

# THE SATANIC TEMPLE

## SOBER FACTION



# THE VII RITUALS

## TST INVOCATION

LET US STAND NOW, UNBOWED AND UNFETTERED BY  
ARCANE DOCTRINES BORN OF FEARFUL MINDS IN DARKENED TIMES.

LET US EMBRACE THE LUCIFERIAN IMPULSE TO EAT OF THE  
TREE OF KNOWLEDGE AND DISSIPATE OUR BLISSFUL AND  
COMFORTING DELUSIONS OF OLD.

LET US DEMAND THAT INDIVIDUALS BE JUDGED  
FOR THEIR CONCRETE ACTIONS,  
NOT THEIR FEALTY TO ARBITRARY SOCIAL NORMS  
AND ILLUSORY CATEGORIZATIONS.

LET US REASON OUR SOLUTIONS WITH AGNOSTICISM IN ALL THINGS,  
HOLDING FAST ONLY TO THAT WHICH IS DEMONSTRABLY TRUE.

LET US STAND FIRM AGAINST ANY AND ALL ARBITRARY AUTHORITY  
THAT THREATENS THE PERSONAL SOVEREIGNTY OF ONE OR ALL.

THAT WHICH WILL NOT BEND MUST BREAK,  
AND THAT WHICH CAN BE DESTROYED BY TRUTH  
SHOULD NEVER BE SPARED ITS DEMISE.

IT IS DONE.

HAIL SATAN.

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## INTRODUCTION

### MISSION STATEMENT

THE SATANIC TEMPLE SOBER FACTION IS A PEER SUPPORT GROUP THAT  
OFFERS A SATANIC APPROACH TO RECOVERY FROM ADDICTION.

THE PURPOSE OF OUR MEETINGS IS TO FIND A BETTER WAY OF LIVING  
AND HELP OTHERS WHO MAY BE SUFFERING. OUR WISH IS TO ASSURE  
THOSE WHO ARE SUFFERING FROM ADDICTION CAN FIND SOBRIETY HERE  
WITHOUT HAVING TO EXPERIENCE THE UNDUE BURDEN OF RELIGIOUS  
DOGMA AND SUPERSTITION. WELCOME AND HAIL THYSELF!

YOU CAN FIND THE INFORMATION ABOUT OUR CAMPAIGN ON OUR WEBSITE

[THESATANICTEMPLE.COM/PAGES/SOBER-FACTION](http://thesatanictemple.com/pages/sober-faction)

WE ARE THRILLED THAT YOU MADE THE DECISION TO JOIN THE SATANIC TEMPLE SOBER FACTION (TST SOBER FACTION) AND HAVE FOUND A SAFE SPACE TO SEEK RECOVERY FROM ADDICTION.

TST SOBER FACTION PROVIDES A NECESSARY SPACE FREE FROM THE PSEUDOSCIENCE AND SUPERSTITIOUS DOGMA ENTRENCHED IN MOST MAINSTREAM PEER SUPPORT RECOVERY PROGRAMS. OUR UNIQUE METHOD IS GUIDED BY THE SEVEN TENETS OF THE SATANIC TEMPLE (TST) AND UTILIZES THE SEVEN RITUALS CRAFTED SPECIFICALLY FOR OUR RECOVERY PROGRAM APPLYING OUR DEEPLY HELD BELIEFS. THE RITUAL PROCESS PROMOTES SELF-EMPOWERMENT WHILE GIVING STRUCTURE TO EACH INDIVIDUAL'S RECOVERY JOURNEY.

ONE OF THE STRONGEST PILLARS OF TST SOBER FACTION IS COMMUNITY. BEFORE DIVING INTO THE SEVEN RITUALS ALONE, WE HIGHLY RECOMMEND ATTENDING OUR ONLINE SOBER FACTION RECOVERY MEETINGS. BY ATTENDING THE ONLINE MEETINGS YOU WILL BE ABLE TO FAMILIARIZE YOURSELF WITH THE COMMUNITY AND LEARN MORE ABOUT OUR RECOVERY PROCESS.

WHEN YOU ARE READY TO DO SO,  
AFTER A MEETING YOU CAN MESSAGE ONE OF OUR SOBER FAC-  
TION COUNCIL-MEMBERS AND LET THEM KNOW YOU WISH TO GET  
STARTED ON THE VII RITUALS.

THE COUNCIL MEMBER WILL ASSIST IN FINDING YOU AN  
ALLY TO WORK WITH YOU THROUGH THE RITUALS.  
(MORE INFORMATION ON OUR ALLYSHIP PROGRAM BELOW.)

THE SATANIC TEMPLE SOBER FACTION CREATED AN ALLYSHIP PROGRAM THAT CONSISTS OF PEERS IN RECOVERY WORKING THROUGH THE SEVEN RITUALS TOGETHER, OFFERING SUPPORT, MUTUAL GUIDANCE, AND FRIENDSHIP WITHOUT JUDGEMENT AND HIERARCHY. THE ALLYSHIP PROGRAM DIFFERS FROM COMMON "SPONSORSHIP" STYLE "STEP RECOVERY" MENTORSHIPS IN THAT THERE IS NO TEACHER/ STUDENT DICHOTOMY; ALL ARE STUDENTS AS WELL AS TEACHERS WITHIN ALLY PARTNERSHIPS, LEARNING FROM AND GUIDING EACH OTHER AS NEEDED.

## THE VII TENETS

THE SEVEN FUNDAMENTAL TENETS  
OF THE SATANIC TEMPLE  
THAT WE CHOOSE TO LIVE BY

### I.

ONE SHOULD STRIVE TO ACT WITH COMPASSION AND EMPATHY TOWARD ALL CREATURES  
IN ACCORDANCE WITH REASON.

### II.

THE STRUGGLE FOR JUSTICE IS AN ONGOING AND NECESSARY PURSUIT THAT SHOULD  
PREVAIL OVER LAWS AND INSTITUTIONS.

### III.

ONE'S BODY IS INVOLABLE, SUBJECT TO ONE'S OWN WILL ALONE.

### IV.

THE FREEDOMS OF OTHERS SHOULD BE RESPECTED, INCLUDING THE FREEDOM TO  
OFFEND. TO WILLFULLY AND UNJUSTLY ENCROACH UPON THE FREEDOMS OF ANOTHER IS  
TO FORGO ONE'S OWN.

### V.

BELIEFS SHOULD CONFORM TO ONE'S BEST SCIENTIFIC UNDERSTANDING OF THE WORLD.  
ONE SHOULD TAKE CARE NEVER TO DISTORT SCIENTIFIC FACTS TO FIT ONE'S BELIEFS.

### VI.

PEOPLE ARE FALLIBLE. IF ONE MAKES A MISTAKE, ONE SHOULD DO ONE'S BEST TO  
RECTIFY IT AND RESOLVE ANY HARM THAT MIGHT HAVE BEEN CAUSED.

