

RITUALS
of the
SACRED CAVE

*Return to the Womb of the Goddess
For Release, Retrieval and Rebirth*

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Into Hekate's Cauldron

*So deep I ventured into Hekate's Cave
That I came upon her cauldron,
From which the moon rises and sets.
Tended by her closest companions,
Those midwives of witchcraft calling me to this place.
Will I enter the cauldron?
It has already been decided,
When I began this deathwalking journey.
My path of transformation into
The witch I am.
I have sacrificed all that no longer serves,
And reclaimed my missing pieces.
Here is the final destination.
She who is the true me
Emerges,
Taking the hand of my shadow self.
Fear not, beloved.
Healing is found in Hekate's cauldron.
Through the smoke purified,
Flames burning away all pain.
Washed in the truth of moon essence.
Born anew.
The whispers of Medea and Kirke surround me now,
As does Pale Hekate's horde.
Persephone silences them.
She knows the work is mine to do.
Artemis protects me with her fierce arrows,
While the Dark Mother watches from her throne,
Here in her sacred chamber.
Yes.
I climb into the cauldron.
Washing the wounds,
Easing off the skin of the past.
Cleansing my aching body,
Until at last all that remains
Is my soul.
Persephone lifts one finger.
The horde take all I have discarded.*

*Kirke and Medea, countless others
Step forward,
Their magick moves swiftly,
Weaving me back into form
Using my soul thread.
I am reborn from their labors,
Here in Hekate's Cave.
Out of the cauldron, I rise.
Persephone smiles,
Artemis is watchful.
The witches hold their breath,
And the horde is still.
Behold, I am reborn.
As one of their own,
And as my truth.
Queen Hekate beckons me come,
As I walk towards her,
The moon adorns me,
Casting about my being
A robe of pure light and the darkest night,
My queen anoints me with the red-fire of her torches.
They sear me with power,
And my hands now hold
The keys of magick and mystery,
Wisdom and truth,
Sovereignty,
Peace.
Wholeness.
Hekate hails my rebirth,
As she signals the sun to return.
"Child, forever you shall be one of my chosen.
Witches are of the darkness,
Yet are the soul of the world.
Go forward towards the light,
But be always true to yourself."
She opens the way for me.
Empowered in my swirling
Robe of black, red and white,
I boldly venture forth into the light.*

Greetings Seeker,

Release

Retrieve

Be reborn

The Sacred Darkness is the energy of Hekate, The Primal Mother. She holds court in her cave, sheltering her chosen and her mysteries. Anima Mundi, she is the source of all life that is born from her dark, web womb.

The Sacred Darkness refers to our journey through this life, the difficulties, pain, and our search for true magick. The Sacred Darkness lies deep within Hekatean Witches. The Sacred Darkness is the part of the Wheel of the Year when daylight is scarce. The Sacred Darkness is nigh in our world, with great upheaval and change everywhere. We must return to the dark, wet womb from which we came to save not only ourselves, but our planet.

Venturing into The Cave takes great courage. We live in a world that denies the healing power of the dark, wet womb from which we all come.

For the courageous few, missing pieces of ourselves can be called back and the most intrepid can find rebirth in her innermost chamber. This is not to be lightly pursued.

Before entering this book, please listen to the audio class [“Hekate’s Sacred Darkness.”](#)

In my Coven and in the course known as The Mystai, we spend a great deal of time contemplating and working with the energy of the Sacred Darkness. These rituals are shared with you freely. Please don’t hesitate to email me at cyndi@keepingherkeys.com

To learn more about my work go to keepingherkeys.com

Deep Blessings,

A handwritten signature in cursive script that reads "Cyndi".

Cyndi Brannen, PhD

Hekatean Witchcraft is a deeply shamanic path of spiritual witchcraft that recognizes Hekate as the Anima Mundi, the very soul of the universe. This spirit resides within us. Our rituals and spells are the reconnection to our truth.

