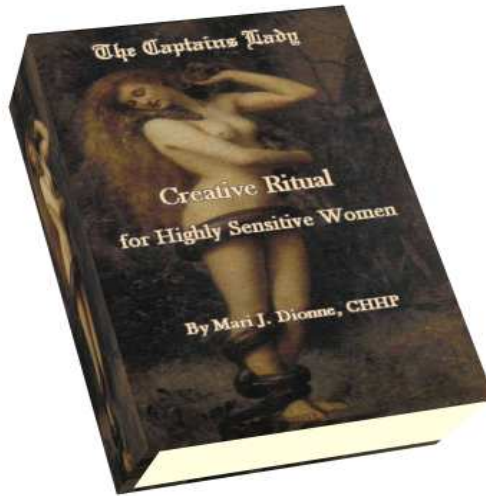


The Captains Lady



Creative Ritual for Highly Sensitive Women

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Putting Your Prayers to Practice!

'Creative Ritual!' lends powerful information for creating your own private prayer rituals at home, or anywhere!

Prepare to learn how to...

**...set up a personal alter for ritual,
learn yearly rituals and their origins,
find meanings of herbs, oils, stones, colors,
planets, smudging, fragrances, salts
and incense, flowers and plants,
make Solar and Lunar Water
and more!**

Most importantly, you'll learn to perform rituals safely!

When Should You 'Practice' Prayer?

Whenever you like! However, I am not speaking of the daily 'heart to heart' talks you have with God. I am speaking of *active* prayer here, the gathering of your materials to use for specific purposes. The words we speak in prayer are formed with letters. The objects and tools below are the 'letters' you'll speak with in ritual prayer.

What is Ritual?

The first thing you may think of when you hear the word 'ritual' is of horror movies where someone, or something, is sacrificed for the greater good of all, whether for good or evil. This is not what I am referring to, at *all*. There are many types of rituals.

A wedding ceremony is a ritual. Blowing out birthday candles on a cake is a ritual. Baptism is a ritual. I am sure if you give it some thought, you can come up many everyday rituals. Even brushing your teeth and combing your hair in the morning, after getting out of bed, is a form of ritual.

Think of ritual as a physical form of thought, or prayer. It is something that you can do in the physical and material world that parallels, and symbolizes your intentions. Rituals are powerful in their own 'rite' because of the intentions, or energies, that fuel them. Our thoughts, or intentions, go out into the universe as energies. Everything we think, say and do effects ourselves, and others, either positively or negatively.

You don't have to believe in ancient gods and goddesses, or change your spiritual viewpoint, in order to enjoy and find value in rituals. There are no rules here, except perhaps one. And that is, "To harm none."

One of the most popular rituals you can perform is the ritual of exercise. Most do not think of exercise as a ritual but it is, and a very powerful one, in that it heals your body, mind and soul all at the same time! Although 'Creative Ritual!' has more to do with spiritual rituals, it may help you to stay on your exercise program to incorporate some of the following devices into your exercise routine. With all of this in mind, *whenever* you involve yourself in a ritual, do so with an attitude of hope, love and gratefulness!

What Kinds of Things Are Rituals Used For?

Symbolizing an ending or a new beginning.
Refreshing a dwelling, or hotel room.
Harmonizing and boosting the energy in your home.
Clearing out the energies of a guest.
Releasing your home from energies of illness, or death.
Attracting more positive energy into your life.

The 8 Major Festivals of the Year

Samhain (pronounced 'Sow'-in), or Halloween, on October 31st.

Mid-Winter Solstice: Yule, or Christmas, practiced on December 31st.

Imbolc, or Ground Hogs Day, on February 2nd.

Spring Equinox: Eostre or Easter on the 3rd Sunday in April.

Beltane, or May Day, celebrated between April 31st and May 1st.

Mid-summer Solstice: Litha, or First Day of Summer, on June 21st!

Lammas, or Lughmass, or First Harvest celebrated August 1st or 2nd.

Autumn Equinox: Mabon, or Thanksgiving, which used to be celebrated between September 21st and 22nd.

How to Choose Ritual Tools

Those who practice rituals on a regular basis usually have some common ideas about where things are to be placed on their Alter, or Ritual Tray. Does that sound scary? It shouldn't. It is no different than designating your dishes to the dish rack once cleaned.

