

The Inner Temple

A sacred space that you can use to meditate, to perform rituals and spells, to celebrate the sabbats and more!

Inside our temple, we can experience deep connections with the Universe and with our archetypes. We can find healing, guidance, and answers.



Triskelion

1. Close your eyes and visualize a large tree (it can be any kind of tree: an oak, pine, willow, whichever). It is in front of you and its branches reach the clouds and beyond.
2. This tree is a sacred symbol. Its roots reach the center of the earth and it connects everything in the universe.
3. There's a door in the tree and you can open it. Enter and you'll see a spiral slide. You slide down and at the end there is a bright light.
4. This is your inner temple, it is your most intimate space. It may be a cave, a forest, a beach, a cloud or even a day spa. It is your place, picture it to your liking. Explore or just sit there for a while.
5. Meditate and once you have finished, imagine taking an elevator back through the tunnel and to the place where you first saw the tree. Dissolve the image.
6. Ground yourself in any way you prefer.

If you've never practiced visualization, it can be difficult to build a temple right away.

Instead, try holding simple shapes in your mind. Practice with evermore complex shapes, movements or physical attributes. Then start building a temple,