

The Power of Positive Thought and Manifestation

“Stop focusing on the past. Embrace your new circumstance, with new possibility of fulfillment and happiness.”

Divine Prescriptions by Doreen Virtue

EAs we begin this season of inner illumination, thankfulness and rest from the long planting and harvesting seasons, it is time to entertain angels and embrace our higher senses. Inner work need not be so ethereal that the body and mind cannot reap rich rewards from inner awareness and spiritual practices. Many complain that meditation, intention and affirmation seem dry and without sensual rewards, as we often “feel” in ceremony. My reply would be to put ceremony, magic and visualization together to create your own kind of smorgasbord of continuing eternal education.

I always recommend bringing the sense; sight, smell, touch, hearing and taste into any ritual that involves mind-body-spirit work. It is good to remind ourselves that our Deity always intended us to multi-task, not be so one dimensional. Growth continues to take us away from thinking so black and white, to allow us a stairway into higher realms. The senses are all doorways into the divine within. One of my teachers was fond of saying, “In spirit we hear with our eyes and see with our ears.” I have found that to be so true. Reversing our knowing and then turning it on its ear is always a sweet way to roust out all the dust bunnies hiding inside with our fears. Let me offer some specific ideas about ceremonies and components of, that might get you started on the road to your own magic show!

Firstly, no ceremony is carved in stone. You can use components of nature or mankind like the elements, different stones, feathers, foods, liquids, etc. My first view of a Buddhist place of worship was a delightful thing. On the altar before Buddha I saw Hostess Twinkies,

candy bars, sodas in cans, fruit and chewing gum! My first thought of course, being Catholic, was what a sacrilege. That zipped right through my brain and I smiled because I realized the worshipers were offering sweetness to all that was holy. It was kind of a reverse fix, if you will. I was so charmed by the idea that I started incorporating food and liquid in many of my ceremonies. But, the food stuffs were not all sweet confection. Knowing that certain food groups, like the mint and citrus families, can be highly invigorating to the senses, what better way to cement a thought into our lower brain than to capture its attention with scent - which is like the breath, the first gift from God? Visual and tactile stimuli are very efficient at getting us into our memory place as well as shoving us higher into more spiritual realms in a quick fashion. And, any of us who have ever ventured into Border's knows how many CD's have been created to adjust our hearing to the higher realms. Remember to engage your sense of whimsy, your senses and especially your place of joy when entering into ceremony.

Many of my students, once they get over their difficulty in slowing down their minds, trip over how seemingly normal these ceremonies can be. They imagine high ceremony to look like the enthronement of Cleopatra! I always leave in a little mystery but, the manifestation comes forward because of activity. You can invoke and affirm but, if you do not simulate the deed, things arrive more slowly. The Universe wants to know that you are aware of what you are doing. For instance, last Midsummer, one of my classes not only came together to worship the power of the Sun, they planted it in the ground as well. Huge sunflowers, that is. We actually manifested our hopes and dreams for the harvest to come (in September) by, physically investing our hopes and dreams in the ground and in the air. With the continued growth and maintenance of the flowers themselves, we were able to realize greater manifestation of all our purposes. When such ceremonies are accompanied by flame, music, incense, invocation and water, they are unbeatable at bringing forth change.

Let me offer you a ceremony that celebrates the power of the light within as the Earth is continuing to darken with winter and change. No time on Earth is more powerful than this time. Knowing that we embrace our shadow to free up ourselves to more potential makes this an exciting time, indeed. Hence the use of masks, giving of candy, group celebration at huge harvest meals, celebration of saints, etc. Being thankful, is in itself, a huge understanding before our celestial being. By saying “Thank you,” we acknowledge the ceremony between the giver and receiver within. It is a sign to us whether we can stay in sacred balance throughout the year.

Start your ceremony by placing a white piece of paper on a level surface, preferably out of doors if you can. Horizontally across the sheet write your full name. Ceremonies of the new and full moon can be very powerful but, any time of the month you select will be strong enough for you. Our names are like our badges before God. Your name has an essence of you attached to it so, it represents you the pilgrim. Next, place a candle at the north position of the paper. In honor of the season it can be yellow, orange or green but, a white candle can handle any ceremony. The flame is what is important. It is the beacon to God. Place a living plant on your pseudo-altar, a touch of salt and a cool bowl of water. Some people like to place totems on their altars, such as bear claws, effigies of eagles, feathers, crystals, etc. Remember, this is your ceremony. Listen within and you will be given all the information you need to restore your balance with this most important exercise of your spiritual oneness with God.

I like to suggest an affirmation or invocation that might acknowledge the Four Directions - for some that might include Michael, Gabriel, Uriel and Raphael - but, that is for you to decide. Whatever the direction, you are saying that you realize that your Oneness with the Creator is above, below and surrounds you! Realize that our time to celebrate with Mother Earth is a seasonal process and incorporate such things as

represent the harvest like pumpkins, gourds, colorful leaves, etc. I would also recommend you place a list of things you are grateful for on the altar. Words mean so much to most people. Why can we not use them to represent our holy intentions from this plane of existence?

Lastly, be part of your setting. I like to remind my students that humanity has been worshiping "altars" their entire existence. It is not what is on the altar that is sacred. It is the mind-body-spirit combination that creates a combustion of energy that permeates the Universe. So, say your words, dance, sing, drink the altar water, but, realize that YOU are the ceremony. You are the co-creator with God. When you walk away from the altar, the ceremony is in you. It is a big understanding and a huge leap of faith for most people participating in any ritual. In this way, we recognize ourselves as microcosms of the greater whole. This is how we grow, spiritually, unto our own power. This is also how we learn to enhance our understanding as well as forgive and forget the past. I also recommend that ceremonies be perpetuated for 3 days or longer. Humans need repetition to remember their goals. It is like saying your prayers every night. Just in a more profound way.

My last suggestion is that you construct a sacred site inside and outside of your home so that ceremonies become a part of your life. Maybe if everyone took their "church" home with them after services each week, they would stay reminded that they are the holiness that God has ordained? In that way, the words of their mouths and the meditations of their hearts would stand steadfast long after they parted from their neighborhood churches. In the words of a preacher who advertises often on our local radio station, "Just a thought, not a sermon!" Smile.

Happy Hibernation,

Dr. Gwen MacGregor
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