### VII.

EVERY TENET IS A GUIDING PRINCIPLE DESIGNED TO INSPIRE NOBILITY IN ACTION AND  
THOUGHT. THE SPIRIT OF COMPASSION, WISDOM, AND JUSTICE SHOULD ALWAYS PREVAIL  
OVER THE WRITTEN OR SPOKEN WORD.

## THE VII RITUALS

THE SEVEN RITUALS THAT WE HAVE FOUND  
HELPFUL TO ACHIEVE AND MAINTAIN SOBRIETY

### I.

IN OUR SUFFERING, WE HAD A MOMENT OF CLARITY. WE REALIZED THAT WE HAD LOST  
OURSELVES AND RECOGNIZED ADDICTION AS OUR ADVERSARY.

### II.

WE DECIDED OUR WILL AND AUTHORITY OVER OURSELVES WOULD BE REBORN  
THROUGH ADOPTING A NEW WAY OF LIFE.

### III.

WE MADE A COMMITMENT TO TAKE RESPONSIBILITY FOR OUR OWN ACTIONS IN THE  
PAST, PRESENT, AND FUTURE, FOCUSING ONLY ON WHAT WE COULD CONTROL.

### IV.

WE ACKNOWLEDGED BEHAVIORS AND PATTERNS OF THINKING THAT WE FOUND TO BE  
UNACCEPTABLE OR UNHEALTHY.

### V.

UPON ACKNOWLEDGING THESE FACETS OF OURSELVES, WE BEGAN THE PRACTICE OF  
CONTINUAL INTROSPECTION AND MINDFULNESS.

### VI.

WE CONTINUOUSLY STRIVE TOWARDS SELF-ACTUALIZATION, SEEKING KNOWLEDGE ON  
OUR PATH TO ACT & RESPOND ETHICALLY & RESPONSIBLY IN ALL THINGS.

### VII.

AFTER FOLLOWING THIS PATH, WE RECOGNIZED OUR OWN SELF GROWTH AND SOUGHT  
TO POINT THE WAY TO THOSE WHO ARE SUFFERING.  
HEAL THYSELF, HAIL THYSELF.

## PRECURSOR

### Dedicating Your Recovery Tome

Your Recovery Tome will be a book dedicated to your recovery and the Seven Rituals.

Having a book in which you record your rituals and progress can be a very helpful tool. This tome will give you an opportunity to document your practice and track your thoughts, ideas, and observations throughout your recovery process.

When choosing your tome, you should pick a book that speaks to you.

Your Recovery Tome should feel important to you and inspire you.

Make it your own. You may even choose to craft your own book!

*The following rituals are not a replacement to professional therapy. We encourage anyone who is suffering from substance abuse to seek professional help. These rituals are purely practices that we have found helpful to our own personal growth. We find non-theistic rituals to be most beneficial when they are personally meaningful. The following rituals are suggested guidelines that we have found empowering. Many of the suggested ritual items were inspired by historical esoteric ritual practices. Feel free to talk with your Ally in recovery about making any necessary changes to fit your own personal needs.*



## **TOME DEDICATION RITUAL**

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### **Tools:**

Your Recovery Tome

White candle

Black candle

Matches or a lighter

2 red ribbons (these should be long enough to tie around your Recovery Tome)

Pen

### **Location:**

A private space.

### **Preparation:**

Begin the ritual by clearing a space for your tome and the two candles.

### **Ritual:**

Place your tome in front of you with the black candle on the left, and the white candle on the right. Carefully light both candles starting with the black candle. Place both candles on top of your tome and then recite the following incantation:

With the dedication of this book I will encourage benevolence and empathy among all people, reject tyrannical authority, advocate practical common sense and justice, and be directed by the human conscience to undertake noble pursuits guided by the individual will.

## TOME DEDICATION RITUAL

*Carefully place the two candles back to the left and right of your tome with enough room to be able to write in it. Open your Recovery Tome, and on the first page write out the Seven Tenets of The Satanic Temple:*

### I

One should strive to act with compassion and empathy toward all creatures in accordance with reason.

### II

The struggle for justice is an ongoing and necessary pursuit that should prevail over laws and institutions.

### III

One's body is inviolable, subject to one's own will alone.

### IV

The freedoms of others should be respected, including the freedom to offend. To willfully and unjustly encroach upon the freedoms of another is to forgo one's own.

### V

Beliefs should conform to one's best scientific understanding of the world. One should take care never to distort scientific facts to fit one's beliefs.

### VI

People are fallible. If one makes a mistake, one should do one's best to rectify it and resolve any harm that might have been caused.

# TOME DEDICATION RITUAL

## VII

Every tenet is a guiding principle designed to inspire nobility in action and thought. The spirit of compassion, wisdom, and justice should always prevail over the written or spoken word.

Repeat these tenets to yourself. Beneath the Seven Tenets sign your name. After this is done, close the tome and take both hands and place them on top of each other in the center of it—your right hand should go on top of your left. As you do this, say:

May its pages draw me deeper into the experience of my journey through recovery.

With your hands still placed on the book recite the TST Invocation:

Let us stand now, unbowed and unfettered by arcane doctrines born of fearful minds in darkened times. Let us embrace the Luciferian impulse to eat of the Tree of Knowledge and dissipate our blissful and comforting delusions of old. Let us demand that individuals be judged for their concrete actions, not their fealty to arbitrary social norms and illusory categorizations. Let us reason our solutions with agnosticism in all things, holding fast only to that which is demonstrably true. Let us stand firm against any and all arbitrary authority that threatens the personal sovereignty of One or All. That which will not bend must break, and that which can be destroyed by truth should never be spared its demise. It is Done. Hail Satan.

## TOME DEDICATION RITUAL

Next, take your red ribbons and tie one vertically over the cover and the other horizontally. When you're done, it should look like a present without the wrapping paper. Hold the book over your head. In a clear, confident voice repeat this:

*I dedicate this book to my process of recovery from my addictions. May it guide me well down the path of self-empowerment and be my greatest teacher. Hail Satan!*

Congratulations your book is now dedicated!

## RITUAL I

*In our suffering, we had a moment of clarity.*

*We realized that we had lost ourselves and recognized addiction as our adversary.*

IN YOUR RECOVERY TOME, WRITE OUT EACH OF THE QUESTIONS

AND ANSWER THEM FULLY ONE AT A TIME.