Is it necessary to have an alter or tray? No, of course not. But you may want to have some special place to put the things that you will be working with and it helps if that something is portable just in case you want to move to another room. Most of the things you will be using are beautiful and can be placed as lovely decorator items in the home. A dresser top, fireplace mantle or small cupboard will usually do for storage.

Imagine a coffee table with beautiful river rocks, a copper bell from India, scented candles and incense in a lovely container. Add some fresh flowers and Chakra music to the environment and who would ever guess that a half hour ago you were deep in personal ritual, tapping on your drum, placing sea salt in the corners of your home to reduce negative energies or planting a prayer note in a flower pot! And the few drops of water on the carpet, do you think they will guess that it is stellar (star) water?

The following lists will direct you in the placement of tools, the meanings of *some* colors, stones and flowers. I also give you *some* ideas on what tools to use.

Some people like to be dazzled by the preciseness of everything; I am not one of those people. Too much information and I am on automatic overload! I like simplicity and convenience. It is enough for me to just to know what color, or smell, I might want to use in my celebration of life and to offering up my prayers. If, on the other hand, you are one who loves details, then I encourage you to do more studying on the subject of rituals by, perhaps beginning with the study of symbolism or mythology!



'The Necklace', by John Waterhouse.

Planets & Corresponding Days and Rulings

Sunday - Sun - Health & Success

Monday - Moon - Magic & Travel

Tuesday - Mars - Military & Conflict

Wednesday - Mercury - Study & Communication

Thursday - Jupiter - Luck & Wealth

Friday - Venus - Love & Beauty

Saturday - Saturn - Calmness & Spiritual Ideas

Objects Used for Directional Placements



If you would like the objects on your tray, or alter, to *symbolize* the four directions of North, West, East and South, you shall want to place them accordingly. Certain philosophical groups who are more than willing to give you their interpretation of what elements correspond to what directions. However, none of these groups seem to agree with each other.

I suggest you use your own geographical location as the basis for direction when it comes to placing objects on your alter. For example, if you live in the north side of your city or town, you should be able to figure what direction south is, then east and west. Or, if your loved one is in the east, you may wish to place an object of love, or a picture of the both of you, in the eastern corner of your alter.

Since we all have come from Spirit into the world, perhaps you would like to use a different rendition all together, by arranging your alter contents in the shape of a tree (The Tree of Life) and placing the objects in the order below.

At the top of the tree would be Fire symbols, with Air below Fire, followed by Water, with Earth following last. This represents the Four Worlds, beginning with Spirit and ending in Physicality. It is our job in this lifetime to find our way back up through the Four Worlds and back to Spirit.

Fire/Spirit (Our Spirit): All blades forged in fire, red or orange stones or candles, wands from trees, gold, matches, brooms, torches and ashes.

Air/Thought (Our Breath): A sword or spear, arrows, slings, fans, incense, a book and pen (symbolizes written thought), letter opener, feather and wind instruments.

Water/Emotions (Our Blood): Hollow horns, rings, tea and kettle, chalice, sup, bowl, wine, Holy Water, juice, Silver, sea shells, seaweed and stones with holes in their centers.

Earth/Physicality (Our Body): Animal pelts, dirt, carved bits of wood, clay, drums, roots, wheels, pentacles, crystals, stones, grain and fruit.

Color Meanings of Alter Cloths, Candles & Objects

The alter, or tray, is most often placed in the center of the room in which you will be working, unless it is in a fixed position, such as over your fireplace. You may want to place a colorful cloth on your 'work space' before you place your objects on it. Think of it as being no different than gathering together all of your manicure equipment and arranging it on a tray before you begin your weekly toe painting ritual!

Black: Unifies physical and spirit, absorbs negative vibes. Use only when you feel negative energy surrounds you. Burn only for as long as you feel the negative energy, then switch to a color that better suits your goals.

Blue: Creates inner peace, patience, spiritual understanding, loyalty, honesty and faith.

Brown: Is grounding, heals the earth and the animals.

Green: Heals, balances, creates abundance, financial increase, eases stressful situations, persistence, fertility, growth.

Gold: Brings wealth, charisma and employment.

Indigo: Helps to enhance love to a more spiritual state between family members, and in the home.

Orange: Provides optimism, expansiveness, confidence, enthusiasm, friendship and community. Orange helps with nutritional issues and female sexuality problems.

