

BANISHING RITUALS

The aim of a banishing ritual is to steady the mind and extend its influence into the immediate environment, doing the psychic equivalent of disinfecting the area in which you are.

There are a number of effective established rituals which can do this, but it is best, in the longer term to design your own. The key components of the successful traditional rituals are:

1. To settle your mind with the goal of stilling it entirely once you can.
2. To draw (symbolically) the pure energy into yourself.
3. To describe a barrier around your working area.
4. To reinforce this barrier with appropriate symbols.
5. To recreate the mental stillness from step one which finalizes the whole process.

Using this template as a guide, here is a banishing ritual designed for all purpose use:

1. Stand in the centre of the area you want to affect. Take a moment to consider what you are about to do. Set aside your mundane concerns as much as you are able.
2. Visualize (imagine) a sphere of bright white light hovering just above the crown of your head. Once this image is clear in your mind, visualise a shaft of white light extending down from the sphere of light, through the centre of your body, and ending just below your feet.

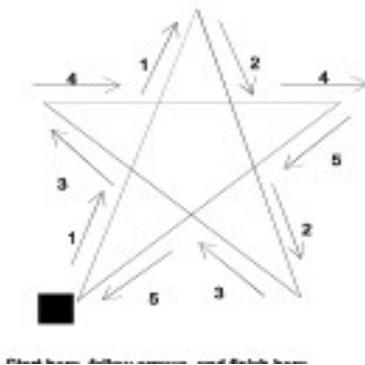
Hold your arms out straight from the shoulder. Visualize two shafts of light

extending from the central shaft, along your arms, to your hands.

You are now a cross of light. Visualize yourself as huge, filling the whole of space and time.

3. Extend your right arm and point ahead. Visualize a blazing light flowing from your fingertips and hanging in the air to form a circle of light as you slowly turn round 360 degrees completing the circle.

4. Turn to face the eastern point of your circle of light. Using the light flowing from your fingertips, draw a banishing pentagram, tracing it in the order shown below:



As you trace this pentagram, visualise it hanging in the air and feel a strong breeze on your face.

Turn 90 degrees to face South and repeat drawing the pentagram. This time visualise a fire burning – feel the heat.

Turn 90 degrees to face West and repeat drawing the pentagram. This time visualise a vast ocean at your feet. Hear the rush of waves and feel the spray on your face.

Turn 90 degrees to face North and repeat drawing the pentagram. This time visualise a field of crops growing before you, in the distance stands a huge stone castle on a hill. Solid and defiant.

5. Move to the centre of the circle if you're not there already. Most people use a short spoken piece at this stage to help create the sensation of balance and stillness ready for any work you are about to do. One example would be:

“Here I stand
Centered and calm
My will is the will of the centre
And will be done.”

Additional:

If you are trying to clear a room, rather than an area for working, you would now visualise the circle and pentagrams expanding away from yourself to take in the whole area wiping it clean psychically as it goes.

This can also be used as a one shot to clear a whole house if your visualization skills are up to it (if not, just go room to room and repeat it in each one). Stand as close as you can to the centre of the house and proceed as above, visualizing the expansion moving out to fill the whole house. It may help to imagine the circle you have drawn to be the boundary of a sphere of energy so that it can expand in three dimensions.