1. What do I want to change?
2. What pain or fear do I associate with this change?
3. What pleasure is being served by not changing?
4. What will it cost me by not changing?
5. In what ways will I be of service to myself by changing?
6. Have important relationships been placed at risk because of this problem?
7. Has this problem caused me illness of any kind?
8. What types of abuse have I or others suffered from because of this problem?
9. What feelings or emotions have I tried to control with this problem?
10. Right now, knowing the issues this problem has created in my life, why haven't I changed?
11. Have I, in a sense, worshiped drugs/alcohol? Been, in a sense, in love with the substance or belief that it would make my life better in some way? Did whatever it took to stay in constant contact with it?
12. Does this issue get in the way of me practicing Tenet I? (One should strive to act with compassion and empathy toward all creatures in accordance with reason.)
13. In this moment of clarity, do I recognize this addiction as my adversary?

## DESTRUCTION RITUAL

### Ritual Tools:

Incense (frankincense or sandalwood)

Lighter/matches

Small black tea candle

Pen

Paper

Plate (plate will be destroyed)

### Location:

A private space.

### Preparation:

Reflect on the questions you just answered.

### Ritual:

Light incense. Take 5 deep breaths. Allow yourself to become present. Take as much time as needed. Reflect on the questions you just answered. On a new piece of paper write down the substance you wish to part with. Feel free to also write down any additional feelings related to that substance. Place the piece of paper on the plate and then place the candle on top of the piece of paper.

### Say the following to yourself or out loud:

*Oh Satan, Beneficent One, Seat of knowledge and power, Indulger of Truth And Great Rebel of old,*

*Let me become as you are in myth and legend:*

*Free from tyranny and arbitrary law, Free from superstition and, mental chains,*

*Guided by empathy, compassion and reason*

*To undertake noble pursuits guided by our own will*

### Light the candle. Then say:

*These addictions offer false salvation and have clouded my mind from the true power of self. I invoke the symbol of Satan, the Morning Star, so I may be freed of these bonds. So I may once again be in touch with my true potential. Free from the self-loathing and pain created by this false salvation. Free from an addictive lifestyle. I declare \_\_\_\_\_ as my adversary and I will stand against the illusory power it has over my will.*

Meditate. Focus on the flame while the candle burns down and the wax coats the paper on the plate. Be proud of this declaration. Continue until the wax completely covers the paper or the candle completely melts. Once the wax cools break the plate in a safe environment and dispose of it as you wish.

Say: *It is done. Non serviam. Hail Satan!*

Now go do something nice for yourself, and talk to your Ally about this ritual.

## RITUAL II

*We decided our will and authority over ourselves  
would be reborn through adopting a new way of life.*

IN YOUR RECOVERY TOME, WRITE OUT EACH OF THE  
QUESTIONS AND ANSWER THEM FULLY ONE AT A TIME.

1. Now that I have recognized addiction as my adversary, do I recognize that I need to make changes in my life?
2. Is seeking justice for myself against this adversary a necessary pursuit?
3. Do I know people within my community that have found strength in adopting a new way of life?
4. What qualities do I see in these people that may have helped them with adopting a new way of life?
5. Is it possible that I too could find strength by adopting a new way of life?
6. Am I suffering from depression and fear?
7. What are my qualities and strengths that I am proud of?
8. In other areas of my life, have I exhibited behaviors that if repurposed could serve me now?
9. Could some of these behaviors related to addiction be a misdirection of a positive impulse?
10. Can I redirect the power within myself that I have at times misdirected?
11. Can I connect to the empowerment that I see within my community?
12. Am I willing to adopt a new way of life that strives towards self-care and empowerment?
13. What would stability and self-empowerment look like in my life?
14. What could this new life look like? Use your imagination to visualize. Do not limit yourself to what could be possible.
15. What does every new life need in it?

## UNBAPTISM RITUAL

*(Inspired by Shiva Honey's The Devil's Tome)*  
*Freeing Yourself From The Bondage of False Salvation.*

### Ritual Tools:

Tools to build a fire

Box

Pen and Paper

Possible tokens that could be used as symbolic  
 representations of your addiction

Votive Candle

### Location:

Preferably an outdoor area where you may  
 build a fire. A fireplace could also work or a  
 fire-safe bowl that you can burn paper in.

### Preparation:

Choose a date for your ritual. Spend a few days collecting items from your past that remind you of your former addictive life or remind you of trauma you have endured. You may also write down experiences, thoughts, or names of people you attach to this former life that you wish to part with on paper. If you do not have an area suitable for a larger fire such as a fire pit or a fireplace, the handwritten tokens are a good replacement for any physical objects that are too dangerous to burn. You may choose to use a small fire-safe bowl or indoor fireplace to burn written tokens if you are unable to have an outdoor fire.

### Ritual:

Once you have collected all of your tokens, put them into a box. If you have an outside place available, bury the box in the dirt. Alternatively, you may cover the box up with a cloth. Place the small votive candle on top of the covered box. Each day preceding the ritual, go to that spot and light the candle. Meditate on what you are freeing yourself from and what you may gain by doing so. Reflect on the questions you answered. Allow yourself to feel your emotions dealing with this addiction. Repeat this process for a few days until the candle has completely burned down. You are now ready to complete the ritual.



## UNBAPTISM RITUAL

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On the day of the ritual, dig up your box or uncover it from the cloth and place it near the area that you will have a fire.

### Create a fire.

Say,

*This fire represents my infernal will, destroying all that does not serve me.*

*Feel the heat of the fire on your skin.*

*I reject the bondage of these addictions!*

*I abandon victimhood!*

*I abandon this false salvation!*

*I accept my power!*

*Through the flame I commit to my illumination. I shed light on that which does not serve me and burn the bridges leading to nowhere.*

*Tonight I free myself!*

*Tonight I stand to reclaim my will and authority over myself by adopting a new way of life.*

Open the box and say,

*These were things that I held in my hands.*

*These were things that belonged to me.*

*These were things that I held in my heart.*

*These were things that had meaning to me.*

*These things are not dead, because they never carried life.*

*But I gave these things life, because they carried me.*

*I gave these things my memories,*

*My fears,*

*My secrets,*

*My tears,*

*My blood,*

## UNBAPTISM RITUAL

*My devotion,  
My hate,  
My forgiveness,  
My pain,  
My pleasure,  
My love,  
My disdain.*

*I am the creator of life in these things  
For without me, they would not be.  
I emancipate myself from this material slavery,  
For without my heart, these things would not be.  
I liberate myself from this endless cycle  
Of voids filled with unnecessary greed.  
I fill my voids with love and compassion.  
I fill my voids with clarity.  
I fill my voids with the beauty that surrounds me.  
I fill my voids with only that which propels me.  
Tonight I raise my arms and unshackle myself from the control these things have over me.  
A power driven by addiction, attachment, consumption, and relentless hunger for excess.  
Tonight I destroy these symbols of false salvation!  
Ave Satanas!*

Remove an item from your box. Take a moment to reflect on the feelings you have connected to this item. If you are performing this ritual with a partner, feel free to share the significance of the item. Throw the article into the fire, proclaiming,

*Non Serviam!*

Continue with each item from the box one at a time. Focus on a feeling of selfempowerment.

