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The holy book of women's mysteries

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## Self-Blessing Ritual

**T**HIS RITUAL should be performed before doing any magical work.

Begin after sundown. Prepare your altar with two white candles anointed with van van oil, blessing oil, or your favorite ritual oil. The altar is dressed in white and the chalice is filled with half wine and half water. Sprinkle salt on the floor and stand barefoot upon it.

Light your altar candles, saying: "Blessed be thou, creature of fire." Light meditation incense or peace incense.

Dip each forefinger into the chalice; touch your forehead, and say: "Bless me Mother, for I am thy child."

Dip your fingers again and touch your eyes, saying: "Bless my eyes to see your ways."

Dip again and touch your nose, saying: "Bless my nose to smell your essence."

Dip and touch your mouth, saying: "Bless my mouth to speak of you."

Dip and touch your breasts, saying: "Bless my breasts, formed in strength and beauty."

Dip and touch your genitals, saying: "Bless my genitals that create life as you have brought forth the universe."

Finally, dip and touch your feet, saying: "Bless my feet that I may walk on your path."

Take a little time before extinguishing the candles. You shall experience a surge of energy and lightness of heart. Blessed be.

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# The holy book of women's mysteries

by Budapest, Zsuzsanna Emese, 1940-; Huston, Jan



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