

Foundations of Quotidia

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Invocation of Quotidia

*Hekate Kleidoukhos, Keeper of Keys,
Who opens the threshold between worlds,
I welcome you to my sacred daily practice.
Grant me passage through the gates of mystery.*

*Hekate Enodia, She of the Path,
Who stands at every crossroads with torch held high,
Illuminate my way through shadow and light.
Guide my steps as I walk between the worlds.*

*Hekate Chthonia, Goddess of the Depths,
Who knows the mysteries beneath and within,
Transform me in your sacred cauldron.
Teach me the wisdom of darkness and becoming.*

*With Connection, I cast the circle and call your name.
With Meditation, I journey to meet you at the crossroads.
With Divination, I receive your guidance and truth.*

*Threefold Goddess, I honor your threefold gifts:
The Key that unlocks my power,
The Torch that lights my way,
The Wisdom that transforms my soul.*

*Hekate, be with me in this daily practice.
May I walk worthy of your mysteries.
So it is, and so shall it be.*

What is Quotidia?

Quotidia (from the Latin for "daily") is a foundational three-part daily practice designed to deepen your connection with Hekate and strengthen your witchcraft. This flexible practice can take as long or as little time as you wish and can be completed all at once or broken into segments throughout your day. The beauty of Quotidia lies in its adaptability—it meets you where you are while providing a consistent structure for spiritual growth.

The Three Parts of Quotidia

Part 1: Connection

The Connection phase establishes your sacred space and creates a threshold between the mundane and the mystical. This opening ritual serves as your entry point into deeper work with Hekate.

The Practice:

- Light a candle (traditional, battery-operated, or work with your hands alone)
- Cast a counterclockwise circle with your left hand to release what no longer serves you
- Take a moment to set intentions and notice what needs to be cleansed or banished
- Dwell in the present moment and honor yourself exactly as you are
- Welcome Hekate and any other spirits or deities you work with into your space
- Cast a clockwise circle with your right hand to protect and connect

This opening creates a sacred container for your practice and helps you transition from everyday consciousness into a state of receptivity and power. You may also choose to recite a prayer, speak Hekate's epithets, or simply sit in silence with her presence.

Part 2: Meditation

Watch or listen to The Unifying Three Selves Cauldron of Foundations Meditation or read through the version at the end of this guidebook.

The Meditation phase deepens your initial connection and takes you inward. This is where you truly attune to Hekate's energy and work with the specific themes or aspects relevant to your current practice. Meditation bridges the outer work of ritual with the inner work of transformation.

Your meditation might focus on connecting with Hekate at the crossroads, journeying to her sacred places, working with her symbols and correspondences, or simply resting in her presence. The key is consistency and genuine engagement rather than perfection.

Part 3: Divination

The reading phase provides guidance from Spirit and Hekate through divination. This practice helps you develop and trust your intuition while receiving practical wisdom for your path forward.

You can use tarot cards, oracle cards, runes, bay leaves, bibliomancy, or any divination method that resonates with you. The reading helps consolidate your practice and offers insight for the day, week, or month ahead. Over time, you'll notice patterns and deepen your understanding of how Hekate communicates with you personally.

Why Practice Quotidia?

A daily practice is not about bending spoons with your mind or performing elaborate rituals. It's about cultivating a genuine, living relationship with Hekate and developing the intuitive and magical skills that have real-world applications. Quotidia helps you:

- Establish and maintain a consistent connection with Hekate
- Develop and trust your intuition
- Create sacred time for yourself in a busy world
- Build the foundation for more complex magical work
- Integrate spiritual practice into everyday life
- Recognize your own power and sovereignty

Think of Quotidia as your personal period of empowerment—the Witches Hour of Power. This is time you set aside just for yourself, acknowledging that your spiritual life is sacred and worthy of attention.

Unifying The Three Selves With Hekate Meditation

Preparation

Begin this meditation after completing your Connection ritual. Find a comfortable position where you can remain alert yet relaxed. You may sit, stand, or lie down—whatever allows you to be present without falling asleep.

