

Connecting with the Power of SPIRIT

ASSIGNMENT THREE – Connecting with the spirits

Today, you will write a letter to an ancestor or departed loved one. This is a great way to connect with the spirits that are closest to you, and communicate messages that they can receive through the ethers.

You will need:

A fireproof container, or a fireplace/firepit

Paper

Pen

Envelope

Lighter

Candle

If space allows, you can do this at your altar. Otherwise, just find a quiet space to work in.

Light your candle and smudge your space, while you reflect on what message you want to convey to the being you are writing to. For example, are you looking for guidance or help, asking forgiveness, or simply expressing love and gratitude? Now you will pen your thoughts onto paper. When you have completed your letter, fold it up and place it in your envelope. Write the name of the receiver of this message on the envelope.

Light the letter in the candle's flame, place your flaming envelope into your fire proof container and sit watching your messages being delivered to spirit through smoke, flame and intention.

Blessed Be!

In the coming days, pay attention to your dreams, recurring incidents or themes for you may receive an answer to your message.