Be proud!

Once the final item is thrown into the fire, say,

*My power is now my own. I am free to walk a new path guided by the clarity of my own will.*

*It is done. Hail Satan!*

Collect some ashes from the fire and place them into a container as a reminder of your commitment to yourself.

These ashes will be useful in further rituals.

## RITUAL III

*We made a commitment to take responsibility for our own actions in the past, present, and future, focusing only on what we could control.*

THIS RITUAL IS ABOUT REFLECTING ON OUR LIVES AND BEHAVIORS TO TAKE STOCK OF ANY DESTRUCTIVE PATTERNS WE MAY HAVE. IT IS NOT ABOUT SURFACING FEELINGS OF SHAME OR GUILT, BUT RATHER RECOGNIZING THAT PEOPLE ARE FALLIBLE AND TAKING RESPONSIBILITY FOR OUR ACTIONS. THROUGH SELF-REFLECTION WE MAY FIND AREAS WITHIN OURSELVES THAT WE CAN STRIVE TO IMPROVE UPON. IT IS RECOMMENDED TO WORK ON THIS PROCESS WITH SOMEONE ELSE IN RECOVERY THAT YOU CAN TRUST.

### Questions:

#### PAST

##### *Resentments*

Write down the name of a person, place, or thing you may be holding any resentments towards. Think about the event that has led to your current resentment towards this person/place/thing.

Below the name write out and answer the following questions. If there are multiple events that have led to resentments against one person/place/thing, then deal with one event at a time. Start with the first event that comes to mind and answer the questions fully, then repeat the following questions for each other event related to that individual. You may not have an answer for each question. This is ok and can be expected for some situations. What's important is that we reflect to see if there is something that is uncovered from the question.

## RITUAL III

**Activating event** - What is the Activating event?—What happened? What did I do? What did others do? What idea occurred to me? What emotions were I feeling?

**Beliefs** - What do I believe about the Activating event? Which of my beliefs are helpful/self-enhancing beliefs and which are dysfunctional/self-defeating beliefs?

**Consequence** - Am I feeling anger, depression, anxiety, frustration, self-pity, etc.? Am I behaving in a way that doesn't serve me? (drinking, attacking, moping, etc.)

**Dispute** - Dispute the Beliefs to find which may be irrational—What is the evidence that my belief is true? Did I have a part to play in this event? If I re-evaluate the event, in what ways could my beliefs be inaccurate? It's important to note that not all resentments necessarily have a part you played in them. This is especially true for people who have suffered from abuse. Many of these questions may not apply to some resentments. This is not about blaming yourself for the actions of others. It is to challenge yourself to think critically on your feelings from your past and possibly gain different perspectives.

**Effective New Belief and Emotional Consequence** - What helpful/self-enhancing new belief can I use to replace each self-defeating or irrational belief? Was there something I could have done differently? What are my new feelings?

Here is a simplified example of what an ABC process could look like for a resentment:

1. *I resent my neighbors*

a. *Activating event - My neighbors were being loud so I went and yelled at them.*

b. *Irrational Belief - They SHOULD'N'T be making that noise.*

c. *Consequence - I feel angry and irritable.*

d. *Dispute - Why shouldn't they make any noise? Was shouting at loud people the healthiest and most logical choice?*

## RITUAL III

*e. Effective New Belief - People do make a lot of noise sometimes. It's what they're good at. I will choose to not let this upset me so much and to try and react rationally.*

An example for a resentment towards yourself may look like this:

1. *I resent myself*

*a. Activating event - I tried to do something and failed.*

*b. Irrational Belief - I should have been successful. I should always have success.*

*c. Consequence - I feel depressed and upset with myself.*

*d. Dispute - Where is it written that I'm not allowed to fail at things?*

*e. Effective New Belief- It isn't realistic to think that I will always be successful at everything I do. I am allowed to fail, and I can benefit from learning from those failures. It doesn't serve me to beat myself up about my past.*

3. Repeat 1 & 2 for each person, place, or thing you may be harboring resentments over.

Has this revealed any patterns?

### *Harmful Actions*

1. Write down the name of someone in your past that you have harmed or wronged. This may also include harm you have done to yourself.

2. Think about the event when you wronged this person. Below their name write out and answer the following questions. If there are multiple harmful actions against one person, deal with one

## RITUAL III

at a time. Start with the first event that comes to mind and answer the questions fully, then repeat the questions for each other event related to that individual.

- a. Action - What did I do to harm or wrong this person?
  - b. Belief - What was my reasoning for this action? What drove me to act in this way?
  - c. Consequence - How did this affect this person?
  - d. Dispute - How was I selfish, dishonest, manipulative, or inconsiderate? How do I feel about these actions today?
  - e. Effective New Belief and Actions - What could I have done differently? What actions can I take to not behave this way in the future?
3. Repeat 1 & 2 for each person you feel you have harmed in your life.
  4. Has this revealed any patterns?

## PRESENT

### *Reflection*

1. What do I think of myself? Do I think of myself as a generally good person? Do I mostly think of myself negatively? Do I think of myself as a good friend, partner, member of society? Do I think I can be a better person?
2. How do I think others view me?
3. How do I see my relationships with other people?
4. What goals and plans do I have for the future?
5. How do my past resentments affect my current self?
6. Is it possible that by holding onto some of these resentments I am allowing myself to live in emotional bondage?

## RITUAL III

7. What can I do to move past these resentments?

8. What emotions do I feel right now?

### *Character Assets*

1. Write about friendships you have nurtured and people you have helped. Follow the steps below for each person you have positively impacted.

- a. Write down the name of a person you have helped.
- b. Below their name write down the ways you have helped that person.
- c. What character traits motivated you to act this way?
- d. What emotions does this invoke?

2. List things you are generally proud of; healthy accomplishments.

3. Write about things that you are passionate about.

4. Write down any talents that you have such as music, writing, riding, mechanics, etc.

5. Write down your abilities/ positive character traits such as creativity, organization, sense of humor etc.

6. What are some of your strengths physically or emotionally?

7. Write down 10 things you are grateful for.

8. Looking at the above questions, what are some of your character assets such as empathy, integrity, compassion?

## FUTURE

### *Fears*

1. Write down a fear that you have in as much detail as needed.

2. Below that fear write down a distorted core belief related to that fear.

## RITUAL III

For example, if your fear is “I can’t keep a job,” the distorted core belief may be “I am incompetent”. Another example is, “Being alone,” and the distorted core belief may be “I am unlovable”.

3. Write down an alternative realistic belief. For example, if your distorted core belief is “I am incompetent” an alternative realistic belief could be, “I am capable of learning just like everyone else. There are several things I’m knowledgeable about.”

