

Excerpt from *Entering Hekate's Cauldron*. Forthcoming in 2025 from Weiser Books. Not to be shared outside of Covina. © Cyndi Brannen and Red Wheel Weiser. Original art concepts by Cyndi Brannen and illustrations by Margie Stingley.

Nomine Sacris: Unlocking Your Sacred Name

A sacred name, *Nomine Sacris*, is the appellation by which Hekate calls us. This can be based on her epithets, or unique to you. Our sacred names are how we are known in the deeper world, used when casting spells and performing rituals, or anytime we need to re/connect to our own sacredness. If you already have a sacred name that continues to feel right, stick with it, or Hekate may give you additions to it. Perhaps it is time for a change, transitioning to a new name, a sort of levelling up. Should this be your first experience with one, trust in the process. It can be surprising what name comes through, but it always unlocks so much.

You may have a name assigned to you at birth that doesn't fit you anymore, and your sacred name may heal pain associated with it. Whether you keep your sacred name private or share it with others is your choice.

The sacred name is spoken at the beginning of rituals and spells to attune to our deeper nature, quieting the surface self.

Inner Temple Journey Opening and Sacred Name Journey

Our Inner Temple contains our etheric cauldron, a place where we dive into the mysteries. Take close note of the condition and appearance of your Temple, and your cauldron. There will be messages for you for interpretation after the journey. Take your time looking around.

Preparation for the journey includes the usual cleansing. Doing the journey in a ritual bath works best if it's possible. Otherwise, lay down comfortably.

Inducing altered states of consciousness is the key for successful journeying. Botanicals, stones, and other objects can be used to help open the portal to these states. Often referred to as trance, we enter into this altered state to enter the deeper world.

A method for inducing the calm state of awareness necessary for trance is through breath control. A regular meditation practice will help you to gain control over your busy mind. Learning this skill will improve your ability to trance. It's the same neuronal connections being used as portals to calm awareness. Focusing on the breath aligns our neural networks towards the world of spirits, away from everyday life.

There are countless ways to use the breath to induce trance. Counting down is quite simple but effective. Counting down from 13 at the beginning, and up to 12 at the end, leaving one strand of connection to the world of force, is a technique that works very well.

Botanicals For Opening The Inner Temple

Which plant medicines are right for us varies greatly. We all have different physiologies and energetic fields. Plus, our diet and medications can interact with botanicals. Individual comfort with using these substances also varies greatly. Go gently into the world of botanical witchcraft, making the decisions right for you, and doing your research.

If you are comfortable and it is safe for you to use trance inducing botanicals, go ahead. Mugwort, consumed in an infusion or burned as sacred smoke, always works well for this sort of journeying. It's common these days to heat essential oils, thereby releasing their powers, in a diffuser. If doing so, a combination of eucalyptus and frankincense works well. Start the diffuser long enough prior to the ritual and journey so that the air molecules have been sufficiently charged. Eucalyptus is a powerful opener, ruled by Pluto and perhaps Mars, very transformative and purifying. It's also a stimulant of psychic abilities, permitting you to better connect with the mysteries within you. I really like it as a stand-alone for Inner Temple work. Adding frankincense, which is so great for activating personal agency, will only enhance your ability to go really deep within yourself.

Inner Temple And Sacred Name Journey Script

When you are ready, ignite any candle or sacred smoke, and get comfortable.

Begin by turning your attention inward. Acknowledge your physical surroundings. Notice the furniture, the floor, walls, etc. After you take note of them, disconnect from each one. Close your eyes. Draw all your attention inward. Observe your thoughts. One by one, release them out into the world from which you are disconnecting. Like your material surroundings, the thoughts will be there when you return from the Inner Temple.

Now it's time to count down into your Inner Temple. Picture a set of stairs deep with you. With each number you descend one step.

Begin with your breath on 13...pull it in filling your lungs slowly...letting your chest expand. Exhale...onto 12...pull that slow breath deep into your belly...exhale...11...repeat the breath...noticing any returning thoughts or images from

the material world...on 10 dismiss them...at 9 you pull the breath deep into your lower torso, and on the exhale releasing all tension there...with 8 the breath reaches down through your legs to the tips of your toes...disconnecting from the exterior...wrapping yourself in a protective shroud...exhaling tension...7 returns the breath back into the torso...encasing it in protection...safe...secure...with 6 the breath wraps your chest, heart center in the shell...and on 5 you pull that powerful breath down into your right arm, right to the finger tips...with 4 you repeat it for the left arm...and 3 the breath travels up to your shoulders and neck. Your thoughts are completely still. And on 2 the breath activates the mind for opening your Inner Temple. With 1, you cross over into Hekate's deeper world.

Now comes the key to your Inner Temple. This key is entirely within you. A gift of Hekate. Placed there long before your birth into this life. You are among her chosen. Only you can possess this unique key. In your left hand you feel it's weight. Notice the key. When you look up from it, you are before the path to your Inner Temple.

Begin your walk towards the Temple. Take note of your surroundings for later.

You approach the entrance, opening the door with your key. Once inside, you see the cauldron, illuminated by countless torches.

Coming to the cauldron, you gaze into its depths, taking note of what surfaces.

Call forth your sacred name, "Great Hekate, this cauldron flows from your eternal one, connecting me to you and your deeper world. By what name do you call me?"

Your sacred name emerges, whether on the surface of the cauldron or is spoken to you. Coming through as perhaps both symbols and words. Reach out to retrieve however it comes to you.

Hold the name at your heart, allowing it to infuse you.

Claim your name, by proclaiming it aloud. "I am proud to be known by Great Hekate as _____."

Take some time here for additional messages, through words or symbols, to occur.

When the time is right, depart the temple, crossing back into regular awareness.

Count up from 1 to 12. With each number you walk up the steps to the Middle World. On 1, you climb the first step...noticing your feet reconnect to their physical form...on 2 your breath starts to return to the material world as do your legs...releasing their protective shell...onto 3 where your breath releases the shield up through your torso...with 4, your left arm returns to the material world...on 5 so does your right.

With 6 your chest reconnects to your physical heart and lungs...the eternal fire of your Inner Temple warms them both...travelling up to 7 in the throat...your voice comes back to your embodied self...and on 8 you release the crown...with 9 your thoughts begin to return...on 10, you begin to hear the material world once again. With 11, your breath is completely back to the Middle World, taking in the smells. And on 12 you open your eyes.

Give thanks to Hekate for your sacred name.

Look for reinforcing signs about your name through dreams and experiences. Whether you create a physical representation of your name is entirely up to you.