

Autumn Exercise Bonus #2

Thank You with a Twist

When all is said and done you must never forget to give thanks to the spirits, ancestors and mysteries that have helped you. To neglect this is not only rude; it's harmful. So don't forget it.

From a Grounded State:

Either out loud or in your mind, thank each individual spirit helper/sacred animal/ancestor who aids you by name. You can visualize them at the same time. Do this whenever you pray for help, cast a spell, something wondrous happens or simply as a ritual of living in balance, having humility and expressing gratitude. I couple this with asking for blessings upon those who help me/teach me, be they spirits or living beings. Even spirits need blessings, maybe especially so.

In many pre-Christian cultures calling out and giving thanks to one's spirit helpers was also done by women on the first day of menstruation, every month because menstruation was considered a special time of female power and sacred connection, not a curse.

Short questions may be addressed to chris@magicalnotions.com