



# Hekate's Key: An Experiential Journey

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## Summary

This journey was written as a way for people to have a personal experience with Hekate. One of her primary roles is as The Keeper of the Keys to the Universe. In this perspective, she possesses all the keys to both the mysteries of the world and for our own lives. We need to establish an intimate connection with Hekate to understand her mysteries. This journey will help you do just this as discover your own vision of Hekate and receive the key to your understanding of her.

This journey is suitable for both newcomers to Hekate and those who have been a devotee for a long time.

To learn more about Hekate, you can read my blog [\*A Witch's Understanding of Hekate.\*](#)

Listen to the [audio](#) of this journey.

## **Preparations**

You should do a ritual purification of yourself and the space in which you will be doing this journey. The space should be comfortable – either lying down on a blanket on the floor or sitting in a relaxed position. I recommend a ritual bath with Epsom salts and herbs such as frankincense, lavender and olive oil. To cleanse the space, you should tidy it up as much as possible and burn an incense consisting of herbs sacred to Hekate, including garlic skin, bay leaves, lavender and frankincense.

Set aside at least one hour for the journey and processing it afterwards.

Once you and your space are purified, you are ready to begin. I recommend listening to the audio, but the basic text is provided below. If you are following the text, perhaps making your own recording of it, then I suggest using music that is appropriate. In the audio, I use a song by the band Inlakesh.

## **The Gift of Hekate's Key Journey**

The goal of the journey is to experience Hekate. This is accomplished through two means: 1. You will see a vision of Hekate and 2. You will receive a key from Hekate.

### **Your Vision of Hekate**

The journey text is intentionally vague when describing Hekate, so you can receive your own vision of her. While preparing for the journey, try not to think of images that you've seen, instead keep a blank space regarding her appearance. Hekate has many different roles and characteristics. Her physical appearance reflects these various aspects. When you meet Hekate on this journey, take time to observe her physical appearance very closely. After the journey write a description of her appearance using as much detail as possible. There will be important clues about both your understanding of Hekate and your relationship with her that will be shown through the way she chooses to present herself to you.

## **The Gift of Hekate's Key**

After you meet Hekate, she will give you a key. This key represents your understanding of her. As you receive the key, take notice of your thoughts and feelings, as well as any words that Hekate speaks to you. After the journey, describe your immediate interpretations of the key and any messages that you received. Coupled with your vision, the key will provide great insight into your understanding of Hekate.

## **Other Parts of the Journey**

The journey begins with you entering the Liminal Realm that exists between the three worlds. You'll remain in the Liminal Realm, leaving behind the everyday life of the Middle World and not entering either the Under World or the Upper World. The center of Hekate is found in this space. Hekate is represented by the color gold while you are silver.

Colors are an important feature of this journey. Black signifies the energy of the Under World and emotions. The Upper World is the realm of thoughts and is represented by white. Red, the color of the life force, indicates the Middle World. As you are in the Liminal Realm between all three worlds, the energy is comprised of these sources.

## **Experiences During the Journey**

While you are on your journey, you may feel intense emotions and have profound thoughts. This is because you are entering the core of Hekate's energy. Take note of these experiences while on the journey. Once you notice them, tell them you'll return to them later after you've completed the working. You want to stay focused on experiencing a vision of Hekate and receiving your key.

## **Let Your Journey Begin**

Begin the journey by getting comfortable. Then close your eyes. Prepare to leave the everyday world by counting yourself down into a state of deep relaxation, starting at your feet with the number 13 and working your way up to the number 1 at your crown.

While counting, breath in slow deep breaths that both cleanse and relax your entire being.

Become aware of the energy within your feet and beneath your feet, then let it go. Repeat this process as you move up through your body while counting down. Feel the energy through all the parts of your body and your surroundings. Noticing it, then releasing it. At your crown, you release your thoughts.

After you've released your thoughts, you enter a state of disconnection from your physical body and your surroundings. The everyday world falls away from you.

You are alert, but relaxed. Open to the experience you are about to have.

## **Entering the Liminal Realm**

As you slip into the Liminal Realm, you once again become aware of your body. There is a sense of weightlessness, but you are deeply connected to the place where you now are. Open your eyes in this new world.

Take your time here as you enter your liminal body. You become aware of your breathing, your heart rate. Your arms, legs and torso. Here you are fully in your liminal form. You are lightness filled with a sense of great power. Your feet are connected to the earth beneath them, lightly and softly. Your head reaches up towards the heavens.

