Connecting To Divine Feminine Forces

Ritual Guide

If you have a specific archangel, goddess, or ascended master in mind, please take the time to research them beforehand to ensure the connection you seek aligns with the task or aspect of your personal journey that would benefit most from their guidance. If you have the prexisting relationship—wonderful! Continue on without hesitation. This ritual can be adapted to honor any expression of the divine feminine. If your intention is simply to connect with the universal divine feminine, also known by some as the Supreme Goddess, the Ultimate Goddess, or the Lady of the Lord and Lady, then this ritual is perfectly suitable as it is.

You will not need many supplies or elaborate tools to perform this ritual successfully. These items are not required, but they can help create an atmosphere that is conducive to connecting with these higher forces and frequencies. They also serve as symbolic conduits through which these elevated energies may be accessed.

Throughout this ritual, you will be attuning your body to become increasingly receptive to these vibrations, so work with whatever feels most natural and supportive to you. This is your personal method of connecting with what exists beyond the physical.

<u>Supplies (Optional)</u>

Candle (gold, silver, white, dark blue, or purple)
Incense (sandalwood, musk, frankincense)
Bowl Of Water

REMINDER

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If you choose to incorporate spiritual tools, begin once you are comfortably dressed and settled into your designated ritual space. If you would like to create a temporary altar, wonderful. Feel free to do so, but know that it is not a requirement. If you prefer to cast a circle before beginning, you are more than welcome to. A link explaining how to cast a circle, a traditional witchcraft practice performed before rituals and spell work, is provided at the end of this PDF. If you would rather simply light your candle and begin, that is perfectly acceptable as well.

You may also choose to burn incense. Any incense that helps create an atmosphere conducive to spiritual connection will work beautifully. I personally prefer sandalwood or musk, while others may resonate more with frankincense.

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Trust your intuition and choose whatever feels most supportive for your practice.

Begin by visualizing your own inner light radiating outward. Imagine your head gently glowing, with bands of light extending vertically from the crown. This should not take long. Remain patient with yourself, breathe evenly, and allow your body to relax.

After a few moments, visualize a brilliant golden column of light slowly descending from the heavens. It draws closer and closer to the light extending from the crown of your head. You become aware that it is approaching to form a perfect connection with your own light. Many people imagine heaven as a brilliant blue sky filled with white clouds. Hold within your heart and mind the understanding that this golden column carries only the highest benevolent frequencies.

It vibrates with living energy, while waves of golden light spiral around it, naturally aligning with the light extending from your crown.

As the column continues its descent, the outer edges begin to meet the light emanating from you. They align perfectly, as though they were always meant to connect. Once you clearly visualize this first point of contact, allow the center of the golden column to gently touch the crown of your head.

This establishes a strong and harmonious connection with the higher divine feminine forces. Continue breathing naturally as you may begin to notice subtle sensations, gentle tingling around the crown, or a growing feeling of peace and contentment. Keep your eyes closed and allow the higher frequencies to flow freely into your head and throughout the rest of your body. The golden light enters you effortlessly, moving through every part of your being without resistance or restriction.

If images begin to appear within your mind, know that there is no reason to be startled. Through your mind's eye, you may perceive golden orbs, much like those I have witnessed in the past. Allow any images to arise naturally without forcing or analyzing them. You may notice subtle glimpses of the higher dimensions or perceive angelic, or angelic-like, beings. As these experiences unfold, you should remain calm, relaxed, and receptive.
Pay attention to any changes in vibration or energy as you become aware of the higher power that has made contact with you.

Your body is welcoming these benevolent frequencies, and you may begin to sense subtle shifts occurring within your mind, body, or spirit. If any beings begin to communicate, give them your full attention and simply listen.

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Trust that the messages you receive are intended for you. It is equally normal if you do not hear spoken words and instead receive intuitive impressions, emotions, symbols, or a deep inner knowing that brings clarity to questions you may have carried for a long time.

Remain in this experience for as long as it feels natural. You will know when it is time to release the connection, so there is no need to rush. After the appropriate amount of time has passed, the images will gradually fade, audible communication and intuitive impressions will come to a close, and you can begin returning to a grounded, waking state. In some instances, the higher divine feminine forces may naturally initiate the separation for you.

As the connection concludes, begin to visualize the golden column of light slowly ascending back toward the heavens. At the crown of your head, the point of connection gently disengages in the same harmonious manner in which it was established. The golden column returns to its higher origin, while the light that belongs to you gradually withdraws back into your body, settling once again within your crown. It radiates throughout your body and secure in your physical form. Take a few slow, deep breaths, allowing yourself to become fully present and grounded. When you feel ready, gently open your eyes.

If you brought a pen and paper, take a few moments to write down your experiences and any messages you received. If you have a recorder nearby, begin documenting your experience by speaking about how you felt, what you perceived, and what held the greatest significance for you. If you cast a circle before beginning your meditation, you may wish to close your circle before journaling or recording your reflections.

While it is common to bring a journal and pen into a ritual circle, bringing a recorder into the circle is generally not. There is a long-held belief within many traditions that electronics should remain outside the circle. You are, however, welcome to keep a recorder nearby and document your experience once your ritual has concluded. The same perspective applies to music. If your music is playing from a device outside the circle, that is perfectly acceptable.

