

## **For Guidance on the Path**

Often people drawn to esotericism are unsure of how to get started. Whilst there are plenty of good books describing how best to begin, the sheer multiplicity of them can be bewildering. This can be even more troubling for those from mixed heritage, who have multiple choices as to which pantheon, deities or practices to approach.

The form of this ritual is largely drawn from what we refer to as the Western Mystery Tradition – that rich mixture of philosophy, ritual and culture which is the joint heritage of every civilisation from ancient Mesopotamia and Egypt to Victorian England and the present day. However, it is not prescriptive in any way, and is a simple yet potent call for guidance, which experience shows us will be readily answered by the powers of the universe, mediated by the subconscious of the practitioner.

The deep mind is a powerful vehicle for communication with the unseen, and the best way for beginners to make use of it is through the medium of dreams. You will be using this ritual on a nightly basis for a week, immediately before going to sleep. You may find that you wake up earlier than usual, and when you do, you are to write down everything that you can remember about your dreams from the night before.

N.B. It's very important that you're given the best chance of success in this exercise. Drinking alcohol ruins the quality of sleep and inhibits dreaming. Try to avoid alcohol while you're performing this exercise.

### **Prior to the Ritual**

You should obtain a small notepad, a pen, and a white candle. The notepad and pen you will place on your bedside table, ready to immediately make notes after waking. The white candle you will place on a makeshift "altar" – for our purposes, this is just a table, stool or chest. Just above waist height is perfect, but it really doesn't matter.

You'll want to read this ritual through a few times, to get a feel for what you'll be doing, and when to close and open your eyes.

*Start on a Saturday evening.* Try to make a clean start. Perhaps you could change the sheets of your bed, and sleep in different garments to usual, as comfortable as possible. Before the ritual, change into these. Go to a sink or bowl, and pour out water. Splash the water in your face; this is again a cleansing, but be mindful of the fact that in many cultures, the element of water is associated with the subconscious, the deep reservoir of symbolism, and connection to the divine, that you will be making use of in this work.

### **Calling on the Divine for Guidance**

Light the candle. This represents the higher light, the light of your aspiration and of divinity. Sit or stand, and gently breathe in and out for a few minutes, contemplating the light, what it might mean to you, and what you want to achieve. Think of your family, friends, parents, and ancestors. Think of where you live, where you grew up, and the cultures you have been a

part of. Think of how you can help others, and how you can work to make the world a better place.

When you feel as though you are ready, make a sharp knock on your “altar” with your right fist. Say:

*“I purpose this night to call on the light of the divine, for guidance on the path, and spiritual counsel”.*

You may sit.

### **1. Personal**

Close your eyes. Think of your family, your upbringing, and everything that matters to you. Think of yourself, your personality. Contemplate the things that matter to you. This can take as long as you like. When you are ready, you may open your eyes and say:

*“Spirits of mine own being, all those powers within me. By the light of the divine I call upon you for aid and counsel. Come to me in dreams and in visions, in signs and in wonders. Visit me with your wisdom, and show me what is and what may be.”*

Pause for a few breaths, and again make a sharp knock on the altar.

### **2. Dwelling**

Close your eyes again, and think of your immediate surroundings, your house, the things within it, the people who live there – perhaps just you. If you have a garden, the things in that garden. Think of who might have lived here before. Think of who built the house, and how long it has stood. This may take a few minutes. When you are done, you may open your eyes and say:

*“Spirits of this dwelling, all those present or otherwise in attendance. Hear my call and hearken to me. By the light of the divine I call upon you for aid and counsel. Come to me in dreams and in visions, in signs and in wonders. Visit me with your wisdom, and show me what is and what may be.”*

Pause for a few breaths, and then once again, make a sharp knock on the altar.

### **3. Country**

Close your eyes once more, think about the country you live in, its gods, present and past. The countryside, terrain, rivers and valleys. The myths and legends, the food and drink. Consider everything about it, turning over in your mind everything that gives it its character. When you are done, you may open your eyes and say:

*“All powers around me, spirits of this land and of this place. Hear my call and hearken to me. By the light of the divine I call upon you for aid and counsel. Come to me in dreams and in*

*visions, in signs and in wonders. Visit me with your wisdom, and show me what is and what may be.”*

Pause for a few breaths, and then once again, make a sharp knock on the altar.

#### **4. World**

Close your eyes once more, this time thinking about the whole world. The seas and mountains, deserts and forests, the great religions which have spanned continents, both past and present. the seasons and cycles. Consider the globe, turning in space. Consider yourself, sat or standing on the earth, with the stars wheeling above you. When you are done, once again you may open your eyes. Say:

*“All powers of this world, great gods and spirits of ages past, present and future. Hear my call and hearken to me. By the light of the divine I call upon you for aid and counsel. Come to me in dreams and in visions, in signs and in wonders. Visit me with your wisdom, and show me what is and what may be.”*

Pause for a few more breaths, and make another rap on the altar.

#### **5. Universe**

Now close your eyes again. Begin by visualising the planets in our solar system, each in turn. Now zoom out to see the wheel of our galaxy turning in space. And finally the totality of all galaxies and all of creation. Consider the vast expanse of powers and dominions, gods bestriding the stars.

*“All Gods and spirits of the stars, whose voices thunder across the void and between the worlds. Hear my call and hearken to me. By the light of the divine I call upon you for aid and counsel. Come to me in dreams and in visions, in signs and in wonders. Visit me with your wisdom, and show me what is and what may be.”*

#### **6. Origin**

Now consider that which came before time itself. The powers which shaped the universe. This may seem imponderable, but give it a go. When you think you are ready, say:

*“Great powers of creation, whose origins are beyond time and whose nature passes all understanding. Hear my call and hearken to me. In your goodness and great power, I ask that you might hear my petition. Come to me in dreams and in visions, in signs and in wonders. Visit me with your wisdom, and show me what is and what may be.”*

#### **Closing**

Pause for a few breaths, and make another rap on the altar.

*“Though my human frame has come from dust, I aspire to the stars. In the light of the divine and by all the powers of creation, I cry out. Great spirits, guide me and watch over me. Open the door of the temple, and I will come in.”*

Knock six times on the altar.

*“I shall lay me down and take my rest”.*

Snuff out the candle.

### **After the Ritual**

Go immediately to bed. In the morning, make notes on what you’ve experienced. Talk to no-one about these experiences. Silence is a powerful tool in inner work, and discussing your practice “lets the air out of the balloon”. You may find that nothing comes immediately. You may discover that the boundaries between the waking and dreaming world are thinner than you thought, and synchronicities in your everyday life might give you clues. One way or another, you *\*will\** see signs, and these will help to lead you on to the next step in your journey. Talk to no-one about them, but use these experiences to choose your next step, which need not be a big one, nor binding in any way.

Continue this practice for one *inclusive* week, From Saturday night through to the following Saturday night. You can continue this for as long as you like afterwards, but initially you should ensure that you complete the initial eight nights of sleep.