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## QUAREIA—THE INITIATE

Module V—Deities and the Magician

Lesson 8: Ritual of the Four Winds

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BY JOSEPHINE MCCARTHY

# WELCOME

*Welcome to this lesson of the Quareia curriculum.*

*The Quareia takes a magical apprentice from the beginning of magic to the level of adeptship and beyond. The course has no superfluous text; there is no dressing, no padding—everything is in its place and everything within the course has a good reason to be there.*

*For more information and all course modules please visit*

[www.quareia.com](http://www.quareia.com)

*So remember—in order for this course to work, it is wise to work with the lessons in sequence. If you don't, it won't work.*

*Yours,*

*Josephine McCarthy*



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## QUAREIA—THE INITIATE

### Module V—Deities and the Magician

#### Lesson 8: Ritual of the Four Winds

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The Ritual of the Four Winds is a magical service ritual, and can be done with key deities from most pantheons<sup>1</sup> provided the deities worked with all have their roots in the four winds and are a combination of creative and destructive powers: hence the ritual's name.

The foundation power of the ritual comes from the four root wind powers that express through the magical directions and that flow through various layers of deities. The deities themselves are not the winds; rather it is the four winds that *govern* and *power* the deities connected to them. Ensure that you understand this distinction.

For this ritual to bring regeneration and balance, the destructive powers should be limited and the creative deities should have more of a presence in the magical space. The magician steps into the fulcrum in the middle of the ritual to let the regeneration flow through them. This anchors the powers in humanity, and will flow through you as you go about your life. This is not about your personal regeneration; it is about humanity in general, in balance with the world around you.

This is not a ritual to use regularly, but only when a situation of destruction has become unbalanced and out of control. War, famine, drought, conflict, epidemics—these are situations where the ritual would

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<sup>1</sup>If you are already working with them.

be used to trigger a small catalyst for change.<sup>2</sup> Sometimes such destructive events have a part to play in the rebalancing of humans, but sometimes they grow out of control and become massively destructive for all humanity, whether our species is affected directly or not.

Whether the ritual is needed or not can be discerned through divination and observation. Before a truly destructive force that can tumble out of balance presents itself out in the world, there is often a build-up and outing of inner power from the Inner Desert. This is often a signal that huge amounts of power are playing out through humanity, and this in turn is often a response to human actions. As humans often cause these massive prolonged destructive periods, we often have to trigger the rebalance.

As working adepts magicians can draw on the pattern of the four winds and release them out into the world as a countermeasure. This does not stop everything immediately—this is not Disney—but it triggers a tiny shift which slowly gains momentum and brings through change. When this ritual is done by different magicians around the world, those events connect together and strengthen the catalyst.

When done by an adept, this ritual draws on all the paths that adept has already walked. The deeper the adept's roots in magic, the stronger the catalyst will be. As an initiate, you are doing the ritual more for your own learning. You are in training, and will bring a small influence into the space and release it, as opposed to doing the ritual in its full power.

I often use ballet as an example for magical training, because the energy dynamics of training as so similar. In this case the process is a little like this:

First you learn the steps and build up the muscle to execute those individual steps.<sup>3</sup> Then you learn to connect those steps in slow, repetitive actions.<sup>4</sup> Once you can execute a string of steps together competently (an *amalgam*), you are taught sections of a dance piece which you study in depth, while further building and refining your muscles so that you can dance this section not only with power, but also with a level of fluency.<sup>5</sup> This is built on and practised until you can put the whole dance piece together and master it technically.<sup>6</sup>

<sup>2</sup>In Abydos, in ancient Egypt, a version of this ritual was used each year for a while to regenerate the land.

<sup>3</sup>Apprentice training.

<sup>4</sup>Still apprentice training.

<sup>5</sup>Initiate training.

<sup>6</sup>Latter part of the initiate training.

