

Altar Set Up



Where to put what on your altar

It's entirely up to you, but there's some etiquette that can be observed and it's arguably a way to increase the energy of your altar and your intentions. Try changing your Icon, focus of your altar, seasonally, for the Moon, equinox etc. Use items with correspondences to the energy you're working with, all things Aries for the new Moon in Aries for example.

By following the four quarters, Air, Fire, Water and Earth you have some order. Once done you can use precious items, crystals, flowers, seashells, pretty much whatever you want!

This is only meant as a guide, not a must do! The same is true for the starting a temple or grander meditation. You don't have to use the qabalistic cross, it's what I use so I am sharing that. You could say the Lord's Prayer, the Celtic Grace, your own words, do what feels right for you. The reason we put up protection is to contain your own energy, for you, to be used by you. Nobody can 'take' your energy, it has to be given. Always worth remembering!

One more word of caution. The energy increase in your meditation can be dramatic when you first start doing work this way. It can sometimes make you tired, remember you're using your own energy, so make sure you have time rest after doing any great work.

One more one more word! If you get it 'wrong' don't worry, it's okay to make a mistake and nobody is giving you points off, intention is everything.

A quick recap of directions.

East – Air, athame, Raphael, thoughts and communication, the mind.

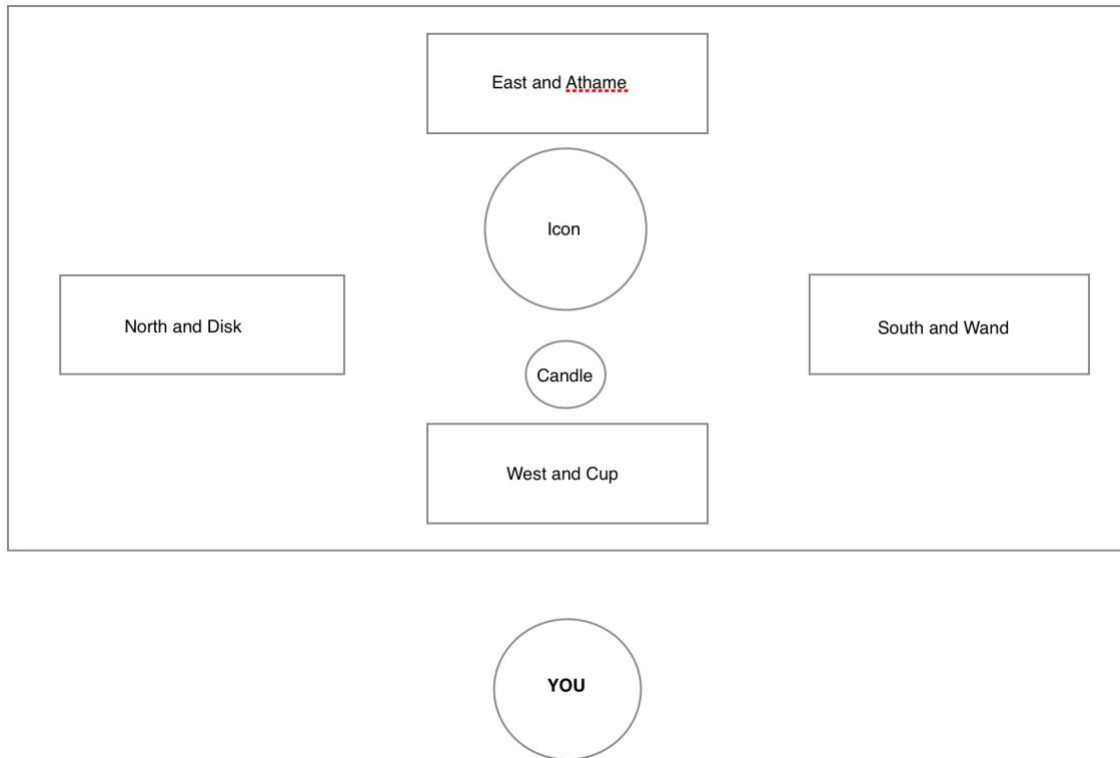
South – Fire, wand, Michael, passion, energy creativity and forcefulness.

