

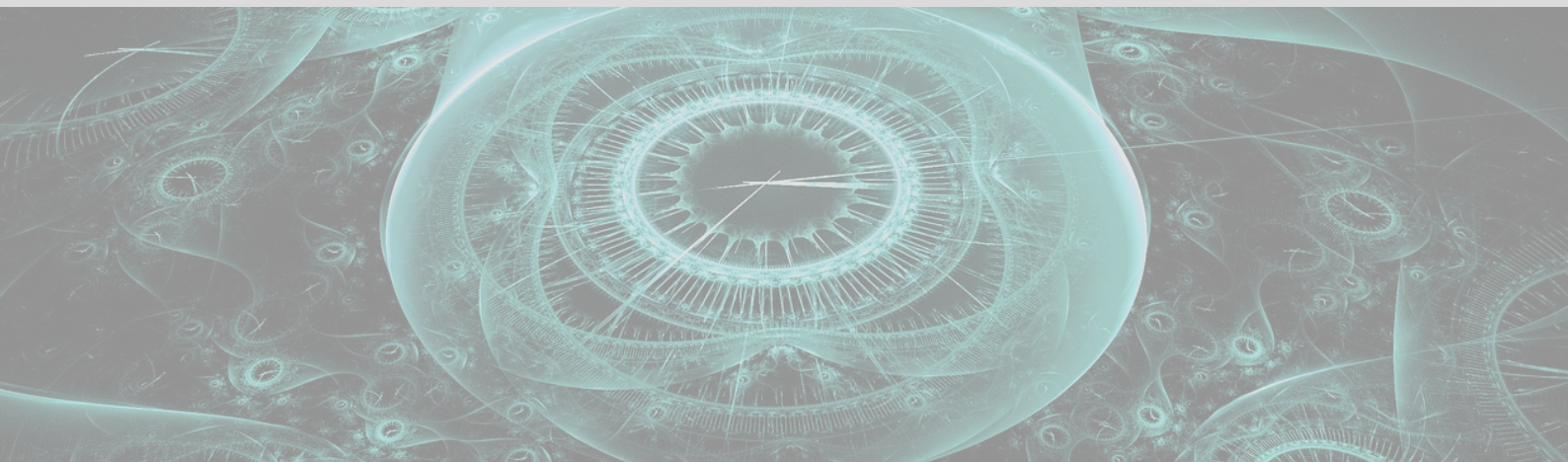


Creating Your Own Sacred Space

**Check for a dark Moon, it's best not to do any major workings three days before the new Moon.**

## **A few hours before**

Make an appointment, sit down and ask for the spiritual worlds to assist at x o'clock and always, always be ready to start at that time. Remember it's a request for them to assist, done with humility. This is when you also set your intention for the Temple work; who/what you're connecting with and why. Try to do that in the room you will be consecrating and working in later, if not it's ok, but please ask.



## **Formal set up**

Aim to formally set up at least half an hour before your temple time, to give that build time for the energy, to keep it going once the candles are lit and the incense is burning, use music that's appropriate to the task in hand or makes you feel energised, it can be fun too!

Remember to cleanse your aura with oil and spray, on set up and again before you enter to start the temple. Use a spray and walk through it, or rub your oil or quintessence in your hands and comb it through your aura.

# What you will need, what you may want to include.

## Need

Altar table

Cloth – think about the colour, make it relevant to what you're doing

Icon

Candles x 4 (you can add as many as you want for ambience, but minimum 4)

Candle holders x 4

Candle lighting tapers/matches/lighter

Bell or Singing Bowl

Incense, gum, stick or spray if you prefer

Music

Tarot or Oracle cards

Wand or Athame if you have one, a favourite crystal perhaps?

## Want

Flowers

Crystals

Sigils/symbols/pictures of guides etc

## Altar Set Up

Remove your shoes, do not wear outside shoes when you energise the room, leave them outside until the visualisation has finished. This is a Qabalistic set up, you can perform your own and I would encourage it! Always pay homage to the four quarters, the elementals and angelics with reverence and relevance. But here it is if you want to use this method.

Have a central candle which also acts as the candle for East, and a candle in each of the other quarters around the room, that simply means one in the South, West and North to represent Fire, Water and Earth with your altar candle representing Air.

Have an icon, an object of beauty that represents the energy you will be working with in the center, you can change this up, it needn't be your regular altar centerpiece. Place any other candle holders on the altar you need, one for each participant. They will bring a tea light in with them so make sure there are enough holders.

Have your Athame or Wand at the front of the altar.

Place your bell or singing bowl, a tone to send out a signal that you're ready to start and when you've finished. Then get creative with your flowers and crystals.

Light your incense



## When you're ready, begin set up.

Light your central candle and then light the rest in a clockwise fashion. You don't have to have just the four, have as many as you want but four is the minimum and in those quarters.

Return to the altar and ring the bell, once. Now step back with your Athame or Wand in your hand.

Pause and think again of your intention, why are you doing this Temple working?

Then draw in the energy you're working with. Here's the Qabalistic references, remember you can write your own rituals, but be sure of who you're asking to help you and why. And remember to give it big-licks!

## The Lesser Banishing Ritual

**Begin the ritual facing East.**

### The Qabalistic Cross.

1. "Touch" your forehead and vibrate "Ateh".
2. "Point" towards your feet and "touch" your groin. Vibrate "Malkuth".
3. "Touch" your right shoulder and vibrate "Ve-Geburah".
4. "Touch" your left shoulder and vibrate "Ve-Gedulah".
5. Cross your arms over your chest or put your hands in the prayer position and bow, then vibrate "Le-Olahm, Amen".

## The Archangels.

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

Visualise four tall, robed and hooded figures surrounding you, each at a different direction with their backs to you. Ahead wears a yellow robe, your right is red, behind you blue, to your left brown.

Say:

"Before me RAPHAEL, Behind me GABRIEL, To my right-hand MICHAEL, To my left-hand URIEL.

Around me burn the pentagrams of fire and behind me shines the six-rayed star of pure white brilliance.

Not my will, but thine be done. SO BE IT "

Using your Athame or Wand, draw a pentagram in the east and charge it by pointing directly into its centre, remember to **visualise** all of this as you do it; that's the magic! Chant the name Raphael three times.

Keeping your arms up, move one quarter turn to the right and do the same again, but this time it's Michael.

One more turn for Raphael

One for Uriel

Come back to the east and repeat: Before me Raphael, behind me Gabriel, at my right-hand Michael, at my left-hand Uriel.

Around me burn the pentagrams of fire and behind me shines the six-rayed star of pure white brilliance. Not my will, but thine be done. So be it.

Put on your chosen music and leave the room until at least fifteen minutes or so before your start time to help build the energy.

## Starting Any Temple Meditation.

Re-enter the room after 15 minutes, minimum.

Once the time to begin the meditation is upon you, stand in front of the altar and ring the bell, take a Tarot or Oracle card and note which one it is, replace it.

Take your seat and begin the meditation.

Follow the guidance.

# Breaking Down the Temple

When you're done, approach the altar and ring the bell three times. Bow and repeat your opening prayer, or the Ateh Malkuth **without** angels, in thanks.

Now go around the temple widdershin, anticlockwise, three times. Back to the centre, bow and then you're free to break down the altar, remove T-lights onto a tray, somewhere safe.

Journal your experience, or at least make some notes so you can journal later.

Eat, drink and do the washing up!  
Anything to ground yourself properly.



# Banishing Pentagram



This is the basic pentagram – for our purposes we use a banishing pentagram which starts at the word earth, goes to the point at the top, down to fire, across to air, over to water and back to earth.