

Ouija Board and Séance

Resources:

- Incense burner or censor
- Incense (frankincense, lavender)
- Bell
- Ouija Board and planchette
- Tablecloth
- 3 candles

*(white – purity, truth; brown – grounding, friendship;;
yellow – clarity, creativity; green – money, luck, healing;;
blue – calm, communication*

- 3 crystals (cleansed and activated)
- Essential Oil (frankincense, myrrh, sandalwood, lavender)

Dos	Don'ts
Thank the Board often	Ask for physical signs
Be respectful	Ask when you are going to die
Be mindful that not everything the Board says is truthful	Leave your planchette on the Board when not in use
Have only one person as the leader (medium)	Burn a Board
Be silent while touching the planchette	Do Ouija in a cemetery
Always end with Good-Bye	Lose control
Store your planchette separate to your Board	
Run your hands under water to break any residual energy	

Setting Up Your Space

1. Place candles around the room
2. Cover your table with a tablecloth and place your Board on the cloth. Place your planchette next to it
3. Place three candles and three crystals around the Board
4. Cleanse the Space
5. Place incense in the censor and light it and move all around the space

With this incense, let the frequency of the energies in this room rise to the higher realm

6. Ring a dinner bell to expel any residual negative energy

Let all the energies present rise to the frequency of the bell and lift away all oppressing energies

7. Place a few drops of oil on the candles and light the 3 candles
8. Say a Protection Spell

*This light of protection. I carry it strong
No ill will or trouble can now come along
You cannot harm me or weaken my soul
My light is my weapon and peace is my goal
And so it is*

Running your Ouija Board Séance

9. Summon the Spirits – ring the bell

*Let the spirits of the light hear the bell
as we call them to join us in this sacred session
Spirits hear my plea and come and visit me ...*

10. Only one person – the medium is to ask questions
11. Each member is to place two fingers on the planchette
12. Purposely move the planchette around the Board in circles to “warm” it up
13. State your intention

*We will only allow positive experiences here tonight and we ask that if you
would like to communicate with us, that you do so through the Board*

14. Begin questioning. Start with YES/NO questions and build up to word answers
15. Continue until the energy drops or you are finished asking questions or become uncomfortable
16. Close the Board by asking the spirits to move the planchette to Good-Bye. If it does not move to Good-Bye, intentionally slide the planchette to Good-Bye
17. Thank the spirits for communicating and then turn the planchette upside down on the word Good-Bye
18. Closing Spell

*Three times the rings go round
All spirits shall stay on the ground
If any spirits are near this place
They cannot enter my sacred space
You are to return to whence you came
Until the day we meet again
Three time three, so mote it be!*

19. Remove the planchette from the Board and blow out the candles
20. Cleanse the space (as above) and wash your hands under running water

Malevolent Spirits – End a session immediately by moving the planchette to Good-Bye if:

- The Board starts counting down 9, 8, 7 ...
- Goes through the alphabet A, B, C ... or Z, Y, X ...
- The planchette makes a figure 8 or the infinity symbol
- Makes a continual arc between two numbers or letters (goes back and forth repetitively)

Remove the planchette from the Board and leave the space for a moment before returning to restart your session.

Known malevolent spirits to avoid: Zozo, Zaza, Zo, Abacus