Here is what an example may look like:

*1. Fear - I can't keep a job.*

*a. Distorted Core Belief - I am incompetent.*

*b. Alternative Realistic Belief - I am capable of learning. There are several things I'm knowledgeable about.*

Once you have completed all of this, go over it fully with an Ally in recovery that you can trust.



## PROTECTION TALISMAN RITUAL

### Tools:

An object to designate as your talisman. This may be anything such as a stone, a coin, or a piece of jewelry. Find an object that suits you best.

Ashes from Ritual II

3 candles

Lighter/matches

Small bowl of water

Small empty bowl

Teaspoon of sea salt

Small towel or paper towel/napkin

### Location:

A private space.

### Preparation:

Spend three days reflecting on your answers to the questions for Ritual III and deciding on the object for your talisman. On the first of the three days reflect on your past and your past behaviors, on the second day reflect on your present and how you think of yourself and your current relationships, and on the third day reflect on your future and your goals.

### Ritual:

Place the three candles in front of you towards the front of your altar space. Put the ashes from Ritual II into one of the small bowls and place it on the left side of the altar. Put enough water to submerge your talisman into the second small bowl along with a teaspoon of sea salt. Place this bowl towards the right of the altar. Place your talisman in front of you at the center of the altar.

Light the candle farthest to the left and say,

*This candle represents my past resentments. As I watch it burn, so too do I see my past resentments burn away.*

Pick up your talisman and place it in the ashes. Rub the ashes over your talisman and say,  
*From these ashes I am reborn. I free myself from the bondage of past resentments to live unburdened by those people*

## PROTECTION TALISMAN RITUAL

*who may have harmed me, from institutions that may have harmed me, and from past events that are out of my control. My past can no longer hurt me. I am now in control. I am now free.*

Light the second candle and say,

*This candle represents my present. I now can clearly see my strengths, accomplishments, and talents. I will nurture positive relationships, nurture myself, and recognize that I am good.*

Take your talisman out from the ashes and hold it in the smoke above the flame of the second candle taking care not to burn yourself. Say,

*With this flame I set alight my positive assets. When negative thoughts encroach upon my mind, I will remember how today I am good and how this flame will burn forever in me.*

Place your talisman back down in front of you to cool. Light the third candle. Say,

*This candle represents my future. Its flame burns away my fears and with its rising smoke, the many possibilities for my future happiness and wellbeing rise before me.*

Pick up your talisman and submerge it in the salt water. Say,

*I cleanse myself of the dysfunctional patterns and behaviors that have allowed me to harm myself and others. I wash away self-defeating thought. I heal myself of the harms inflicted upon me.*

Take your talisman out of the water and dry it off. Hold it in front of you and process and reflect upon the steps you have just taken. When you are ready complete the ritual by saying,

*As Lilith refused to be held down, rose above fear, and chose freedom, so do I. I am now freed from my past, steady in my present, and empowered to embrace my future. It is done. Hail Lilith!*

You now have a talisman to keep with you as a reminder of your progress, all of the hardships you have overcome, the good within you, and the good you put out into the world.

## RITUAL IV

*We acknowledged behaviors and patterns of thinking that we found to be unacceptable or unhealthy.*

AFTER TAKING A DEEP LOOK AT OUR PAST, PRESENT, AND FUTURE, WE MAY HAVE SEEN PATTERNS OF DESTRUCTIVE BEHAVIORS. NOW WE WILL LOOK THROUGH OUR RITUAL III QUESTIONS TO FIND ANY POSSIBLE CORE UNHEALTHY CHARACTER TRAITS THAT HAVE LED US TO THOSE DESTRUCTIVE BEHAVIORS.

Remember this is not about creating guilt or shame, it is about identifying core issues to better address them for self-growth. When we embark on self-improvement, it helps to know specifically where to start.

Below is a list of examples to help you identify unhealthy character traits to answer the following questions:

***Selfishness, Ignorance, Judgment, Avoidance, Dishonesty, Aggression, Jealousy/Envy, Entitlement, Apathy, Manipulation, Arrogance, Insecurity, Self-hate, Vindictiveness, Impatience, Self-pity, Blame, Stubbornness, Paranoia.***

Don't limit yourself to only the above listed character traits. Take the time and effort to think for yourself and use your own words to answer when needed.

1. Look only at the Beliefs under the Resentments section. If there is a dysfunctional belief related to that resentment, write down in one or two words what you would describe as an unhealthy character trait involved with that dysfunctional belief or action that led to this resentment. Make a list of these traits for each resentment if possible. It is likely this process will have a lot of repetition.
2. Continue the list with the same process but this time only looking at the Beliefs under the Harmful Actions section.
3. Continue the list with the same process but this time only looking at the Distorted Core Beliefs under the Fears section.

## RITUAL IV

4. Now that you have completed this list, look for the unhealthy character traits that have been written more than once or traits that can be put under the same umbrella. This creates a list of your major unhealthy character traits.

Try to avoid looking at this list with judgment. All of these traits served a purpose at one point in your life. Have compassion towards yourself. These are survival mechanisms that have become old and outdated. If you want to replace them with new ones, you need to start to let go of any shame or guilt you have around possessing them. Now we look at our list to see what new goal character traits we can build to counter our unhealthy ones. We seek to grow and improve ourselves, not amputate parts of who we are.

5. Next to each unhealthy character trait write down a positive character trait you can work towards that would combat the unhealthy one. Look over the Character Assets section of Ritual III for inspiration. You may find traits that you know you already possess that can be nurtured for self-growth. For example, if one of your unhealthy character traits is “Selfish” you could write down “Compassion and Empathy” next to it.

6. Reflect on new behaviors and actions that you can take to help facilitate these new healthy character traits.

## BIND, CUT, BANISH RITUAL

*(Inspired by Shiva Honey's The Devil's Tome)*

### Ritual Tools:

5 candles	A bowl that you can burn something in
Rope/ ribbon	A knife
Matches/lighter	Music player
	Incense

### Location:

A private area with enough space to make a circle of candles for you to sit in the center of.

### Preparation:

Prepare an hour-long playlist of music that will help empower you to make the needed separation of unhealthy traits. The intention is to find music that you connect to emotionally. If certain songs are triggers that give you a desire to drink or use, it may be best to avoid those. Find the tone that works best for you.

### Ritual:

Prepare your ritual space. Turn on your playlist. Make a large circle with the 5 candles.

Place the rope, knife, and fire bowl in the center of the circle.

Say, *I am protected. I am determined*, as you light each of the candles.

Light the incense and walk it around the circle. Finally, put the incense in the center of your circle with the rope and knife.

Sit at the center of the circle. Meditate on your core unhealthy character traits and the new positive traits you strive to work towards.

Chant, *These hands have harmed me. These hands have bound me to self-destructive behaviors*, as you carefully bind your hands.

Be sure to not bind yourself too tightly. Be sure that you are still capable of removing them yourself and will be able to cut the rope safely. These bindings are symbolic and do not need to literally bind you.

