



SPIRIT GUIDES

Saged Ritual Guide



In this box you'll find:

Fair Trade Dream Catcher

Drawn down the energy of spirit and invite dreams and messages into your practice

Jamtown Drum

Channel your ancestors and journey deeply with your new drum designed for rituals

Magic Hour Lucid Dreams Tea

Allow the soothing herbs in this potent tea to open your mind and experience lucid dreams

Soapstone Oil Burner

Fill your space with beautiful scents that can transport you to your inner world

Nag Champa Wax Melt

Connect to your power and magic with wax melts in the soothing scent of Nag Champa

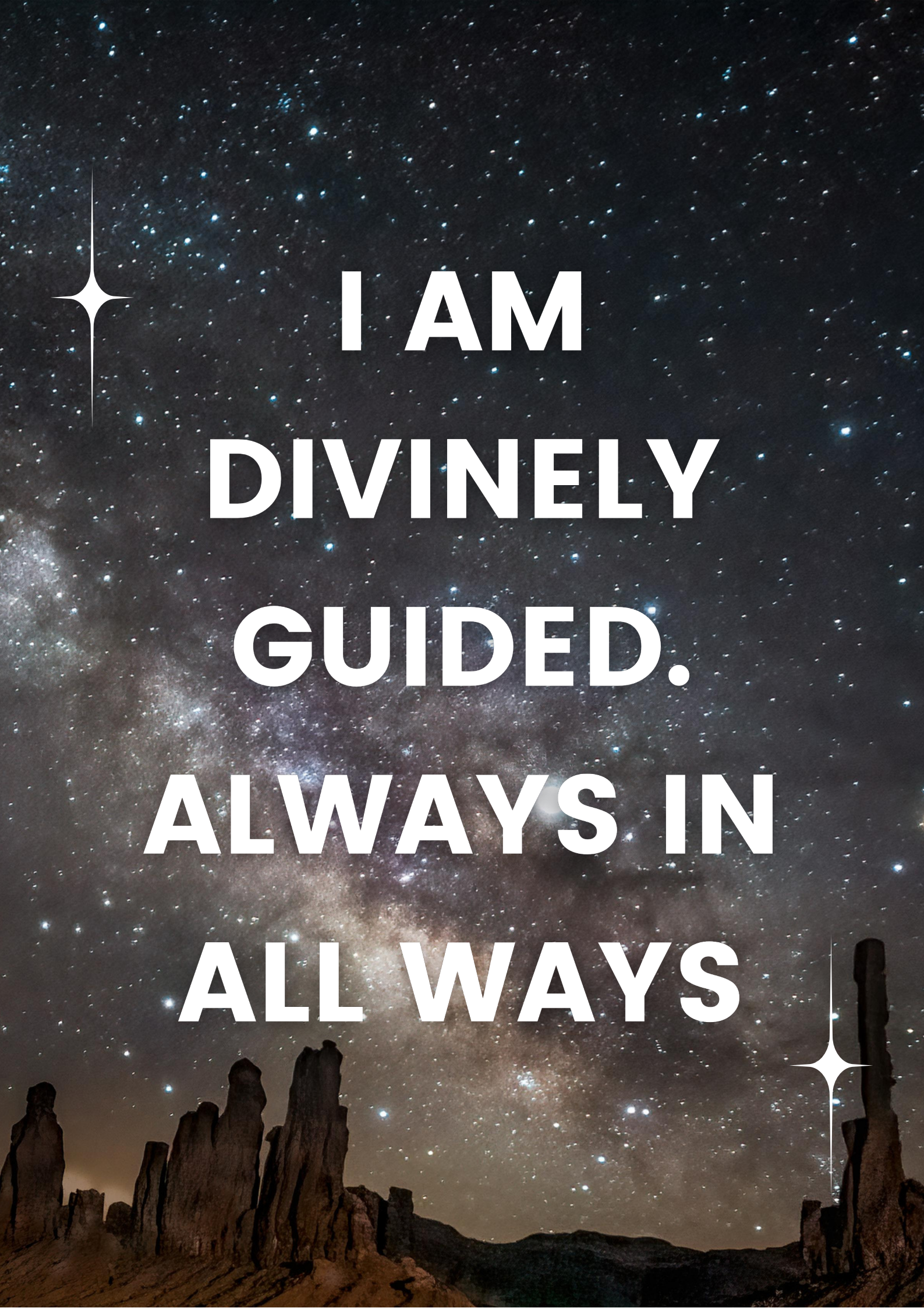
Celestite Crystal

Root to rise and open your upper chakras with this chunky and potent Celestite crystal

Starseed High Vibe Elixir

Anoint yourself with scents that will evoke your ability to communicate beyond the veil

If anything is broken or missing, please email us at help@sagedapp.com
We're a small team and mistakes happen! USPS is also unpredictable.