West – Water, cup, Gabriel, emotions, intuition, persistence, family and love.

North – Earth, disk, Uriel, health, money, the planet earth, practical matters.

Have a bell on the altar to ring before you begin and when you end.

On your altar



Don't forget to read how to end the ritual, it's important to release the energy you've built up!

Setting Up For

Full Ritual

Setting up an altar

To make the most of your rituals, why not set up an altar? You can do this at any time – in fact I would encourage it! It will give you a focal point to work with and you can place items of relevance on it. For example, for an earthy new Moon, Taurus for example, you might place fresh fruit, ivy leaves, flowers, symbols of the Earth and its beauty, and perhaps some herbs.

You can have seasonal altars too, for Midsummer, Samhain and Yule for example, full Moons, new Moons... The list is endless. Get creative, in creativity your spirit thrives.

Always have a central candle, which also acts as the candle for East, and a candle in each of the other quarters. That simply means one in the South, West and North to represent, respectively, Fire, Water and Earth. Your altar candle represents Air.

Starting

To start a ritual, light your first candle in the east and ring your bell once. Then in a clockwise fashion light the others. When you have finished working, let them burn out safely. You don't have to leave them where they are, you can put them all on a tray. It's putting them out that's to be avoided if you can, but if you do have to put them out, do it in an anti-clockwise direction.

The Archangels

This is what I do, if you have other energies you work with that's fine; the guardians of the watchtowers for example.

These beings are real; respect must be given to them. Know what they look like, know what magical weapons they carry and see them carrying them:

Raphael will be in yellow in front of you, carrying a sword, hilt up, or a fan for Air.

Michael will be on your right, in reds, carrying a flaming wand for Fire.

Gabriel will be behind you in blue, carrying a cup, a goblet, for Water.

Uriel will be to your left, either in black or in the russet, brown and ochre colours of Earth, carrying a disk for Earth.

If it helps, see them in their respective colours as columns of light.

Exercise: Archangel protection ritual

Taking a deep breath, raise and extend your arms up and out to your sides as if you were making a cross.

Visualize four tall, robed and hooded surrounding you, each in a different direction.

Say:

Before me RAPHAEL, behind me GABRIEL, to my right-hand MICHAEL, to my left hand URIEL. Around me burn the pentagrams and behind me shines the six-rayed star of pure white brilliance.

All of this will increase the energy to help you get a better experience and more clarity during your ritual and meditation if you're doing one.

Releasing the energy

After your meditation, what then?

When you have finished working, bow to the central altar and give thanks to each archangel in turn as you move anti-clockwise around the room, then make a bow to the altar and ring your bell three times, then leave.

Collect yourself, maybe make some notes and then, when you are ready to break down the room completely, release the energy by walking around the room three times widdershins (anti-clockwise).

See that energy move up into the universe to be used for positivity in the world.

Grounding your energy

It's essential to return to Earth properly and completely after any form of ritual, and in order to do that you must ground yourself. That simply means bringing your energy

back and earthing it, but how? Make sure you eat and drink something.

Do something mundane, like wash the dishes, do the ironing or go for a walk, and if it's appropriate, get your shoes off and walk on the Earth.

Go for a swim or walk in the wind and rain.

Gardening is a great way to ground yourself, and so too

is having sex, but perhaps not whilst you're gardening!

I know some people think it's funny when I say, 'Kettle on, biscuits out,' after each meditation, but it's such a useful practice. I won't be saying it after every meditation here, but you know I'll be thinking it.

Remember the most important thing is to make ritual your own, set your intention and then take action to make it so!

If you enjoyed the protection meditation you can find it on iTunes. Search David Wells