

# 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**