I've been supporting others with their shadow work for over a decade, along with my ongoing work on myself. Hekatean Witchcraft is about reclaiming our truth. So much of who we are has been stolen from us from a variety of sources. Our shadow self harbors all the pain associated with these acts of thievery, from our feelings of being less-than to supposed psychological disorders. I say "supposed" because so much of what we get diagnosed with isn't actually a clinical problem but one of the soul. When our true self can't perform the assignment, we were born into this incarnation to fulfill, we experience all manner of difficulties that often appear as anxiety, depression and other diagnoses. I'm not denying their clinical existence, but, more often than not, the symptoms we experience are associated with shadow power. Only by healing the shadow will we ever find relief.

True initiation is only accomplished after the deep, dark work of shadow healing. There is no other true initiation than our personal one, no commitment greater than the one made in private. No work more important than our deathwalking journey of personal transformation.

Read more about commitment and initiation in:

[Hekate and November: Deathwalking, Commitment and Initiation](#)

Sacred Darkness 1: Sacrificial Deathwalking Ritual

Celebrate Hekate of the Underworld and honor your own darkness with a solitary ritual sacrificing what longs to die within you to Hekate.

We hold within us all the energy of the Underworld. There are parts of us that long to die and others that call to be retrieved. Offer to her the parts of you that need to die, thus creating the space for your soul to return.

Transformative Spiritual Death Walking

Death walking refers to forms of witchcraft that explore the Underworld side of magick, including communicating with spirits and spiritual death. As witches, we are forever walking on the other side of the veil, whether through mediumship or personal development work. Offering to Hekate an emotional sacrifice of that which longs to die within us is part of our Witches' Journey. Keeping the past and our pain on life support while we attempt to transform ourselves inevitably yields poor results. What is it that longs to die within you? A past hurt? A dysfunctional way of thinking? Perhaps ideas or practices relating to your witchery?

The Cycle of Death-Life-Rebirth

The cycle of death-life-rebirth is at the heart of witchcraft, especially the Hekatean variety.

This tripartite series of workings is not to be undertaken lightly. Entering the Underworld requires courage. This is a quest that requires much contemplation. Take good care of yourself while on this journey.

*Hail Hekate, Torch bearing Guardian, Soul Guide, Night Wanderer!
Chthonic Goddess of the Threshold of All Things,
She who guards the gates of the Underworld!*

The Death Mother

For me, Hekate will always be my Death Mother for it was in the depths of my personal Underworld that she called out to me for the first time. By heeding her torches, I died to all that which poisoned my path through this incarnation. I've been blessed by hundreds of you sharing how she found you in similar circumstances. When we were fighting the demons of trauma, loss, and despair. Perhaps this is all new to you – she's calling to you for the first time or you feel compelled to find her. The Dark Mother whispers your name. Will you answer?

If this is where you're at, try [When Hekate Calls](#) or [Finding Hekate: Suggestions For Seekers](#).

There are different ways that I understand Hekate as The Dark Mother. There's the "dark night of the soul" when she comes to me to see me through. I [wrote](#) about how She often comes to Her devotees for the first time when they are suffering the most. The side of the Dark Mother is as a guide. Her symbols are usually keys, crossroads and a lantern. Be on the lookout during the weeks ahead for signs that Her energy is nigh – dropping keys and unexplained lights in the darkness are two examples.

Hekate, as Queen of the Underworld and Torchbearer, is our guide through our own dark times. She's there to shine her torch along our path through the worst times of our lives. Such times, although miserable, are the times that we grow the most as individuals. Like Persephone's journey to the Underworld and back, and thus giving us the seasons, we, too, have required phases.

from [Oh, Holy Night: Celebrating Hekate of the Underworld](#)

Hekate stands near, wishing for us to understand that through the darkness we are reborn. But we must answer the call by sacrificing the toxicity within ourselves. This is deep, dark work. It is the descent into our personal Underworld. I like to call the rise of witchcraft in general, and for Hekatean Witchcraft specifically, The Sacred Darkness because we honor all that prefers the velvet embrace of the night. In addition, the Sacred Darkness refers to the period in our lives when we bravely venture through our personal underworld. Not for the timid, the Sacred Darkness or Hekate. She, like us, is a creature of the emotional depths. As our Witch Mother she reminds us that our witchery is about emotions before we temper it with our mighty intellects. Rebirth is an emotional process that occurs in the dark.

