



The Sacred Feminine[®]

MYSTERY SCHOOL

Creating Sacred Ceremony

By Amrita Grace

Ceremony vs. Ritual:

Ritual is a ceremony that is done the same way each time. Ceremony is free form, with guidelines but without rules.

What is ceremony?

A way of invoking sacred energies, sacred time, and sacred space
Creating space to move into non-ordinary states of consciousness
Celebratory alignment with life and earth phases
A way to invoke the attention of other realms and dimensions

Reasons for creating ceremony:

Healing sessions
Rites of passage
Blessing a new home or space
Birth and death transitions
Ceremonies of all kinds, i.e. marriage or funeral
Special times of connection with another

Creating sacred space for ceremony is sometimes known as casting a circle. The purpose of casting a circle is to invoke protection for ceremonial workings and to delineate sacred space within a specific time and place. It is important to have protection during ceremony so that you can open fully to the higher energies that are available without concern about harmful energies entering the space.

- ② Intention is foremost. Sacred space can be created with intention alone. I cannot stress this strongly enough. Everything else is icing on the cake and you may pick and choose from the items below (or not) as you see fit.
- ② Create the aesthetics in the physical space you will be working in: altar, flowers, candles, incense, beautiful wall hangings, etc.
- ② Purify yourself, in water if possible. A shower, hot tub, or ocean swim works well.
- ② Purify the room with sage smoke, sage spray, incense, or essential oils. You can also use intention to purify a room. As you do this, think about the energies you want first to release and then to bring in.
- ② You may pass sage around to others you are sharing the ceremony with and/or smudge each other. Another lovely and rather elaborate purification is to give each other footbaths with essential oils and salts in water.
- ② Speak the qualities that you want to invite into the space, such as unconditional love, joy, connection, etc.
- ② Calling in the directions is a way of invoking the elements to support your sacred circle of intention. Face each direction and invite the elemental energies and qualities of that direction into the sacred space.
- ② Invoke the assistance of angels, guides, spiritual teachers, totem animals, and helping spirits with the particular request that only beings of the highest order are invited.
- ② Invoke the deity(ies) and/or archetype(s) that you want to work with. This is the time to call in the Goddess or a Goddess archetype, such as Aphrodite.
- ② Grounding, chanting, humming are ways of becoming entrained with the other/others in the ceremony. If you are alone, ground yourself into the earth.
- ② Anoint the chakras with essential oils and/or bless with words and hands.
- ② Draw an oracle card, if desired, to invite the energies that want to work with you to reveal themselves.

- ② Speak your intention and gratitude
- ② Ceremony core: this is the main body of the ceremony, such as marriage vows or the symbolic or actual enactment of the ceremony purpose.
- ② Directing the cone of energy: This is the release or recirculation of power that is the culmination of the energy that was built through the ceremony.
- ② Release the directions if they were called in. "Stay if you will, go if you must, hail and farewell" is a nice way to release them. Send them off with gratitude. Release any archetypes or ancestors as well. It's a polite thing to do, but the world will not end if you forget.
- ② Celebrate! Partake of a feast, take a walk in nature, or enjoy some quiet time to integrate.