

Morning Ritual Spell by Wiccid

Timing: Any – Every day ideally

Moon Phase: Any and all

Intentions: Start your day feeling centred and connected to body, mind & soul, Remain calm throughout the day, Deal with situations and make decisions more effectively through self awareness, Set your intentions and make choices for your highest good, Connect to your intuition, Connect to the Divine

Your daily morning ritual can take as little as 5 minutes or hours – it is totally up to you

Supplies:

You can actually perform this spell without anything if you wish or use the list below as a guide:

- Your basic altar set up (refer to your Apprenticeship lessons if needed) or use whatever altar you already have set up
- Smudge stick, palo santo or magick cleanse spray
- Oracle or tarot cards
- Your journal and a pen if desired

The Ritual:

- Cleanse yourself and your space
- Light your candle if using one, focus on it for a few moments as you tune into your breath.
- Close your eyes and take a few moments to sit still and empty your mind. Breathe deeply and allow your body to totally relax. If you find it difficult to calm your mind – focus on the sounds around you. I listen to Nature, the sound of the fan whirling in my room, my breathing...
- When your mind is quiet, go within. I connect with my intuition, my heart and my centre during this part by focusing on each of those areas in my body and my consciousness.
- Pray to Goddess and God or Universe. I pray to Goddess daily just asking for protection, guidance, love, healing – also honouring Her and thanking Her for all the blessings I already have. I also offer myself as a vessel to help others, my community and the world.
- Think about and set your intentions for the day – you might like to journal them.
- Choose an oracle or tarot card for guidance for the day
- Thank Goddess/God/Universe
- Blow/Snuff out the candle then go about your day feeling lovely

Additional ideas/inspirations you might like to add to your morning ritual spell

- The morning blessing to be found with your Apprenticeship lessons
- A chakra balance
- Gratitude practice: Think of 3 things you're grateful for and thank the Goddess/God/Universe
- Use essential oils and magickal sprays for clearing, centering, grounding, motivating etc
- Do some self-healing such as EFT, colour therapy or energy work

Your morning ritual will be your own and if this is not something you normally do you will find what feels right for you over time. Just remember that even 5 minutes devoted to this task can make a huge difference to your day.