Begin by noticing the shimmering silver sandals upon your feet. Next, turn your attention to your left wrist that's surrounded by a band of black pearls. On your right wrist is a similar band of white pearls. Reaching up with both hands, you feel a band of red pearls around your neck. The energy of the realms radiates through the pearls, connecting with your own life force, creating a sense of balance and wholeness. Power. Contentment. Awareness.

As you let go of the red pearls, you notice your robe. It's a shimmering blend of black, red, white and silver. The hood covers your head.

Extend your perception out from your being to your immediate surroundings. You are at the threshold of the three worlds. Immediately behind you is the door to the

Middle World of everyday life. Take a step away from this door as it silently closes behind you. To your left, you see the Gates of the Under World, guarded by two black dogs. These gates are closed to you. On your right, the Gates of the Upper World stand closed with the serpent of creation before them. Neither the dogs or the serpent causes you alarm. You understand that they are Hekate's representatives. They remain subdued in your presence, for they already know why you are here.

You are at peace knowing that the three realms are closed off to you. Safe in the knowledge that you can return to the Middle World at any time. Aware that you can travel to the Under World and the Upper World when it is necessary.

You are at the Crossroads of The Three Worlds, standing on the threshold of The Liminal Realm, the sacred space of The Goddess Hekate. The space is dark with no moon, stars or sun to be seen. The energy is charged with that of the three realms.

Now you look ahead to the path of alabaster, jasper and obsidian stones immediately in front of you. The smells of the Liminal Realm comfort you with their mixture of roses, herbs and a hint of the warm scent of decay.

Torches light your way ahead. As you begin to walk down the path, take in your surroundings. What plants do you see? What thoughts come to mind? What feelings are you having? Take notice of these things, then release them. You'll return to them after your journey.

As you walk the path, you become aware of the black, red and white energy currents flowing from you and all around you. Although the energy is strong, you remain calm as you are one with the currents.

You reach the end of the path. Looking up, you realize that there is a figure standing before you, on the steps of a temple. On her feet are the most beautiful golden sandals. She beckons you towards her. As you approach, you take in her appearance, savoring the details to remember later. This is the Hekate of your understanding. This is how she has chosen to present herself to you.

You stand before her now, saying your name.

She says your name back to you (this may be a new name that she gives you). You stand in her presence, absorbing her divine energy. Take your time in this moment. Take notice of any messages that she gives you, storing them to memory for later processing.

You feel powerful, weightless, whole and content in her presence.

She raises her hand, revealing the most precious golden key.

This is the key that she is giving to you now, granting you a personal understanding of who she is.

She steps toward you. Her intense energy surrounds you like a blanket, mingling her golden nature with the black, red and white of the realms and your silver.

She removes your hood, gently kissing your forehead as she does. Holding your hand, she gently places the key in it, closing your fist over it.

The kiss and the key spread throughout your body, infusing you with her golden energy and the knowledge bestowed in the key. This is Hekate's gift to you. Your own understanding of her. Unique. Special. Purified. Whole.

She raises your hood, then steps back from you. You can now see the glorious ring of keys that she wears. These are your future keys that will come to you in due course.

Pause here. Feeling the energy of the kiss and key pulsing through your every cell. Study the key in your hand. As you finish committing the details to memory, the key is slowly absorbed into your hand. With the key now part of you, you look up to discover that Hekate is no longer visible to you. This doesn't bother you because you now have the key of your own understanding of her within you. She will always be part of you.

When you are ready, take one last look at her temple. Know that you can return when you need to.

Slowly turn and walk back down the path. Noticing new details to think about later. Walking past the gates of the Under World and Upper World. Now you stand before the door to the Middle World. You are ready to return to everyday life.

As you open the door to the Middle World, your liminal form slips away replaced by your physical being.

Close the door behind you. Return to your body. Feel your breath, your heartbeat. Become aware of the feelings in your body. Your thoughts. You are calm, but alert. Energized yet balanced.

Slowly count your way back to consciousness beginning with the number 1 at your crown and finishing with the number 12 at your feet. As you count, you become increasingly aware of your body and your surroundings. After you've finishing counting, take your time before moving from the space. Be gentle with yourself.

## **After the Journey**

It's best to record your experiences immediately after you finish the journey. A good idea is to record a voice memo right after and then write about the experience. It will take time to process the experience. Having the recording and your written thoughts will help you immensely.