## BIND, CUT, BANISH RITUAL

Chant, *These feet have kept me here, these feet have hung me up*, as you bind your feet.

Allow yourself to go deep into suffering you have felt. Allow yourself to fully feel all emotions that arise. Cry. Scream. Allow yourself to let it all out.

When you are ready, begin to reflect upon your list of new healthy character traits. Remember your character assets. Visualize positive actions that may help you strengthen these new character traits. Be empowered by these thoughts.

As you safely cut the rope to free your hands, pick up the blade and chant,  
*These hands now free me. These hands now protect me. I cut the cord. I take my power.*

As you safely cut the rope to free your feet, chant,  
*These feet will move me from pain and danger.*  
*These feet will lead me towards a life of recovery.*  
*I cut the cord, I take my power.*

Light the ropes with the encircling candles and place them safely in the fire bowl.  
Sit and meditate while you watch the ropes burn.

## RITUAL V

*Upon acknowledging these facets of ourselves, we began the practice of continual introspection and mindfulness.*

RITUAL V IS THE FIRST “MAINTENANCE” RITUAL. THIS MEANS THAT THIS RITUAL IS AN ONGOING PROCESS TO HELP KEEP YOURSELF ON TRACK TO PERSONAL SELF-GROWTH. IN THE FIRST PART OF RITUAL V, WE TAKE WHAT WE HAVE LEARNED FROM OUR PREVIOUS RITUALS AND STRIVE TOWARDS IMPROVEMENT AS WELL AS VISUALIZE GOALS. THE SECOND PART OF RITUAL V IS TO BEGIN TO ENGAGE REGULARLY WITH THE PRACTICE OF MINDFULNESS AND INTROSPECTION. THE PRACTICE OF MINDFULNESS HAS BEEN DEMONSTRATED TIME AND AGAIN TO BE BENEFICIAL TO MULTIPLE AREAS OF ONE’S MENTAL HEALTH. NONE OF THESE RITUALS EXIST IN A VACUUM. THEY ARE ALL IMPACTED BY EACH OTHER.

### **Visualization**

1. On the top of a page in your Ritual Tome write “5-Year Visions”.
2. Write out what you would like to see in your life 5 years from today. Do not limit yourself or the possibilities! Goals may consist of physical differences, emotional differences, as well as external changes. Allow yourself to drift into the fantasy. Visualize the details of your goals. Allow yourself to imagine actually experiencing them. As a Satanist, you are your own god. Thyself is thy master! You may look back at the questions from your previous rituals to help guide you. Here are some general topics to help inspire you:

My feelings

My physical health

My mental health

My relationship with myself

My relationships with others

My financial situation

My career

My living situation

My education

My sobriety

## RITUAL V

3. When you're finished, take a few minutes to reflect on your 5-year visions. Notice any feelings that come up when you're looking at it. Recognize any defeatist thoughts such as thinking some of your goals are silly, unattainable, or that you don't deserve them. Recognize those feelings and let them go as best as you can. This process may feel uncomfortable, scary, or indulgent. Reassure yourself that what you want is possible and you deserve it!
4. On the top of a new page write "1-Year Visions".
5. Write out smaller goals for the next year that can help lead you to your 5-year visions.
6. Ask yourself what actions it will take for you to arrive at your 5-year goals. What are some actions that you can start taking now to help achieve these goals? Add any unrelated goals or experiences that you are excited about experiencing this year.

### Mindfulness Meditation

Mindfulness and meditation help us learn to focus on the present and process how we are currently feeling. The most common form of mindfulness practice is done via meditation. Meditation is a practice. It becomes easier and more beneficial to do the more we stick to it. It helps us learn how to take a moment of pause to just be. Meditation has been known to help relieve anxiety, improve patience, increase insight, reduce aggression, reduce impulse control, and help improve sleep. The catch is that it's not exciting or fun. It flies in the face of our mind's normal instincts. The last thing many of our racing minds want is for us to pause and reflect on the current moment and process how we are feeling mentally and physically. This will be a new, and possibly, uncomfortable experience for many of us. Remember to be compassionate to yourself.

*The following meditation ritual is intended to be a guide to help get you started.*

*Feel free to change this daily ritual over time to best make it your own.*



## DAILY MEDITATION RITUAL

### Ritual Tools:

Candles  
Incense  
Recovery Tome  
Pen / pencil  
Music player

### Location:

A quiet space where you won't be distracted for 10-15 minutes that includes a chair or other spot where you will feel comfortable sitting for this amount of time.

### Preparation:

Prepare a 10-minute playlist of calming music.

Aim for instrumental music to avoid being distracted by lyrics. If you are new to, or struggle with meditation, you may choose a 5-minute playlist to start off your practice. After a week you can try to slowly increase the length of your playlist. You may choose to not have any music if that is more calming to you. If you decide not to have music, you may choose to set a timer instead.

Be sure to find an alarm that's not jarring for your timer.

### Ritual:

Light your candles and incense. Take 5 deep breaths. Inhale through your nose and slowly exhale through your mouth with pursed lips like you were blowing a kiss.

Write down the date in your Recovery Tome. Beneath the date write down five things you are grateful for. Four of these can be anything in life that you have gratitude for or that makes you happy. One of the items should be something about yourself. Focusing on gratitude helps us focus on the present and appreciate some of the smaller things in life.

After you have written your gratitude list, close your tome and place it to the side. Begin your playlist. Repeat the breathing practice with the 5 deep breaths. Close your eyes and continue to focus on your breath. Don't worry about modifying your breath, just breathe normally. Focus on how your breath travels through your body. The way your body rises and falls.

Your mind will wander! This is expected and completely ok. The intent isn't to completely remove all thought. This may cause you to feel anxious at first. Try to recognize that feelings are only temporary and they will pass. When you notice your mind has wandered, recognize the thoughts

## DAILY MEDITATION RITUAL

and any feelings that may come along with them, let them go, and calmly come back to your breath. Be compassionate to yourself without judgement.

To help stay focused on your breath, you may count your breaths up to 5 and then back down to 1.

This would look like:

1 *inhale*, 2 *exhale*, 3 *inhale*, 4 *exhale*, 5 *inhale*; then 4 *exhale*, 3 *inhale*, and so on.

Once you are relaxed, focus on how your body feels and notice any sensations that may have arisen. Slowly do a body scan. Starting with your head, focus on relaxing muscles in that area and slowly work your way down your body. Focus on any areas that may feel tense and try to relax those muscles. Focus on how your body feels in contact with your seat. Focus on how each of your hands feel where they rest. Finally focus on your feet and how they are grounded.

Allow yourself to just be in this moment. Avoid thoughts of the future or the past. Just enjoy being you right now. Remember that your mind will drift and to allow those thoughts to come and go.

