



# WITCHCRAFT & METAPHYSICS

## Archetype and Tarot Mini-Ritual

### The Thread and Five of Swords

*With the wisdom of The Thread and Five of Swords this week being all about getting back to meaning, we're going to do a ritual to connect with our inner thread.*

### What you will need:

- A quiet place, free from distractions
- A piece of string or thread long enough to wrap around your wrist several times. Let your intuition guide you as far as the color of the string.

### 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 moments to ground yourself and focus on your desire to connect with your inner thread of meaning. Visualize yourself surrounded by a bright, healing light that will guide you through the ritual.
- Take your piece of string and visualize it as a symbol of the connection between your inner self and the universe.
- When you feel ready, begin wrapping the string around your wrist, focusing on the sensation of the thread against your skin. As you wrap the string, visualize your inner thread of meaning as a bright, shining light that runs through your body. Imagine this thread connecting you to your deepest desires and guiding you towards your true purpose. Allow for whatever images, thoughts, knowings or sensations that might arise. Continue wrapping the string around your wrist until feel completely connected to your inner thread of meaning.
- Sit quietly with your inner thread of meaning for as long as like.
- When you feel ready, slowly unwrap the string from your wrist. Take a few moments to reflect on the experience and the insights you may have gained. If you wish, you can keep the string with you as a reminder of your connection to your inner self.
- Offer gratitude and close your sacred space.