



THE RITE OF THE NINE SISTERS

To raise an altar dedicated to the Nine Sisters, you will need the following:

- A menorah, or nine branched candelabra. A circle of nine white candles can be substituted.
- Nine white stones: These are best gathered from a place in nature, for example, on a beach. If you are really unable to find them yourself, nine quartz crystals will do, but there is much to be gained in the gathering.
- (Optional) If you live in reach of the sea, collect a vial of sea water from beyond the ninth wave – this is a rite from Scottish witchcraft, where the instructions were given as follows:

Go thy way to the sea and tell nyne boares of the sea cum in, that is to say, nyne waves of the sea, and let the hindmost of the nyne ga back againe and the nixt thairafter tak three loofullis (handfuls) of the water and put within thy stoupe (jug) . . .

- (Optional) Incense made from nine sacred woods. If you enjoy making your own incense, you can create this yourself from the dust and chippings of any nine trees known to be sacred, or purchase a ready-made forest incense.

As to which trees are sacred, here is the Scottish rhyme about the nine woods used in kindling the Beltane fires, although only eight are named:

Choose the willow of the streams,
 Choose the hazel of the rocks,
 Choose the alder of the marshes,
 Choose the birch of the waterfalls.
 Choose the ash of the shade,
 Choose the yew of resilience,
 Choose the elm of the brae,
 Choose the oak of the sun.

Other trees known to be sacred can be substituted in your incense.

The Workings

Two journeys to the Nine Sisters are given below. These depart from what you have been doing

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up to this point in that you are guided only at the beginning of the journey to get you started. These are more *active* journeys as opposed to those that are guided most of the way through, which are more *passive*. These are known as ‘entrances’ or ‘threshold’ journeys. Each journey begins at the Sea Temple, in one of the caves that faces out onto the sea. If you choose, you can use the recorded Sea Temple track up to this point, then turn off the player for the rest of the journey. Although listening to recorded guided VisionJourneys can be enjoyed by beginners and advanced students alike, being able to journey without following a script is essential for the true mastery of magic.

Ritual Journey to the Nine Sisters I: The Island

The combination of a ritual and VisionJourney takes you to the island of the Nine Sisters in order to consult them as seers.

1. Sit and ponder on a question you want to ask and write it down on a slip of paper. Place it in an envelope or on a small plate on your altar.
2. Create a sphere of protection by walking the Three Rings or by surrounding yourself with the Sphere of Light.
3. If you have it, anoint your brow with the water from beyond the ninth wave.
4. Light the incense. As the smoke rises, offer it silently to the ninefold Sisterhood of Avalon.
5. Light the nine candles.
6. Gently ring a bell or chime nine times.
7. Recite the following invocation, which is adapted from an early Irish text:

I invoke the nine daughters of the sea
 Who weave the threads of long life.
 May three deaths be taken from me!
 May nine waves of good fortune come to me!
 May no evil harm me on my circuit!
 In armour of light without hindrance!
 May my fame not perish!
 May old age come to me, may death not come
 to me until I am old!

I invoke Senach (*sheh-nach*) of the nine circuits of time,
 Whom fairy women have reared on the breasts of plenty.
 May my nine flames not be extinguished!





I am an indestructible stronghold.
 I am an unshaken rock.
 I am a precious stone.
 I am the luck of the week.
 I summon their boons to me.
 May three white ships carry me,
 May three shields of light protect me,
 May nine waves of grace attend me.



Go to the Sea Temple. Make your way to one of the chambers which gives onto the sea. Stand here for a few moments and use your inner senses to the full, feeling the rock beneath your feet, the sound and vibration of the booming waves below, smelling and tasting the tang of salt water on your face, inhaling deep draughts of the sea air. Before you, a Full Moon shines over the expanse of the sea, creating a path of silver on the water that leads right up to where you are standing. Count nine waves as they come to shore, then step lightly onto the Moon Path which will lead you to the island of the Nine Sisters . . .

On the first journey, ask the Nine Sisters if you might be allowed to return to their island. If so, during the course of the lesson period, take further journeys to their island to learn more from these powerful innerworld teachers.



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