Reflect on how you feel right now physically and mentally without judgement.

Once your playlist is done say to yourself,

*Thyself is thy master. Hail (your name).*

*Notes:*

We all have busy lives. If you feel you are having a hard time finding time to perform this ritual, you can try to practice the meditation while you are in the bath/shower or in bed before you go to sleep and make a mental note of your gratitude. It is about progress and compassion towards yourself, not perfection. Try to adjust your schedule to make time to perform a dedicated ritual when you can.

## RITUAL VI

*We continuously strive towards self-actualization, seeking knowledge on our path to act  
& respond ethically & responsibly in all things.*

ONCE YOU HAVE BECOME COMFORTABLE REGULARLY WORKING ON RITUAL V WITH MINDFULNESS AND INTROSPECTION, YOU CAN THEN BEGIN TO ADD RITUAL VI TO YOUR PRACTICE. RITUAL VI IS ANOTHER PART OF THE “MAINTENANCE RITUAL” WHICH IS DESIGNED TO BE A CONTINUAL PROCESS TO FURTHER ENHANCE YOUR PRACTICE. THE GOAL IS TO STAY CONNECTED TO THE WORK WE HAVE ACCOMPLISHED IN ALL THE PREVIOUS RITUALS, AND TO STRIVE TO LIVE BY THE SEVEN TENETS. THE FIRST TIME WORKING ON THIS RITUAL MAY BE CHALLENGING SINCE THERE MAY BE A LOT OF EMOTIONAL WEIGHT THAT NEEDS TO BE ADDRESSED. IT IS IMPORTANT FOR US TO CHECK IN WITH OURSELVES REGULARLY TO REFLECT ON HOW WE ARE FEELING AND WHAT ACTIONS WE HAVE BEEN TAKING.

### **Process:**

After completing your meditation practice, reflect on the Seven Tenets and answer these questions in your Recovery Tome. This should accompany your regular gratitude list and meditation from Ritual V.

1. One should strive to act with compassion and empathy toward all creatures in accordance with reason.
  - a. Have I acted with compassion towards myself today?
  - b. Have I acted compassionately towards others today?
2. The struggle for justice is an ongoing and necessary pursuit that should prevail over laws and institutions.
  - a. Have I continued to strive for justice against my adversary of addiction? What actions have I taken today to stay on track?

## RITUAL VI

- b. How many days have I been sober? Remember each new day is a triumph and should be celebrated!
3. One's body is inviolable, subject to one's own will alone.
  - a. Have I been living the way I want to by taking actions towards self-improvement and my own goals? (Use your vision board from Ritual V as guidance.)
4. The freedoms of others should be respected, including the freedom to offend. To willfully and unjustly encroach upon the freedoms of another is to forgo one's own.
  - a. Have I respected the freedom of others today even if I found it disagreeable? Have I encroached upon the freedoms of another? Have I allowed someone else to encroach upon my freedoms?
5. Beliefs should conform to one's best scientific understanding of the world. One should take care never to distort scientific facts to fit one's beliefs.
  - a. Are my beliefs towards myself and others rational right now? Am I holding on to distorted irrational beliefs/fears? (You can look over the process from Ritual III for guidance.)
6. People are fallible. If one makes a mistake, one should do one's best to rectify it and resolve any harm that might have been caused.

*Working on Tenet VI will likely be a larger task the first time you do it. When looking over Ritual III, we may have caused a lot of harm in our past. As we continue living in accordance with the Seven Tenets and Seven Rituals this list will naturally get smaller, and taking responsibility for our actions will slowly become second nature. We shouldn't expect to be able to go back and fix every mistake that we have ever made or to hunt down every person from our past. It is important, however, for us to live free from shame and guilt from our past and for us to take responsibility for our actions. We should do our best to rectify and resolve any harm that has been done to people that we care about who are in reach. If there is someone from your past that you have harmed*

## RITUAL VI

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*that you cannot get in touch with anymore, or it may cause more harm to yourself or others to engage with that person, the best thing to do is to simply strive to learn from those mistakes and work on self-improvement. You may not be ready to work towards rectifying all of your past harmful actions, and that is ok. Just start with one at a time. Remember, this isn't about seeking approval from others. Sometimes some damages cannot be repaired or someone doesn't want to accept your apology. What's important is you did what you could and you no longer have to live with any of that accumulated guilt. This is about personal growth and progress, not perfection. Use your best judgement and discuss each one with an Ally in recovery. Your Ally can help you decide what the healthy choice is if you are unsure.*

- a. Have I made a mistake that has caused harm? What actions can I take to best rectify and resolve any harm that has been caused?
  - b. Am I harboring any resentments? Can I recognize that everyone is fallible and not let someone else's actions control my life today?
7. After answering the questions for Tenets I-VI, say Tenet VII to yourself.

*Every tenet is a guiding principle designed to inspire nobility in action and thought. The spirit of compassion, wisdom, and justice should always prevail over the written or spoken word.*

Strive to reflect on and answer these questions regularly with your  
practice of meditation and introspection.

## SELF LOVE RITUAL

### Ritual Tools:

Pen and paper	Salt
A carving tool to carve into a candle	Sandalwood, basil, or lemon essential oil (or
Large / medium sized red candle (or a candle	any fragrance that you prefer)
of your favorite color)	

### Location:

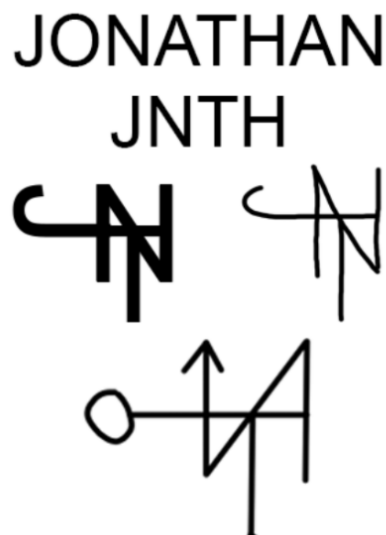
A quiet space.

### Preparation:

The first part of this ritual is to design your own sigil. We, as Satanists, worship ourselves as our own deity. To further cement this, we will design a symbol to represent ourselves to worship as our own masters.

### Here is a guide to help design your own sigil.

1. Write your name on a piece of paper.
2. Write your name again but remove any vowels or repeated letters.
3. Connect the letters together to make a new shape.
4. Feel free to turn letters on their sides or upside down.  
Get creative! Feel free to add any final touches or simplify the shape to your liking.
5. Take some time and experiment with different configurations until you find one that feels right to you.



## SELF LOVE RITUAL

If you are not able to acquire an essential oil, you can make your own by heating a bit of vegetable oil with the zest of a lemon peel. Strain the oil and let cool in a small container.

