



Spirit Boards

Heathen Moon

We have great reverence and affection for spirit boards. Amanda's first experience with intentionally interacting with spirits and a crash course in spiritual and psychic protection occurred because of a ouija board interaction. Fast forward 25 years, we have a Spirit Board dining room table and an affinity for creating for you your very own Heathen Moon Spirit Board.

Whether you have one of our standard spirit boards or a custom creation made in collaboration with us...Our spirit boards are created with the intention of reaching the other side to glean insights from beyond the veil. To answer your curiosity of spirit and experience layers of the paranormal, occult and spiritual that you may have only ever held whisps of.

Though if you wish to have a Spirit Board as decor, that is totally understandable and wicked.

Our Spirit Boards will only interact with you if you "open" them.

The following pages will guide you through an 'opening' practice that works really well for us.

We know you will have amazing and wonderful experiences!





Spirit Boards

Connecting

The following is a formula that I use a variation of every time I work with a Spirit Board and how I teach folks who are just starting!

If this is your first time using a spirit board I recommend having a trusted person with you. Having someone to transcribe, witness and hold space for the experience is always great practice. Ensure this person is someone who appreciates the experience, and not someone who will be negative about the experience. Essentially, someone who is also curious about the paranormal and spiritual... and not someone who scoffs at the word *ouija*. Have your person have something to transcribe with, a pen or even a phone to document.

Start by creating a space of curiosity and protection. Light some candles, burn your favourite incense, call in your ancestors and guides. Rest assured that there will be no Hollywood style tropes.

No demonic entities or shitty energy will enter your space, trickster energy is not welcome. Unless Loki is a patron of yours, then....good luck (I jest).





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Opening & Closing

Once you have knocked and opened the session, place your hand with a gentle but firm pressure upon your planchette.

Begin asking questions. If you have specific energy you are hoping to contact, or want a general discussion surrounding the energy of the space you are within, tailor your questions specifically.

If the spirits feel sluggish, you can guide them to use the flame of the candle to help boost. If you have experience with channeling and know how to clear and ground your energy afterwards you could use this knowledge and practice to lend your energy to them.

If at any time you get a 'no' feeling that you can't push passed, ask the spirit you're engaged with to show you it's true nature. If it is nefarious it will see itself out by flowing to the "goodbye" section.

When you are ready to close the session, flip the Spirit Board over and extinguish the -beacon- candle. This is the equivalent of shutting the door.

I like to use a specific incense to close and clear the energy.



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Farewell

We're open to connection and communicating with you and welcome the opportunity to help, learn and listen.

My specialty is creating habitual rituals and co-creating spells. If you want to tailor a ritual and practice specific to you, I'd love to help facilitate that!

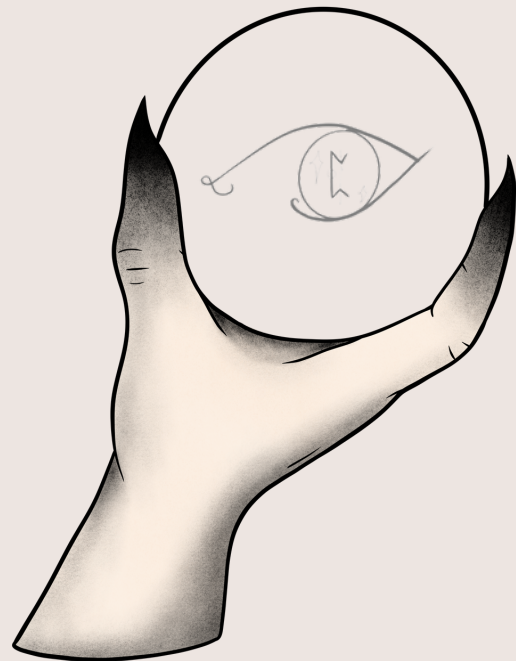
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