Once the technical aspects have been fully mastered with appropriate accuracy and strength, then the long process of fine-tuning for artistic expression begins.<sup>7</sup> First the dancer learns the artistic expressions from an older, more experienced dancer in order to learn the subtleties of action and to learn how to reproduce that piece in an artistically, as well as technically competent, way. Once the dancer can compete the dance piece in an artistic way, then comes the long process of reaching deep inside themselves to find their own voice, which they then pour into the piece.<sup>8</sup> Over time the dancer's expression of the piece changes as they mature, and the performance becomes a truly individual work of art.<sup>9</sup>

Ritual and visionary ritual works the same way. You cannot just pick up a script for a powerful ritual, do it, and make it work: an awful lot goes on behind the scenes in a magical ritual, and to execute it effectively and with full power there needs to be a foundation of years of training and experience. The inner muscle, inner vital force, visionary connections, physical stamina, and inner bridges all need to be in place, fluent, powerful, and stable. Then it all works. Magic truly is an art form.

As initiates you are learning the *amalgamation*, and you have enough 'muscle' skill by now to do the ritual. As you go through your training and later work as an adept magician you will notice that your execution of this ritual becomes more focused, powerful, and active.

This ritual strongly combines vision and ritual action, and the whole ritual is done with both active vision and physical action. You should not come out of visionary mode until the ritual is finished: regardless of whether your eyes are open or closed, you should be constantly in other worlds while you work in the ritual space.

That is the key to this ritual: the outer actions are just the *punctuation* and *exteriorisation* of powers; they are not the power itself. The power comes from the inner visionary connection between the magician and the powers gathered.

In this lesson the last bits of the ritual are put together, missing aspects are added, and the whole thing is presented. Go through it carefully so that you do not miss anything: little pearls have been added in not only for the ritual, but for you to have, at some point, *ah-ha* moments.

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<sup>7</sup>Adept training.

<sup>8</sup>A full adept.

<sup>9</sup>The mature adept.

Adapt the ritual to suit what you have developed yourself, and ensure that it fits the power of the ritual. Then set a date, do the preparations, and perform it.

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*Task: The Ritual of the Four Winds*

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Set up the working room, put out the tools, put on your cord, put on your stole, light the lights, and open the gates. Put the bread and bottle of port either under the central altar or at the bottom of the altar on the south side. Also put a good-sized plain wine glass or goblet there, and six small shot glasses.

Do the Fulcrum to tune yourself. Before you do any ritual actions stand in silence in the centre of the room and become aware of the Stone Temple: be in both places at once. Also be aware of the Cave at the centre of all things with the Stone in the centre, and also be in that place. You should be stretched between three realms as you work this ritual. Keep constant awareness of these three places.

Starting the in east: lay the sword across the altar, its tip pointing south, and say:

“Limiter, may the east wind pass through you, and may you slow down that power so that I may work with it.”







Go to the south, see the black and white path stretching over the threshold and vanishing off into the distance. Say:

“Companions of the path, may the southern wind pass through you and may you allow my access as appropriate, and guard me from the full powers of the southern wind.”

Go to the west, place the vessel before the central candle and say:

“Vessel which carries the harvest, contain the west winds so that I may work with them.”

Go to the north and place your hands on the stone. Feel yourself in all three places and feel your hands also touching the Stone at the centre of the Cave. Say:





“Stone at the centre of all things, Heart of   *Tfnt*, be my anchor so that the power of   *Šw* may flow through my breath and guide me into the mysteries of   *Šw*, the north wind.”

Now go and stand at the central altar and be aware of the contacts, tools, and powers building in the directions.

Be still for a moment and feel the powers of the Light Bearer and Restriction build behind you. Build the power and focus until you feel it reach a peak, then take a step or two back<sup>10</sup> so that you are midway between the north altar and the central altar, facing south.

Look at the central flame and be aware of the north power behind you. Take a deep breath and breathe out slowly to the central flame without blowing it out.