Body Scan and Grounding

- Take a moment to scan your body from head to toe
- Notice any sensations, pains, or areas of comfort without judgment
- Check in with your physical state—are you hungry, tired, energized?
- Take a deep breath and release it fully
- Feel the tension in your muscles begin to dissipate
- Allow a softening throughout your entire body
- Affirm to yourself: "All is well. I am in safe space. Nothing will interfere with my experience of this meditation."
- Continue taking deep, intentional breaths

Calling Upon Hekate

Reinforce the connection you made with Hekate by welcoming her into your meditation space. You might visualize her at the crossroads, holding her torches, accompanied by her hounds. You might sense her as a presence, a feeling, or simply know that she is there. There is no single correct way to experience Hekate—trust what comes to you.

Activating the Three Selves

Work with the three centers of your being, aligning them with Hekate's guidance:

Root (Lower Self):

- Breathe deeply into your sitting bones, down to your energetic root
- Activate your connection to the earth and the underworld
- Exhale fully and feel the root awakening
- Sense it naturally stretching down, grounding you
- Connect to the richness of intuition, emotions, and instinct

Heart (Middle Self):

- Turn your breath and attention to your heart center
- Take a deep breath into the heart
- As you exhale, open to Hekate's presence in your life
- Feel your capacity for action, courage, and authentic expression
- Recognize your power to move through the world with intention

Crown (Higher Self):

- Take a breath that rises to your throat and crown
- Activate your connection to wisdom, knowledge, and the mysteries
- Feel your consciousness stretching upward and outward
- Connect to the celestial realms, the moon, and the vast unknown
- Open to divine guidance and higher understanding

Unifying The Three Selves: Integration and Harmony

- Feel the harmony between root (intuition, grounding), heart (action, strength), and crown (wisdom, mystery)
- Sense the state of flow between all three centers
- Feel Hekate's energy flowing through you, connecting all aspects of your being
- Allow any excess energy to be released
- Notice yourself feeling energized, connected, yet free

Standing at the Crossroads

- Align within yourself, with the spirits, and with Hekate
- Remain practical and functional in the everyday world
- Recognize that as witches who walk with Hekate, we abide at the crossroads of the tangible and the etheric, the mystical and the pragmatic, the magical and the rational
- Stand at this crossroads with confidence and clarity
- Know that you carry Hekate's torch forward into your daily life

Returning to Physical Awareness

- Take a deep breath and bring yourself back into your physical self
- Pay attention to different parts of your body that became activated during meditation
- Notice any tingling, warmth, coolness, or other sensations
- Recognize that energy works on you spiritually, energetically, and physically
- Take notes about your experience if desired
- Thank Hekate for her presence and guidance

The Cauldrons Tarot Reading: Step-by-Step Guide

Understanding the Reading Structure

The Cauldrons reading is a four-card spread that can be used for daily, weekly, or monthly guidance. It works with the energy of cauldrons as vessels of transformation and messages from the divine. The cauldron is a central symbol in witchcraft that helps focus the vast mystical realm into something we can work with and understand.

The Four Positions

Position 1: Spirit/Fire (Significator/Key Card)

- Represents the overall energy and key theme for your reading period
- This is your connection to the divine, to Hekate, to what is greater than your individual self
- The cosmic energy field, the force, the flow, the life
- Can be chosen intentionally or drawn randomly

Position 2: Sea/Root (Lower Self)

- Represents emotions, intuition, and the subconscious
- Maps onto the element of Water
- Connects to what lies beneath the surface of your awareness
- Your instinctual knowing and emotional truth

Position 3: Land/Heart (Middle Self)

- Represents actions, interactions, and the tangible world
- The natural world that we can see and touch
- Maps onto the element of Earth
- Includes home, relationships, work, and practical matters

Position 4: Sky/Crown (Higher Self)

- Represents the mind, beliefs, attitudes, and thoughts
- Maps onto the element of Air
- The higher realms of consciousness and understanding
- Often reveals patterns of thinking that need attention or transformation