Pink: Encourages love, attraction, affection, peace, close friendships, harmony and softness.

Purple: Adds personal spiritual perspective (as well as between friends), intuition and is calm, soothing and comforting.

Red: Represents strength, courage, steadfastness, stamina, passion, sexuality and sensuality.

Silver: Produces enlightenment during Lunar rituals.

Violet: Lends healing, better sleep, communication with higher beings.

White: Stands for purification, fidelity, transformation and love of all life. Use White when you are unsure of what other color to use.

Yellow: Helpful toward expression, freedom, playfulness, clarity, study, organization and detail.

The Use of Symbols in Ritual

Circle: Wholeness, protection and perfection.

Cross: Time for decision-making, personal sacrifice.

Spiral: Cycles of Life (the ups, downs and flows). **Triangle:** The Divine, a third element or angle, and procreation.

Square: Balance, security, optimism.

Star: The Five Elements or Five Parts of Being, guidance, insight.

The Pentagram (not considered the star as mentioned above): Protection.

Stones Mean What, Exactly?

Adventurine: Healing.
Agate: Success, happiness.
Amber: Protection, healing.
Amethyst: Compassion, clairvoyance.
Aquamarine: Harmony.
Bloodstone: Healing, physical strengthening.
Citrine: Mental clarity.
Carnelian: Physical grounding.
Emerald: Spiritual healing.
Flourite: Mental attunement, calming.
Garnet: Physical strength, assertiveness.
Jade: Healing, wisdom.
Lapis: Spirituality, intuition, royalty.
Malachite: Protection against negativity and EMFs.
heals tension, sleeplessness and depression, promotes transformation.
Moonstone: Balancing, positive lunar qualities.
Obsidian: Grounding.
Opal: Emotional clarity.
Peridot: Mental and physical healing.
Quartz Crystal: Spiritual attunement.
Rose Quartz: Emotional balance.
Ruby: Strength, health, spiritual passion.
Sapphire: Devotion, spirituality.
Selenite: Dreaming skills, intuition, meditation.
Topaz: Expansion, knowledge.
Tourmaline: Purification, healing.
Turquoise: Healing, balancing.



Visit my website, at www.thecaptainlady.com, to download my e-book, '**Stone & Crystals for Highly Sensitive Women**' for complete information on stone and crystal uses for healing, including which stones coincide with, and energize, your personal zodiac sign!

Plants, Flowers & Grains for Alter & Home!

Apple: Health and vitality.
Black Tea: Strength
Chamomile: Calming
Corn: Harvest, Abundance, fertility and blessing.
Daffodil: Childlike joy and laughter.
Daisy: Innocence and happiness.
Grains: Prosperity and renewal.
Green Tea: Health and Energy
Iris: Delicate sensuality.
Lily: Purity and perfection.
Lily of the Valley: Springtime and new life.
Marigold: Joy and longevity.
Peach: Immortality, marriage and emotional tenderness.
Pomegranate: Fertility and unity of diversity.
Rice: Good fortune.
Rose: Love.
Seaweed: Employment opportunity
Sunflower: Optimism and joy.
Thyme: Strengthening
Tulip: Vitality and sensual love.
Violet: Trust and tenderness.
Wheat: Abundance and harvest intuition.

Essential Oils & Incense for Space Clearing

Bergamot: Calmly uplifts.
Cedar Wood: Relaxes, draws good things.
Eucalyptus: Tonifies, heals, cleanses, protects, energizes.
Fennel: Warming, positive success.
Fir: Cleanses
Frankincense: Spiritual Clarity and Will Power
Geranium: Balancing
Honeysuckle: Encourages eloquence.
Juniper: Purifying
Lemon: Alertness, alertness, purification.
Lemon grass: Cleanses
Lime: Invigorating

Lavender: Soothing
Myrrh: Inspiring
Neroli: Reduces stress
Orange: Uplifting
Passion Flower (herb or tea): Overcomes negative feelings.
Patchouli: Sensuous, grounding, stabilizing, wards off negativity.
Peppermint: Refreshes
Pine: Cleanses
Rose: Loving
Rosemary: Stimulating
Sage: Purifies, Drives out evil.
Sandalwood: Releases fear
Vanilla: Sensuality and happiness.
Ylang Ylang: Comforts



When others test your patience, or endurance, combine Lavender, Frankincense and Vanilla! Experiment with your own combinations. Wear them in amulets around your neck or waist. Slip them under your pillow. Stash them in your car!