Once your breath is finished, say to the central flame:

“Divine spark at the centre of all things, fulcrum of the world, I bridge to you the breath of the north wind, of   *Šw*, he who sustains life with his breath. I bridge to you the moisture of   *Tfnt*, she who sustains life with her moisture. May they flow through you and out into the world.

Build up moisture in your mouth and then blow once more, slowly, to the central flame, without blowing it out.




Bow and circle the central flame, returning back before the central altar with your back to the north and the central altar before you.

Lift up your arms to your sides and turn to face the north altar.

With your right hand mark the sigil of the sword in the air where your hand would be and with your left hand mark the sigil of the vessel in the air by your left hand.

<sup>10</sup>Depending how much room you have.


Hold your hands in the sigils hanging in the air. Say:

“May the vessel be my light in the darkness, and the sword be the chopper that cuts away all from me that has no place with me. I stand in death, with my wisdom to light my way. I stand in darkness and await the dawn. I stand within the house of the  B<sub>3</sub><sup>11</sup> of   Jtm(w), and listen for my name to be called.”

Close your eyes and still yourself, standing with those two powers at your hands. Be in the nothing and wait: you are in the depths of death waiting for the call into life. Once you feel this silence and stillness descend, open your eyes while maintaining the stillness.


Turn back to face the central altar, then circle the directions and go to the west altar. Bow. Pick up the vessel and hold it up to your lips. Turn to face the southeast cross-quarter and still yourself.

Be aware of the Light Bearer at your left shoulder. Utter, with your breath passing over the vessel:

 Hwt-ḥrw, Mother who tends to her children in life and in death, Mistress of the West, I ask you to express in the bridge between creation and the future.

Walk round the directions from west, to north, to east, and stop at the southeast cross-quarter. Place the vessel on the ground and step back.

Utter:




“She who holds the bridge between west and north, welcoming those who have died; she who holds the bridge between east and south, welcoming those who are created in life;  Hwt-ḥrw who births the Divine spirits; you who guide the spirit of the heart and who guides those lost among the reeds. Goddess of the Tree, pathway over the threshold, welcome into this space and may we honour you in your presence.”

<sup>11</sup>The Ba, the “Soul” as in the spark of Divinity that powers a being.




Bow to the cross-quarter, then kneel and be still. Close your eyes and see the Light Bearer power behind you build and spill over your shoulder. Watch as the power fills the vessel on the floor with light.

Once it is full, stand up, bow once more, and step back. Walk round the directions back to the position at the centre altar.

Still yourself. Be aware of the power of  *Tfnt* and  *Šw* behind and beneath you, and of the presence of the energy of  *Hwt-hrw* in the southeast.

Now go to the east and pick up the sword. Turn and face the southwest corner. Hold the sword before you, point down, handle up, and utter over the handle of the sword:

“She who emerges out of the darkness, keeper of the horizon,  
She who loves and guards  *M3:t*, destroyer of imbalance,  
Guardian of the Desert, She who tears apart in order to  
preserve, I ask you to express at the bridge between the future  
and the past.”

Leave the east and walk around past the south altar to the southwest cross-quarter. Place the sword in the southwest, point down, handle up, and propped against an altar, wall, or whatever is there.



Bow and kneel. Close your eyes and remember the power of the Inner Desert: remember its vastness, remember its feel. Now be aware of the dark power of Restriction at your right shoulder.



Reach out and touch the sword, and feel the power of that dark Restriction flow through you and into the sword.



Behind the sword builds a dark power that has the same feel of the Desert. Feel that presence and once you feel it, however faint, stand up and bow. Utter:




“Mistress of the Desert, She whose name may not be uttered,  
She who slays with her wrath, She who guards the Under-  
world, She who brings destruction when it is due, keeper of  
the bridge between north and east who allows the Light to  
rise, keeper of the bridge between south and west who brings  
us to the horizon of Death, welcome into this space and may  
we honour you in your presence.”


