYSICS

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## Archetype and Tarot Mini-Ritual For the week of October 1, 2023

### The Storyteller and Temperance

*With the wisdom of The Storyteller and Temperance this week being all about not comparing, we are going to do a ritual to help us stay “regular sized”.*

#### What you will need:

- An open mind and willingness to try the exercise.

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#### 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.
- Speaking aloud, ask your spirit helpers to help you notice when you're in a comparison mindset.
- Now as you go about your day, when you notice yourself making comparisons, stop and instead ask yourself this question:
  - What can I appreciate about this?
- Making a practice of this will help train your mind to stop thinking of yourself as better or worse than others and foster in a habit of gratitude.