Smudging

Fire burns away impurities, while smoke carries those impurities and bad spirits away from us. When smudging, light the incense, herbs or smudge stick (usually sage). It is often safer to light the herb in a shell or fireproof dish, rather than to hold it.

You can use a feather, or just your hand, to gently wave the smoke from the dish so that it is pushed into the air about the room as you walk through the house in a space clearing ritual.

Cup the smoke and waft it over your face like you would water, keeping your eyes closed if you are sensitive to smoke at all. Smudge over your eyes to see the truth, your ears to hear the truth, your throat to speak the truth, and your heart so that it is opened.

How To Make Elemental Water

You may use bottled spring water placed in a glass, or ceramic bowl, but *not* a metal one. Metal belongs to another element, Earth.

On a bright night, when the sky is full of stars, set your bowl of water outside, or on the windowsill, for at least an hour in order to absorb the star light. Stellar (star) water is good for making dreams come true and bringing joy into one's life. You can store your water on your altar, but make sure it stays fresh and re-energize it every so often by spiraling (stirring) the water.

You can do the same for Lunar (moon) water when the moon is bright. Lunar water is good for healing. It is gentle.

You might also add some flower essences to the water such as Bach Flower essences, especially if you would like to use a flower in your ritual that is not readily available.

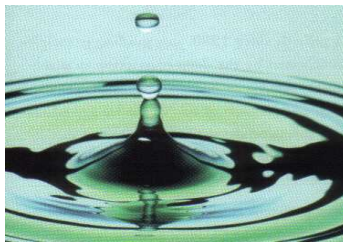
For Solar (sun) water, do the same while the sun is bright. Leave your water in the rays for at least an hour. You can even drink it if you need a lift (see below), but make sure to have kept it covered in some way, for sanitary reasons.

To sprinkle your *holy water* around the house, use a twig or your fingertips.

Making Rainbow Water!

One way to internalize color is to drink it! Gather together at least 7 or 8 glass jars or bottles (with covers). Colorful wine bottles will work just as well. You can wrap clear bottles in colored cellophane. You may also purchase colored filters from color therapy suppliers.

Fill your colored bottle with pure water and place it upon the windowsill, with a cover on the top so insects can't get in, for at least one hour in daylight. Bless the water with a prayer of thanks for its healing properties (as indicated below) and after your hour is up, drink it down! You can also store it in the fridge for later, but drink it within 24 hours.



Red Water or Orange Water helps sciatica, cold extremities, anemia and lethargy. It is not for those with high blood pressure.

Yellow Water helps constipation, motor nerves and digestion.

Green Water helps to relieve head colds, allergies, skin rash and broken heart.

Blue Water helps with kidneys, throat and mouth problems, colitis, hot flashes and sunburn.

Indigo Water helps headaches, tired eyes and tension.

Violet Water helps rid the body of tension and the mind of emotional difficulties.

Magenta Water helps with energy and circulation.

Uses of Rain, Sand & Willow

Rain - Use winter rain for courage and endurance, Spring rain for love and attraction, Summer rain for playfulness and sexiness, and Fall rain for enthusiasm, thankfulness and closure. Rain water used as a hair rinse after shampooing makes hair so very soft!

Sand - Use sand to bring like-minded people into your life. Sprinkle it in your plant pots and watch your friendships grow or place sand under candles as an attractive centerpiece.

Willow - Have you ever seen those wonderful curly, naked branches they have in gift shops they hang crystals or tree ornaments from? Usually they are Grapevine branches, but Willow branches are used as well. Although dead flowers and plants can bring negative energy into you home, Willow helps us to adjust to new situations. You might stand under a willow tree until you feel stronger. Tell the tree your problems. Trees offer much wisdom. Be sure to thank the tree if you pull off a few leaves!

Kitchen Magic!

Items right in your very own kitchen have very specific meanings and can help you to ward of ills and increase energy wellness in your home! Just skim down the list and see if there is anything that appeals to you. Need some money? With your last few pennies, buy a couple of Green Apples and place them where you can see them until you are ready to eat them. Need some protection? Tuck a bulb of garlic somewhere. Want someone to be more playful? Place a bowl of nuts within their reach.