Take a step back, bow, and go back to the central altar.


Stand and close your eyes for a moment. Be aware of the powers of  *Hwt-hrw* and  *Shmt* starting to build in the cross-quarters: the powers of Light and Dark on either side of the south. Be aware of the air and moisture behind you and the stillness in the centre. Focus on the central flame and the stillness. Just sit in that silence and be with those powers.



Feel the powers of the Light Bearer and Restriction build behind you. Beyond them and in the distance beyond the north gate feel the wind and the moisture of  *Sw* and  *Tfnt*. Be aware of the ancestors there, and also of the Stone deep within the earth.

Ahead of you be aware of the power of  *Hwt-hrw* in the southeast, and of  *Shmt* in the southwest.

Let a sense of those powers and their images build in those directions. When you have a visual sense of them both, bow your head, hold up your mark of Future Knowledge, then see them turn to face each other with the south altar between them. Watch as  *Hwt-hrw* throws a thread of power to  *Shmt*, who catches it and wraps one end of it round her right wrist.  *Hwt-hrw* wraps her end round her left wrist, and the two goddesses hold the thread tight between them.

Open your eyes and bow to the two southern cross-quarters to acknowledge the goddesses. Walk to the southeast cross-quarter and in vision, with eyes open, be aware of the power of  *Hwt-hrw* and the thread.

Take a thread from  *Hwt-hrw* by placing your left hand over the vessel in the southeast and receiving it. Carry it to the southwest cross-quarter and put it into the sword. Turn with your back to the sword, facing south, and close your eyes.

In your inner vision, see  *Shmt* growl a loud growl, like a call. From beyond the south altar comes a hot whirlwind, a storm that whips up the sands of the Inner Desert. Through the sandstorm comes  *Sth*. He is tall with long red hair, and beyond his hair is the storm. He strides up to the thread but can go no further, so he stands upon the threshold looking at you.

Keeping your eyes closed, hold up your mark and bow your head. Open your mouth and make a call, a sound that comes from deep within

you calling the power of *Stḥ* into the room, externalising the contact. Be aware of the power of *Stḥ* watching you from the threshold.

You feel a presence building beyond your left shoulder, something that comes out of the power of Restriction but on your left side. Cast your mind to the northwest corner of the room and you will see a goddess with deep black skin and long black hair emerging out of the cross-quarter: this is *Nbt-ḥwt*.

Open your eyes and turn to face the northwest cross-quarter. Bow your head and show her the mark. Say:

“Mistress of the house, She who renews for Him the body that once was, *Tfnt* in the moment of Her wrath. *Nbt-ḥwt*, the one who utters divine decrees, she who is Great of Magic, and who rules in the Mansion of Archivists, welcome to this space.”

Close your eyes and with inner vision see her look deeply into you, then start to whip her hair around. A strand of her long hair flows into the south area, where *Shmt* catches it and holds on to it with her right hand.

Open your eyes and leave the southwest. Circle the central altar and finish in the northwest cross-quarter.




With eyes open, in vision see the power of *Nbt-ḥwt* and see the thread. Physically pick up the thread from over the threshold of the northwest and carry it directly to the southwest, anchoring it in the sword.



Stand facing the sword.

Feel a build-up of power behind your left shoulder beyond the Light Bearer: the goddess *ꜥst*, full of light, steps out of the shadows and stands in the northeast corner of the room. Turn and bow your head to her and show her your mark.


With eyes open, using inner vision, see the power of *ꜥst* come into the space. Say:

“She of the Throne, Giver of Life, Mistress of Magic, She who upholds all power, I welcome you into this space.”



Close your eyes and with inner vision see that she too has very long hair. She begins to allow a wind from behind her to blow her long hair across the room in all directions. A strand of the hair flows towards  *Nbt-hwt* who captures it in her left hand and wraps it round her wrist.  *Nbt-hwt* holds the hair tight that flows from  *st*.