Read [The Sacred Darkness is Nigh](#)

Death Walking Ritual of Release

To descend into the Underworld willingly is an act of radical personal transformation. The ritual below focuses on offering an emotional sacrifice to Hekate. It requires walking into your shadow zone, finding what longs to die and then sacrificing it to Hekate. This is the initial step in the Triformis process described earlier.

This ritual can be performed on November 16 as part of your celebration of Hekate's Night. November is the month for commitment and initiation into Modern Hekatean Witchcraft. The sixteenth is the perfect night to do either of these activities which can be augmented with the ritual below or do the working as on its own. As always, feel free to use and adapt as you feel led.

More about November and Hekate can be found [here](#).

Preparations

The ritual requires an offering to Hekate symbolic of what you are letting die, an emotional sacrifice. For example, you could offer a ring that represents a past relationship or keys to a former home. Something that you cling to in spite of it's need to die. Hekate's Underworld aspects are primarily emotional, so the emphasis on this ritual is such. Your intuition will guide you, take some deep breaths and turn all the way inward. What is it that you need to offer as an emotional sacrifice? Remember that our shadow resides in our internal Underworld. Ask yours what burdens she longs to release.

Once you have selected your offerings, plan your altar for the ritual. I suggest a chthonic – low or on the ground – one with the usual symbols of her [torches](#), [keys](#) and perhaps [her wheel](#) to represent the life cycle. Keep the focus on what it is you are sacrificing. Bones, skulls and other representations of the dead are highly appropriate since this sacrifice is a symbolic death. November finds us in the depths of the Underworld in the [Hekatean Wheel of the Year](#).

Prior to doing the ritual, I suggest a powerful ritual bathing incorporating a black salt scrub in the shower. This will bring out the toxicity in your body, mind and spirit making it easier to perform the emotional sacrifice. Mix 1/4 tsp activated charcoal powder with 1 cup high quality sea salt, cover with olive oil and blend. You can add appropriate Underworld botanicals like lavender and rosemary. Warning that you'll end up covered in black sludge, but it washes off easily with soap. This will work with just the salt, but the charcoal adds next level protection and purification. Black is the color to be worn for the ritual if you choose to be clothed.

You'll want to sit, lie or otherwise be as close to the ground as possible during the ritual. Don't forget your sacrifice. Cast your circle as you usually do to ensure that no unwanted energies are attracted to your working. I find salt is great for this. You can make death

walking oil to anoint yourself while evoking Hekate. Another oil can be substituted. You want to activate your emotional Lower Self by anointing your feet, knees and root chakra. As you do so, allow your roots to dig deep into the earth. This will really boost your ability to connect with her and perform your emotional sacrifice. Remember that this is a gift she welcomes. Through her all that we need to let die will be transformed and reborn.

Find the instructions for the deathwalking oil [here](#) and the Evocation of Hekate Suitable For Any Rite is [here](#).

Petition

*Hail to the Darkness within and without!
Hail Hekate, Chthonic Goddess of the Underworld!
You hold the torches and guide my way,
I honor you with this sacrifice.
I willingly let die this that no longer serves me.
Through death, I find life and I will be reborn.
To the darkness within me
And the Sacred Darkness that is you,
I offer this...*

Describe the offering you are giving her and why.

*Accept my sincere offering,
Mighty Queen of the Night and Goddess of Witches,
I walk with you through the Underworld,
Seeking the wisdom of your keys,
May I open the gates of my own truth,
And understand your mysteries.
I honor you and the darkness within myself.
I am grateful for my shadow for it protects me.
My weaknesses are my strengths,
And my failures are my greatest teachers.
Hail to the Underworld!
Hail Hekate Chthonia!*

After this petition, stay in this space while you release the emotions connected to the sacrifice you made. Feel them go deep into the earth where Hekate presides. During this

process, Hekate may come forward very strongly with messages and you will likely experience visions.