Allspice: Success.

Apple (Green): Prosperity.

Apple (Red): Love and fame.

Apricot: Rejuvenation.

Avocado: Calm and beauty.

Basil & Bay: Protection.

Blueberry: Strengthening

Cilantro: Awareness, creativity.

Cinnamon: Prosperity, luck and favor.

Clove: Stopping slander.

Dill: Spices up sex life, money

Fennel: Success in many things.

Garlic: Protection. Drives away evil

Ginger: Success.

Honey: Luck, fortune.

Lemon: Love, beauty, purification.

Lemon Drops: For wooing.

Marjoram: Lifts depression

Milk: Job success

Mustard: Good memory.

Nutmeg: Increases chances of winning and good luck.

Nuts: Playful communication.

Olive: Longevity.

Onion: Dispelling anger.

Paprika: Healing and loyalty.

Parsley: Purification and other-worldly communications (can tone down unwanted ghostly activity).

Peanuts: Fertility.

Pepper: Raising energy.

Pineapple: Friendship.

Potato: Grounding.

Rice: Protection.



Honey on a Plate

Salt

Salt F.Y.I.: Using salt to ward off evil may seem superstitious, but no more so than using cinnamon for prosperity. Salt is known to absorb negative energies when placed in the Southern, Western, Eastern and Northern corners of your home, or the room you are clearing. Salt is to left in place for 24 hours and then removed and discarded down the sink or toilet. Never keep the salt, or reuse it, and whatever you do, don't eat it!

Tomato: Contemplation.

Valerian: Peace.

Vanilla: Beauty and love.

Wheat Flour: Financial security.

Witch Hazel: Focus.

Yeast: Expansion.

Before You Begin Your Ritual

When you are going to *spiritually* clean your home or environment, it helps to make sure that all the material clutter is cleared away and the garbage is taken out. It may be wise to include house cleaning as a precursor to your ritual, especially when performing a space clearing ritual. Have you ever heard the saying, "Cleanliness is Godliness?"

Before beginning your space clearing ritual, you might want to bathe in order to wash away any negative 'vibes'. Some choose to do this afterwards rather than before. It is a way of purifying yourself before (or after) the process of purifying your space. Put on some comfortable, relaxed fitting clothes.

Put out a 'Do Not Disturb' Sign and don't answer the door! Turn off all radios, televisions, washers, dryers, telephones and anything else that makes noise. Put the family pet outside or in a separate room.

Might I suggest telling your home what it is you plan on doing? I know this may sound weird, but your home has it's own energy and that energy responds to everything you do. Make a little announcement of your intentions. If you intend to bring more love into your home, tell your home this is what your purpose is. Your home will work with you in achieving your desired results. (Yes. Just mumble something out loud and it will understand you.) Put on some soft background music (no lyrics) and you are almost ready!

Blessing Your Ritual

This is very personal. There is not way I could presume to tell you what to ask for and how to ask for a blessing from our Creator. This is between the two of you. You will want to be in a state of love and grace during your ritual and protected from any negative forces. Therefore, a moment of spoken prayer, whether silently or verbally spoken, is necessary, I feel, for peace of mind and for focusing on one's intentions. It is also a good way to signify your ritual's beginning. Remember, ritual is a prayer in action. It only goes to say that you must make your intentions known.

A Little 'Blessing' Trivia!

The Wiccan saying, "So mote it be", means, 'it must be'.

The Hebrew word, "Amen", means, 'so be it'.

Abracadabra comes from ha bra chah da brah (Hebrew), meaning, "speak the blessing".

The Ritual

As stated before, if you prefer not to use tools, or don't have anything on hand, you may perform a ritual without ever making a sound and without using anything other than your hands! Your own body, internal voice and thoughts are enough.

You can use your hands to perceive negative energy. How? Rub your hands together until you feel them warm up. Then, cup your hands as though you were holding an invisible ball. Your fingers should be about an inch away from each other at the tips. When you pull your hands apart you'll feel less energy between them. When you close them over the 'ball' you will feel more energy. The feeling is subtle, but it is there. Your hands can work the same way to feel the energies in your home by reaching high and low as you flow through your rooms, sort of like a psychic barometer.