Open your eyes and walk to the northeast cross-quarter. Bow, take the thread from  *st*, and walk from northeast to northwest, passing in front of the north altar. Hand the thread over to  *Nbt-hwt* in the northwest using physical and visionary action.


Turn to face the north altar and using inner vision cast your mind to beyond the north threshold. Keep your awareness of the Rock Temple in the Inner Library and also the Stone at the centre of all things in the depths.

You will see the large white crystalline rock move like a chrysalis, with something moving within it.  *st* starts to sing, and her voice carries great power. The vibration of the song awakens whatever sleeps within the white rock, which cracks open. Out steps a young man, his face full of life potential. He has an energy that shines.

Walk round the directions, stand before the north altar, and say:

“King of the Living Ones, Lord of the Silence, He Who is Permanently Benign and Youthful,  *Wsjr*, I call upon you.  
 *Wsjr*, hear me and rise.”

Close your eyes and feel the power of the Light Bearer behind you. Hold out your left hand to the flame on the north altar, then take a step back, bow your head, and wait.

Feel for the presence building up in the north. Be aware of  *st* singing in the northeast cross-quarter. It is a strange but beautiful harmony that sounds like more than one voice. In your inner vision, see that as she sings, her hair flows out across the room. In the southeast.

☞ *Hwt-hrw* reaches out and catches a thread of the hair. Now all four goddesses are connected by hair and threads.

Open your eyes and go to the northeast cross-quarter. Pick up the thread from 𓄏𓄏𓄏 *ꜥst* and carry it across the east of the room, passing in front of the east altar. Anchor the thread in the vessel in the southeast.

Keeping inner awareness, be aware that all four goddesses start to make noises and sing in a strange but beautiful harmony. The sounds seem to take form and rise up, which makes you cast your mind up to the stars.

Close your eyes and be still. Be aware of the stars above, and the harmony of sounds coming from the stars. Be aware of the threads that flow to and from the four goddesses, and that they are connected. Be aware of 𓄏𓄏 *Stḥ* in the south, held beyond the threshold by the threads.

Using your inner vision, see two female hands come out of the stars. They gather the hair flowing from 𓄏 *Nbt-hwt* and 𓄏𓄏𓄏 *ꜥst* and the threads between ☞ *Hwt-hrw* and 𓄏𓄏𓄏 *Shmt*, and begin to weave them.

The hands move faster and faster, weaving more and more threads, hair, and energy, like a spider spinning a web. As you watch you notice that a thread or hair has risen from you. One of the hands grabs your arm that holds the mark, and pauses for a moment. The hands begin to weave your hair, or thread of energy, into the pattern being made.

As the hands touch your hair or thread you get a sudden strong sense of a very powerful and ancient goddess who is weaving a pattern: Neith.

As you watch, more and more of her appears in the room. You watch in fascination as her hands move swiftly back and forth, weaving an ever more complex pattern. The pattern seems to centre round the central flame, which is turning into a gateway.

Open your eyes so that you do not accidentally look upon the face of the goddess in vision, should it appear: it is her eyes that trap people in the Stone at the centre of all things. Once the gateway is complete, bow your head to her, and then Neith withdraws in silence.

Step back and go stand before the east altar. Face the north, with the east altar behind you.

Once more call 𓄏𓄏 *Wsjr*. Say:

“King of the Living Ones, emerge from the silence, you Who are Permanently Benign and Youthful.  $\text{𐀀𐀃}$  *Wsjr*, I call upon you.  $\text{𐀀𐀃}$  *Wsjr*, step over the thread of the north, be born once more,  $\text{𐀀𐀃}$  *Wsjr*, and cast your face to the rising sun.”

With your inner vision see the young vibrant man in the north, who is the power of  $\text{𐀀𐀃}$  *Wsjr*, step forward, pass through the thread of the north, and walk into the central flame which is surrounded by the weave of Neith. See him standing in the flame, green shoots sprouting from his body.