Need to wear earbuds? Having earbuds in your ears will not prevent you from making the spiritual connections you seek. In some instances, if the music ends unexpectedly or changes abruptly, it may momentarily interrupt your focus.

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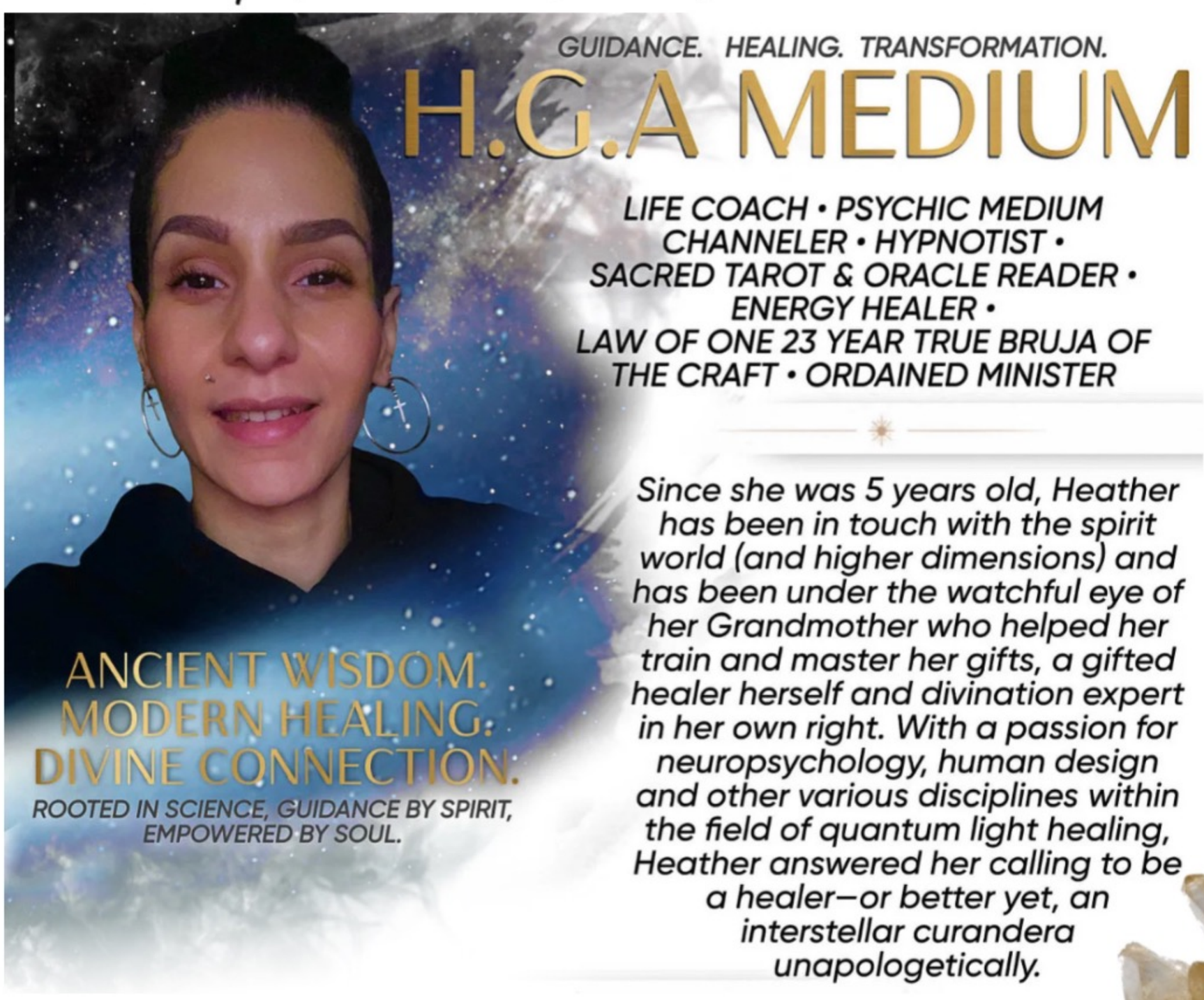
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Even so, you can still achieve a deep and meaningful meditative state. Simply return your attention to your breath and your intention, allowing yourself to reconnect naturally.

If you have any questions about meditation, accessing higher frequencies, or ritual work, please feel free to contact me. I am always happy to discuss these practices and help guide you along your journey.

A little bit about me!



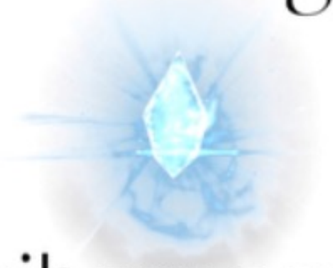
Since she was 5 years old, Heather has been in touch with the spirit world (and higher dimensions) and has been under the watchful eye of her Grandmother who helped her train and master her gifts, a gifted healer herself and divination expert in her own right. With a passion for neuropsychology, human design and other various disciplines within the field of quantum light healing, Heather answered her calling to be a healer—or better yet, an interstellar curandera unapologetically.

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Links On Opening & Closing A Magickal Circle

Enlaces Sobre La Apertura Y El Cierre De Un Círculo Mágico



🔗https://www.wikihow.com/Cast-a-Circle

🔗https://es.wikihow.com/trazar-un-círculo



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