Step-by-Step Reading Process

Step 1: Prepare Your Space

- Complete your Connection ritual and Meditation first
- Have your tarot or oracle deck ready
- You may want to have a candle lit for Hekate
- Have paper and pen available for notes
- Take a moment to center yourself and state your intention for the reading

Step 2: Draw the Spirit/Fire Card (Significator)

- You can either choose this card intentionally or shuffle and draw randomly
- If choosing intentionally, select a card that represents the energy or theme you're currently working with
- If drawing randomly, shuffle while focusing on the question: "What is my key energy for this period?"
- Place this card in the center or top position of your spread
- This is your key card—the one you'll work with most closely

Step 3: Draw the Sea/Root Card

- Shuffle your deck while focusing on emotions, intuition, and subconscious matters
- Ask: "What is happening in my emotional and intuitive realm?"
- Draw one card and place it in the Root position
- Consider how this card relates to your inner world and feelings
- Notice what this card reveals about your instinctual knowing

Step 4: Draw the Land/Heart Card

- Shuffle while focusing on actions, interactions, and the tangible world
- Ask: "What actions or interactions need my attention?"
- Draw one card and place it in the Heart position
- This card often speaks to what you'll be doing in the physical world
- Consider practical applications and real-world manifestations

Step 5: Draw the Sky/Crown Card

- Shuffle while focusing on thoughts, beliefs, and mental patterns
- Ask: "What beliefs or attitudes need attention?"
- Draw one card and place it in the Crown position
- This card often reveals patterns of thinking that either support or hinder you
- Consider what wisdom or understanding is being offered

Step 6: Interpret the Reading

Look at Major vs. Minor Arcana:

- Major Arcana cards indicate significant themes or transformative events
- Minor Arcana cards indicate everyday matters or developing situations
- Notice which positions have majors—these aspects will be emphasized during this period

Consider the Elements:

- Notice which suits appear and how they relate to each position
- Water cards (Cups) in the Root position are especially powerful
- Earth cards (Pentacles) in the Heart position show grounded action
- Air cards (Swords) in the Crown position emphasize mental work
- Fire cards (Wands) anywhere bring transformation and energy

Look for Connections:

- Are any cards sequential in the deck? This shows a natural progression
- Do multiple cards share a theme, element, or energy?
- How does the Significator relate to the other three positions?
- What story do these cards tell together?

Listen for Hekate's Guidance:

- What is Hekate illuminating for you through these cards?
- What crossroads are you standing at?
- What needs to be released, transformed, or embraced?

- How can you move forward with greater clarity and power?

Step 7: Record and Reflect

- Take a photo of your spread or write down the cards
- Make notes about your initial impressions and insights
- Notice any immediate feelings or reactions to the cards
- Consider how the reading relates to your current life circumstances

Return to this reading throughout the period for deeper understanding

Working with Your Reading Over Time

You don't need to pull fresh cards every day, unless you feel called to. Here are some other approaches:

- Do a monthly Cauldrons reading at the beginning of each month
- Spend a few minutes each day during your Quotidia practice reflecting on the reading
- Notice how the cards' meanings deepen and reveal themselves over time
- If desired, pull a daily card (1-3 cards) to consolidate, reinforce, clarify, or expand on the monthly reading
- Keep a simple daily practice, saving more complex readings for weekly or monthly work
- Track patterns in your readings over several months to see larger themes emerging

Building Your Practice

Remember that Quotidia is meant to support you, not burden you. Some days your practice might be five minutes; other days it might be an hour. What matters is consistency and genuine engagement, not perfection or elaborate ritual.

As you develop your practice, you'll find your own rhythm and style. You might discover that you prefer morning meditation and evening readings, or that you like to break the three parts throughout your day. You might develop your own prayers, create personal correspondences, or find new ways to connect with Hekate.

This is your practice, your path, your relationship with Hekate. Trust yourself, trust the process, and trust that Hekate walks with you at every crossroads.