Turn to face the east altar. Hold out your arms and call on the power of  $\text{𐀀𐀃}$  *Dḥwty* to step into the space. Say:

“ $\text{𐀀𐀃}$  *Dḥwty*, Lord of the Word, he who speaks the winds of  $\text{𐀀𐀃}$  *Šw*, he who calls the world into being, he who utters across the Abyss and sends the sound into life, I ask you to come to this space, to bring knowledge to renewal, and to sound the worlds into being.”



Step back; and as you step back, with your inner vision, with eyes open, see the power of  $\text{𐀀𐀃}$  *Dḥwty* step over the east threshold and stand at the line of the thread that runs from northeast to southeast.





$\text{𐀀𐀃}$  *Dḥwty* does not come fully into the space, as he is a primal root force. Bow to  $\text{𐀀𐀃}$  *Dḥwty* and welcome him.


Turn and stand with your back to the east altar. Call across the room, aiming your breath through the central flame, saying:


“Mistress of the Library, Scribe of the Gods, Keeper of the Cord, Marker of Time,  $\text{𐀀𐀃}$  *Sš:t*, I call you into the this space, that the sound of  $\text{𐀀𐀃}$  *Dḥwty* shall bring you forth.”




Take a deep breath and breathe out slowly, while making a sound and aiming it at the west altar. As you breathe, be aware of a power behind you breathing and sounding through you. Close your eyes before you finish the breath and feel something pass through you.

Using inner vision be aware of a woman walking through you, through the central flame, and into the west. See her arrive at the west altar and turn. She stretches out her right hand to  *Hwt-hrw* and her left hand to  *st*.


Across the room the three goddesses link their hands, they link their hair, and they call to each other.  *Shmt* turns to face  *Sš:t* and places a hand on her right shoulder, and  *Nbt-hwt* turns to face  *Sš:t* and places a hand on her left shoulder.

Open your eyes and bow to  *Sš:t*. Circle the room three times, and be aware of all the powers in the room. Be aware of the Companion walking aside you, his hand on your left shoulder.


After the third circle, go stand before the central altar, facing south. Be aware of the future in the south, guarded by  *Sth*.

Be aware of  *Wsjr* standing in the central flame between you and  *Sth*, and of all the goddesses around you. Be aware of  *Dhwtj* beyond the east threshold, and that he is constantly making sounds: the continuous flow of creation.

Place the bread before the central candle, between you and the candle, and place the opened bottle of port to the right side of the candle.

Be aware of  *Wsjr* in the centre of the flame, as the fulcrum and centre of power.

Open your arms to the sides and say:

“Into the depths I cried to you O Lord, and you heard my call, ascended from the depths, and crossed the bridge from the silence and into the light of the sun. You who are awakened, you who bring renewal of all life, you who nourish all, who causes the grain to sprout and the fruits to grow, from your power was this bread created. From you comes all life. Hail  *Wsjr*, who overcame the Silence and brings renewal to all the living and the dead.”

Place your left hand on the bread and feel the power of the Light Bearer behind your left shoulder flow through into the bread.

Say:

“This is the food of life, grown from  $\text{𓄏} \text{Wsjr}$ , and will nourish the  $\text{𓄏} B_3$  and  $\text{𓄏} K_3^{12}$  of  $\text{𓄏} \text{Wsjr}$  in his newly awakened life.”

Break the bread in your hands. Place half before the central flame and say:

“Lord of Life, I give you bread that you may eat your fill. Be nourished and be strengthened. I give you this in thanks for your Divine presence.”

Break the other half of the bread into six pieces. Starting in the southeast, place a piece of the bread in the vessel on the floor and say:

“ $\text{𓄏} Hwt-hrw$  I give you bread, that you may eat to your fill, be nourished, and be strengthened. I give you this in thanks for your Divine presence.”

