

## THE BASIC FOUR ELEMENTS OF RITUAL

- ❖ Intention – the desired outcome
- ❖ Energetic & Physical Preparation – cleansing of physical items (including yourself) & cleansing of the mental space (cares, concerns, etc)
- ❖ Framework- of the ritual itself
- ❖ After care / After work- record what worked, what didn't

## A Sample Ritual Outline:

- (Use a much or as little as you're called to use)
- ❖ Cleansing – with smudge, salt or water
  - ❖ Banishing pentagrams and hexagrams – or banishing of your choice
  - ❖ Calling of Quarters (E, S, W, N & Spirit)
  - ❖ Calling in of Deity
  - ❖ Stating of Intention
  - ❖ Focus of ritual (item to create & charge, adoration, invocation, offering, scrying, etc)
  - ❖ Raising of energy (chant, dance, meditate, direction of energy)
  - ❖ Release energy at it's height of power (to the Universe, Deity or talisman)
  - ❖ Ground (give extra energy back to mother earth)
  - ❖ Close Quarters
  - ❖ Release/Thank Deity
  - ❖ Repeat Banishings
  - ❖ Reflect on ritual