**I AM
DIVINELY
GUIDED.
ALWAYS IN
ALL WAYS**

Spirit guides are benevolent beings that offer guidance and support on our spiritual journey.

They come in many different forms and can be with you for a short period of time or your entire life. We ALL have spirit guides! And connecting to them, for a reason, season or lifetime, can be incredibly transformative.

Let's meet the guides

Angels are celestial beings of pure light and love, serving as messengers between the divine and human realms. They offer protection, guidance, and comfort, assisting us in times of need and helping us align with our highest potential.

Ancestors are the spirits of our lineage, our predecessors who have passed on. They carry ancestral wisdom, experience, and love, guiding and supporting us in navigating life's challenges. They provide a deep sense of connection to our roots and offer guidance for healing ancestral patterns and embracing our heritage.

Power animals are spiritual guides in the form of animals. Each power animal brings its unique characteristics and strengths, serving as teachers and protectors. They provide guidance, inspiration, and power to help us navigate our life's journey and access our innate qualities and instincts.

Ascended masters are enlightened beings who have transcended the cycle of reincarnation. They possess deep spiritual wisdom and guidance, offering teachings and support for our spiritual growth and transformation. Their presence and teachings inspire us to elevate our consciousness and embody higher virtues.

The higher self is your divine essence, the purest and most authentic part of your being. It is the spark of the divine within you, guiding you from a place of inner knowing and intuition. Connecting with your higher self allows access to profound wisdom, to receive guidance, and align with your soul's purpose. It is the ultimate guide, leading you towards self-realization and spiritual expansion. This can also be your past lives.

OPEN SACRED SPACE

Before performing any ritual, it's vital to open sacred space. And when you're finished, you must close the circle and protect your sacred space and the magic you made. To open sacred space, call in the directions and elements for guidance and support:

East // Air
South // Fire
West // Water
North // Earth
Center // Spirit

ANOINT & INTENT

With your circle open, prepare your lucid dreams tea with hot water and let it steep. As your tea infuses the water with magic, get clear on your intention for this ritual. Which guide are you looking to connect with? You can be open to whoever comes through, or you can get really specific and invite in one guide. Your intention is what will carry this ritual to completion. And while it may not happen immediately, you will have sent out an invitation from your soul to your guide to connect. They may come in a dream, in the shower, at a stop light while you're driving, or immediately in this ritual. Just be open, be clear, and be compassionate.

Anoint yourself with the elixir oil by rubbing it in where you feel called.

IGNITE YOUR INTENTION

With your intention fresh on your mind and your channels open to receive, sip on your tea. Bring the herbs into your being and allow them to clear blockages and align you with the divine.

Take your crystal tea light, lift up the top of the oil burner, and place it inside. On the bowl of the oil burner, put in a wax square and light the candle. As the wax melts and the candle burns, imagine the lines of communication being opened. You are the bridge between worlds; between the physical and metaphysical.

Allow your intention to be ignited by this flame and the scent of sacred Nag Champa filling your space.

CRYSTAL MAGIC

With your intention clear, hold your crystal over the burning wax. Set the intention for your crystal to be cleansed from any previous energy it is carrying. Then, program your crystal with your intent to connect to your chosen guide. Place your crystal in front of you as you move through the rest of the ritual.

JOURNEY TO MEET YOUR GUIDE

The truth is, your guides are always with you. But if you don't invite them to the party of your life, they're not going to make themselves known. With an invitation however, they'll show up with bells on! This part of the ritual will help you journey to meet your guide, and get out of our own way.

Place your dream catcher in front of you and infuse it with your intention to connect. Keep it there as you grab your drum or rattle and go into the journey space.

Humans have used drums and instruments to transcend the physical and connect to the metaphysical since time immemorial. Across cultures and continents, drums specifically have been a portal to the beyond.

Start drumming or rattling and close your eyes. Find your own rhythm and get out of your own way. There is no shame or judgment here. Open your heart and soul to the potential of connecting beyond and opening your world up to new magic.

Do this for about 5-10 minutes.

As you ease out of this journey space, grab your journal or make a voice note in your phone about what you've experienced.

CLOSE SACRED SPACE

To close sacred space, call in the directions and elements for guidance and support:

East // Air
South // Fire
West // Water
North // Earth
Center // Spirit



Guided Meditation



For each ritual box, there's a guided meditation just for you. Usually under 10 minutes, this meditation is an anchor for the ritual.

Listen now!



Morgan Garza

Your guide through this ritual is Morgan Garza, CMO of Saged, author, and witch. She is an embodiment of the divine feminine here to inspire you to become your own guru by stepping out of the darkness of fear and into the light of activated awareness. She's also a teacher on Saged!





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\$500 bespoke
box!!**

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