When you are finished with the ritual, balance yourself by connecting to your other two energies centers – the heart and mind. Pull up your earthly roots gently, stretch out your energy from your heart center into the world around you, stretch up towards The Starry Road. Take your time doing this. Wipe the death walking oil off using a warm, soapy cloth in a counter-clockwise movement.

Refer to the processing guidelines at the end of the third station for guidance on processing this ritual. Take good care of yourself after. Make sure you correct your energies, so you don't get stuck in her cave. It's lovely there, but the mundane world needs you.

Sacred Darkness 2: Soul Retrieval

The shattered pieces of ourselves find refuge deep in Hekate's cave. Call upon the Mistress of Souls to guide your way to where she safeguarded these soul fragments until you were ready for reunion.

Soul retrieval requires a deeper descent into Hekate's Cave than all other forms of death walking. We must traverse the river of the dead to reach this crossroads. A perilous journey for the bravest seekers of truth. The reward is a blissful reunion with our missing soul fragments. To once again be whole.

Hekate and Soul Retrieval

Soul retrieval is performed to reunite us with pieces of our soul that take flight when we experience trauma. I've long been a student of soul retrieval, teaching the essence of the technique and in my personal practice. [Hekate](#) as the Mistress of Souls is the psychopomp who guides us back to our missing pieces. Protected within the deepest reaches of her cave, they wait for us to come to them. Soul retrieval is the second part of the [Rituals of the Sacred Cave](#). It begins with letting all that which longs to die within us do so with grace and grit. During this phase, those who have harmed us, the ones who took advantage of our weakness, die to us as well. While their demise is not literal, their power over us is laid to rest. No more do they have the ability to hurt us with words or deeds. This is where we begin our internal death walking.

Further Reading:

[Honoring Hekate of the Underworld and Ourselves: A Death Walking Ritual of Transformation](#)

[Hekate & November: The Underworld, Death Walking, and the Crossroads](#)

[Witches Are Not Light Workers. We are Death Walkers](#)

Trauma takes on many forms and has many consequences. Abuse, cruelty, violence and the subtle, but most deadly form of all, [invalidation](#). Many of us witches have been made to feel unworthy by individuals, groups and even society. I like to think that the current witch wave is soul retrieval on the grand scale.

Healing the Mother Wound may help you prepare for the work of soul retrieval. Read that guide:

[Healing The Mother Wound](#)

Wholeness, Not Perfection

On the individual level, soul retrieval is a necessary part of the witches' journey. Incredibly personal, this work requires a substantial amount of preparation, including the release of past trauma before the process should be undertaken. Well trained practitioners can act as guides for this work, but ultimately it is up to the individual to call their missing pieces back to them.

The goal of this mission is wholeness, not perfection. During the Underworld journey, there is the realization that perfection is pure shadow-talk, driven by fears of further trauma. That shadow of ours serves to protect us during difficult times. It is the shadow who releases the soul-fragments into Hekate's Cave for it knows when they need to be safeguarded. The resulting gaps in our etheric beings are filled in by the shadow. While this often saves our very souls, the impacts include emptiness, addictions, distress, anxiety, depression, toxic relationships and an inability to stand in our own power. The wise shadow calls us to heal from the past before we can call our missing pieces back to us. The choice is ours. Do we do the dark work of true healing or choose the [bright light of false positivity](#)?

Avoid Spiritual Bypassing and Toxic Positivity

The urgency for healing often lures us onto the blinding path offered by quick fixes, including some so-called light workers. I'm not saying that all of those who identify as such aren't capable of helping you retrieve your missing parts but be very wary of those who talk only of light and love. We can do this to ourselves by spiritually bypassing the healing we need, hurdling towards the light as though it is our only salvation. The outcome of this type of spiritual bypassing is increased psychological and spiritual distress because it takes us further from our truth. We all know people like this, right? Super fake happy all the time, they are often telling us that we are too much of the dark. Spiritual bypassers are usually toxic witches.

Read more about toxic witches (and regular people) [here](#).

Spiritual bypassing also occurs when we jump too deep. This is why the Rituals of the Sacred Cave of death walking begins with the demise of all that which no longer serves us.