Go to the southwest, place a piece of bread by the sword, and say:

“Mistress of the Desert, I give you bread that you may eat your fill. Be nourished and be strengthened. I give you this in thanks for your Divine presence.”

Go to the northwest, place a piece of bread on the floor in the cross-quarter, and say:

“Mistress of the Enclosure, I give you bread that you may eat your fill. Be nourished and be strengthened. I give you this in thanks for your Divine presence.”

Go to the northeast, place a piece of bread on the floor in the cross-quarter, and say:


“Mistress of the Throne, I give you bread that you may eat to your fill. Be nourished and be strengthened. I give you this in thanks for your Divine presence.”

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<sup>12</sup>The Ka. “This concept means something like “life force.” The Ka is what makes the difference between a living person and a dead one: death occurs when it leaves the body.” [1, p.80.] The editor thinks that the *ka* may be the *etheric body*.



Go to the east altar, place a piece of bread on the altar, and say:


“ *Dhwty* of the Word, I give you bread that you may eat your fill. Be nourished and be strengthened. I give you this in thanks for your Divine presence.”

Go to the west altar, place a piece of bread on the altar, and say:

“Mistress of the Library, I give you bread that you may eat your fill. Be nourished and be strengthened. I give you this in thanks for your Divine presence.”



Return to the central altar and pick up the bottle of port, opened.

Place your right hand on the port bottle and say:

“Blood of Life, blood of the fruit, that which calms Her in her fury and nourishes the bones of the new born  *Wsjr*, I offer you as a gift of the blood of life, that you may nourish and strengthen the gods.”

Pour a full glass of port and place it with the bread on the altar. Take the six small glasses and fill them. As you did with the bread, take the wine glasses, one by one, and place them before the deities in the cross-quarters, the east, and the west.

Stand before the central altar, bow to the room, and say:

“ *Wsjr* is reborn, the sun has risen, and the four winds bestow their blessing upon the people. Balance is restored, regeneration is upon the people of the land, and the gods and goddesses dine in joy.  *Jmn*.”

Take a step back, turn, and leave the banquet of the gods. Leave the candles going and wait until you feel the power go down.

Once the power has gone down, go back into the room and first bow to each direction and put out the candles. If you can leave the food and

wine in position until the following daybreak, do so. If not, gather it into one place but keep it in the room until the following day.

Then put the food outside for the creatures and pour the wine upon the ground to nourish it. Do not eat or drink of this food, not so much as a sip or a crumb. Any port left in the bottle must be kept for the deities and not drunk by any human.

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### *Task: Sigilising the ritual*

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Extract a sigil of the ritual pattern for containing the power and focusing it. This is a complicated ritual with various directions worked with and lots of visionary action going on—all this should be part of the sigil.




Map out the movements and patterns, then look at the weave that it makes. From this extract a sigil and draw it out. Then draw it out in ink using your left hand.<sup>13</sup> As you draw keep visionary awareness of the Light Bearer behind you and flowing through your left arm.

This sigil contains the map of the ritual. Whenever you do this ritual again in the future, have this piece of paper<sup>14</sup> and put it under the central candle as you work to charge it with the ritual's power. Once it has been strongly charged, simply placing this map in a space will trigger passive regeneration: it can be used under the bed of a sick child, on a piece of land that is recovering from fire, or in the centre of a city that has been devastated by destruction.

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### *Task: Pondering Set's role in the ritual*

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Note that  *Sth* played no active part in this ritual other than his presence, and he was not fed. Think about why this is so. To assist you, look up the  *Wsjr* rituals at Abydos and pay particular attention to what happens to  *Sth*.

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<sup>13</sup>Even if you are right-handed.

<sup>14</sup>Or vellum or cloth.

This is not a set task; it is something you should do for your own learning. Think about the dynamics of the ritual, what it was for, and why *Sth* was withheld, yet present.

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