### Ritual:

To begin the ritual say to yourself,

*My worship is mine, for it is my heart that rejoices.*

*All acts of love and pleasure are of my will, for I am my own master.*

Now create a circle of salt that you will place the candle in the center of. Once the circle is ready, it is time to take the candle and engrave your new sigil on it. After the symbol is engraved into your candle, begin anointing it with the essential oil. Start from the top and go to the bottom of the candle. While anointing the candle, close your eyes and visualize yourself as your own god. Imagine all of the incredible things that you wish to accomplish. Recognize yourself as your own powerful deity with limitless potential. Once the candle is ready place it in the center of the salt circle. Anoint yourself with the essential oil by marking an upside down cross on your forehead.

Light the candle and then say aloud,

*Today,*

*I grant myself the courage to take responsibility for my own actions,*

*The power to let go of that which does not serve me,*

*And the wisdom to seek help when needed.*

*It is done. Hail Satan.*

Take pause to appreciate yourself in this exact moment and everything you've accomplished in sobriety. Reflect on how you feel physically and mentally. Feel free to write down these sensations and feelings in your Recovery Tome after the Ritual.

To finish the Ritual, extinguish the candle with the help of your fingers moistened with your saliva.

You now have your own candle for self-worship. You can wrap the candle in a cloth and keep it in a safe space. Whenever you need to instill confidence and self-compassion, light this candle.

This can be a helpful tool added to your regular meditation practice.

## RITUAL VII

*After following this path, we recognized our own self-growth and sought to point the way to those who are suffering. Heal thyself, Hail thyself*

RITUAL VII IS NOT THE COMPLETION OF YOUR RECOVERY JOURNEY, BUT RATHER THE BEGINNING OF AN ONGOING PROCESS OF SELF-GROWTH, SELF-DISCOVERY, LEARNING, AND A CONTINUAL RECONNECTION TO YOUR TRUE POTENTIAL.

Reflect on all the discoveries that you have made about yourself during your time processing and performing the Seven Rituals. In your Ritual Tome write down anything new about yourself you may have uncovered and positive changes you have made.

Record any feelings that come to you during your reflection focusing on feelings of pride and happiness in all you have accomplished and learned. After writing down the thoughts and feelings that arise regarding yourself and your growth during this time, think about ways you can be of service to others. Write down how you can share what you have learned and discovered with others in your community.

### **Answer the following questions:**

1. What are my current goals and motivations?
2. Have I experienced self-growth through changes in my thinking and behaviors? How can I strive to stay connected to this new perspective?
3. How will I stay connected to my sober community?
4. How will I keep myself accountable?
5. Do I balance my life between self-care, relationships, helping others, and my career?
6. What are some ways I can assist those who may still be suffering from addiction?



## CELEBRATION OF THYSELF & THY JOURNEY RITUAL

### Ritual Tools:

Small mirror  
 Favorite bath/shower oils/gels/salts  
 Sigil candle from Ritual VI  
 Small bowl of soil/dirt/grass/flowers; anything that is of the Earth  
 Small glass of purified water  
 Favorite incense  
 Favorite meal or treat  
 Favorite music playlist

### Location:

This ritual will have four parts requiring potentially four different spaces.

First, a place to shower or take a bath, then a private quiet space, third, a place to eat, & finally a place to dance. Where you eat & where you dance can potentially be the same space. If your living quarters are limited, all stages of the ritual can be performed wherever you are comfortable doing so.

### Preparation:

Choose a day free of any plans or obligations.

Set up each of the spaces where you will be performing the separate parts of the ritual. Prepare your altar space by setting out the candle, bowl of earthly elements, glass of water, incense, and mirror.

Plan and prepare a nourishing, favorite meal and favorite beverage to have ready for this stage of the ritual.

Create a playlist that sparks joy and celebration.

Draw a bath and add whatever oils, salts, bubbles that you enjoy. If using a shower, create a relaxing atmosphere by lighting candles, lighting incense, or any other elements you desire to make a special & celebratory environment.

### Ritual:

Begin your ritual by taking a shower or bath that is to cleanse, calm, and revive. It should be luxurious and pampering. Take time to relax, let the water and whatever oils, gels, soaps you are using cleanse away dirt from your body and mind.

Focus on all the baggage, negativity, and old habits and behaviors from your past that you have

## CELEBRATION OF THYSELF & THY JOURNEY RITUAL

let go of during your journey through the Seven Rituals. Meditate on the refreshing and renewed self you are becoming. Breathe in the positive, reflect on all you have accomplished and have learned. Take as much time as you like lavishing yourself during this step.

Once you feel it's time to leave the bath, do so. Dry off and dress in something special. Whether you want to be comfortable or fancy is up to you and your taste. Present yourself in a way that makes you happy and feel good.

Take out and heat up or complete any finishing touches on your meal. Sit down and relax. Take your time eating, relishing the tastes and considering how you are nourishing your body. Enjoy the meal and your celebratory beverage.

Once you are satiated, it is time to move on to your altar for the next part of the ritual.

Light the candle on the altar and say,

*As I ignite this fire, I ignite within me the spark of love for myself and for my whole being. May the flames of self-love burn ever brighter with each passing day keeping me warm, setting fire to my creative flame, and fueling my desires.*

Place a hand in the bowl of earthly elements feeling all the textures within and say,

*I connect to my own roots digging them deep in my truth and into self-love. As I walk upon the Earth, may I be grounded in a place of knowing my worthiness, my dreams, my desires and the depths of my own body.*

Next, take a sip of the water then say,

*As I drink deep the waters of the world, I drink deep of my own wisdom, intuition, and guidance. May I trust my inner-knowing and read carefully all that is written on the walls of my heart.*

Light the incense and say,

*May the love I hold for myself take flight, soaring ever higher. May I be open to my dreams, my goals, and the gifts that I bring into this world.*

Pick up the mirror and really look at yourself. Look deeply into your own eyes. Say,

*I (name) promise to love myself with every fiber of my being. To be here to listen with an open ear when my*

## CELEBRATION OF THYSELF & THY JOURNEY RITUAL

*intuition has words of wisdom for me, to honor and care for myself and to walk the path of my deepest truth.*

*I pledge to be the champion of my journey, follow the call of my desires, ask myself for what I need,  
honor my pursuits, and seek knowledge always.*

*I pledge to take up space, speak my truth, and never accept disrespect from myself or others.*

*I, (name), dedicate myself to me from this day forward and pledge to reach out to others who may be  
suffering to share what I have learned and to spread compassion on my journey.*

*As I will it, so it is.*

*Thyself is thy Master.*

*Hail (name)!"*

Place the mirror back down.

Take a moment to let your emotions settle.

Then get up and party!

Start your musical playlist and dance.

Celebrate yourself!

Be joyous and proud.

Celebrate as long as you'd like and celebrate yourself often.

Congratulations on all you have accomplished and for continuing your recovery and your journey.

Hail thyself!



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