

Spoken Words of Wisdom

from the Old Crone

Words of wisdom sounds rather prescriptive as if these words are the LAW but they are never that. They are more like a little recommendation from a trusted person, like a guidance, a suggestion and a support. Like advice from a friend, Words of Wisdom gives you an opportunity to see things through the eyes of another person, a moment to reflect and then make up your own mind.

My favourite slice of wisdom is from Confucius. He said.....

'Every problem has a solution. If it has no solution then it is no longer a problem, it becomes a fact and we must learn to live with that fact.'

This has guided me through many difficult times in my life.

The spoken word has a great deal more power than you can ever imagine, to both support and also, sadly, to hurt. I have had things said to me in the past which really hurt and were meant to hurt. These words leave a mental scar. I have also had things said to me which are wonderful in their simplicity. These things stay in your heart but are often over-ridden by the harsh words. **Words of wisdom alert** Always remember, other people's words are simply that, just other people's words.

The power of the spoken word can be used to a great extent in your rituals. I was brought up as a Roman Catholic and went to church at least once a week. As a convent schoolgirl we had prayers every day and although as a pagan now, I no longer practice my Catholic heritage, I am aware that prayer in its many forms is a powerful tool to hold in your armoury. It is the repetition and the communal repetition which is the power. Chanting a **mantra** and any kind of **prayer** has a powerful and cathartic resonance.

In Yoga I loved to chant the OM and Shanti, shanti, shanti. It really helped me in meditation and calming and as a pagan I love to chant the AWEN which has the same effect on me. The science of this is that when chanting a prayer, a mantra, an affirmation, it can lower the heart rate and release tensions in the physical body.

In my rituals, I always feel that chanting an affirmation is very powerful, so much so that one can feel the energy in the atmosphere. Saying things even to yourself out loud is soul affirming and repetition of a positive affirmation can bring peace and calm as well as a power and an energy you did not even realise you had.

In my Circle castings I am often asked by others to request support from the spirit and the universe and to offer healing to someone in need. As a very visual person I write these down and repeat what is written out loud. For me the loveliest part of this is when the person who has requested assistance comes back to tell me that they have had a very positive response. It's like chocolate for the soul.

Apart from the OM and the AWEN I write a different mantra for each sabbat. I print them on card, find a suitable picture and laminate them to hand out to my fellow castees. We find a point within the circle ritual to chant these mantras then they can all take them home as a reminder.

Here are a few ideas to help you to have a go yourself and maybe make your own.

The only person I need to impress is myself.

Inhale the positive, exhale the negative

I am a human being with flaws, and that is OK.

Blessed Be

The Old Crone

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