Many times, what your hands don't tell you, your spirit will. Something just doesn't feel right. When you run across an area in your home that feels heavy, or negative, during a

space clearing, you can clap your hands to break up the congestion, rather than use a drum or bell, and then sooth that area with your hands just the same way you would pet a cat, with soothing downward waves of your hands.

You can use the information in **‘Creative Ritual for Highly Sensitive Women’** for ideas on what you might want to use in your ritual. When using tools, choose your tools based on your intention, or ritual purpose, and the kind of 'vibe' you wish to create. For example, if you want to create and atmosphere of love and invite more tenderness into your home, you might wish to use different shades of pink in your cloth, candles and flowers. You might choose Rose Flower Essence in Lunar (Moon) water, a feather for Air, a chalice for Water, a Rose Quartz for Earth and a piece of gold jewelry, or incense (Ylang Ylang), for Fire. And, you might perform your ritual on Saturday.

After Your Ritual

Give a prayer of thanks to your Creator. Again, whatever you say in your 'closing' is very personal. Remember, a happy heart is an open one and gratefulness is a cure for many ailments! As ritual is a prayer in action, you'll want to say your 'Amens', at least.

It is time to go wash your hands, up to your elbows, shake them dry and breathe happily. What you are doing is getting grounded again after your spiritual experience. It is now that some choose to bathe.

Holy water (that you created) can be left in glass containers around the house, but don't ever let the water stagnate. And, never leave candles unattended. You can let them burn all the way down, and you should, but make sure you are in attendance. I use votive candles because they burn down in a reasonable length of time, come in many colors and fragrances. Make sure the salts that were used during the ritual are thrown out within 24 hours. Flowers can be left out as a symbol of beauty for as long as they are fresh.



Exercises for Immediate Spiritual Protection

Exercise #1 - The Two Arm Cross

To avoid negative energy from draining you as much, cross your arms over your chest (heart and upper stomach region). This protects the Solar Plexus Chakra, which processes your feelings and gut reactions. We naturally do this without even thinking whenever we are afraid or anxious. It actually protects us from negative energies!

Exercise #2 - The Dragonfly

This works great for when you finally get that moment alone! Pretend you are a dragonfly. Reach up and gently hold on to the tips of both wings. Now, bring them down and fold them around you. Imagine your wings draping you from your head to your toes. Do this a few times until you feel cocooned, safe and warm!

Exercise #3 - Put on God's Armor!

Pray. The power of the Creator is stronger than any other force!

"My enemies come out at night, snarling like vicious dogs as they prowl the streets. They scavenge for food, but they go to sleep unsatisfied. But as for me, I will sing about your power, I will shout with joy each morning because of your unfailing love. For you have been my refuge, a place of safety in the day of distress." - Psalm 59: 14-16

Exercise #4 - Light & Mirrors

Imagine your body full of a loving 'White and Gold' light that lights you up from the inside out, bursts from the tips of your fingers and toes, and swims around you like a warm blanket! Know in your heart that this is 'God' in you. For extra protection, now imagine that you are wearing a velvet cloak, in which the outer side is made up of mirrors. These mirrors can be a single sheet, many singular ones, or in so many numbers that they glitter like diamonds. You decide. These mirrors are there to deflect any negativity sailing your way! These techniques can be used separately, but together are a double whammy to any negativity that would try to harm you.

Some *Fun* Protection Projects for The Family!

Plant a Prayer!

Write your prayer to God and plant it in a houseplant so it can take root! (Hey! Don't knock it until you've tried it!)

Paint a Marking Stone for Protection!

Take a rock or two and paint a symbol of protection on them. Place them by each door of your home to ward off negative energies. Don't know what symbols to use? Try painting a fish symbol or a cross! Write PAX on one, or just the word, 'Peace', because that is what it means. Put some paint on your hand and place your very own paw print on your rock to indicate to all negative spirits that this is your space and to clear out!

Put Salt in Your Pockets!

If it works for the home at warding off negative energy, it will work for you too! Just remember to dump it down the sink after 24 hours!



Eleanor Fortescue Brickdale, 'The Little Foot Page'. 1905.

An Invitation...



John William Waterhouse (1849-1917). 'Lamia'.

You are invited to visit The Captains Lady at www.thecaptainslady.com for Energy Wellness Tips, All-Natural Product Links and complimentary suggestions on improving your personal, physical and environmental energy wellness!

May Love & Energy Be Yours!

-Mari

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