Signs of Needing Soul Retrieval

Perpetually feeling [shame](#) for who you are is one of the main signs of needing soul retrieval. If you feel a pervasive emptiness, including never feeling that you are in the right place or not being comfortable in your own skin, soul retrieval may be what you need. Imposter syndrome, always having to put on a false front, and ineffective [boundaries](#) are other signs. Significant psychological distress requires proper evidence-based treatment. Soul retrieval functions on the deepest spiritual level. For those of us with mental health problems, we need support to develop coping skills, rewire dysfunctional thought patterns, and to help us process our emotions.

Souls fragment in the aftermath of trauma, but they can also become enmeshed with another soul. Briefly, others can claim pieces of us for a variety of reasons. The person must have an incredibly strong energetic field to do so. Psychopaths and some other types of toxic individuals can do this, although our own beings are usually strong enough to send our pieces to safety. If you are feeling enmeshed, banishing witchery may be in order.

Learn more about recognizing and dealing with psychopaths [here](#).

Read my endorsement of what some (but not me) call dark magick – [Hex Appeal: The Power of Cursing](#)

Watch this [video all about witchery for removing toxic people from your life](#).

Sometimes the place we live in can cause disintegration due to exceptionally toxic energy. Read more about [Healing the Ancestors of Place](#).

Deeper Into The Darkness

If you feel ready to go deeper into the darkness of Hekate's Cave to retrieve your missing pieces, I urge you to be well prepared.

The Soul Retrieval Process

Soul retrieval is a journey completed while in a deep trance. This is required to open the path deep into Hekate's Cave that resides inside of us all. It is best to have a support person with you while you experience this process. If you do undertake it on your own, arrange a check-in with someone you trust after. Also discuss your plans with them in advance. While Hekate offers the ultimate protection, she is not one for doing the work of our friends unless absolutely necessary. You know her, she's all about sovereignty.

Soul retrieval candle

Once you determine that you are going to do a soul retrieval journey, I suggest a daily practice for at least one week consisting of creating a soul beacon. Usually this can be accomplished by anointing a candle with carefully chosen oils and botanicals combining personal power and healing. There are many to choose from. My preference for a soul beacon candle varies by individual needs, but frankincense and yarrow are generally excellent. I like to add birch for its potent ability to bind and mugwort to boost our connect to the etheric realms. Recite a petition to Hekate for guidance and call out to your missing pieces while standing before the lit candle.

Since you've reached this point, you're most likely drawn to soul retrieval work. I want you to know that this is a very courageous path you've chosen. If you've come this far, I am confident that you can go deeper into the darkness when you are ready. Get the support you need, take your time, and trust in yourself. Always remember that Hekate, Mistress of Souls, will guide you back to the missing pieces of yourself that she has sheltered. The effort that goes into transformative death walking, including soul retrieval, is so worth the potential benefits.

Soul Retrieval Journey

With the first part of the Sacred Darkness, you passed the first station in Hekate's Cave. Soul retrieval takes you deeper across the River of Death into your personal chamber where Hekate's has safeguarded your missing pieces.

Preparation

Follow the preparations of the Sacrificial Ritual, cleansing is important, create your safe energetic space, and enter in. An image of Hekate's Wheel is helpful at the beginning of this journey. As you trance into her cave, envision this wheel deep within. Offerings can be made to Hekate. The animal spirits for this journey are avian. Call forth the energy of your bird allies at the beginning of the working. Have their symbols on your altar and make them an offering upon completion. No rushing during the journey.

The Journey

Sit comfortably. Shift your weight into your spine, down into your sitting bones. Relax your shoulders. Place your hands in a comfortable position, but don't cross them or your legs. Keep those energy meridians open. It's now time to turn inward to the Inner Temple. Call upon your bird guide to come with you on this journey.

Picture a set of stairs deep with you. With each number you descend one step. Your avian companion flying slightly ahead. 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 prepares you to enter Hekate's Cave. Completely separated from the world of form, you are an energetic being. Feel your physical body rest comfortably.

Your avian companion flies slightly ahead of you into the darkness. You know that this is the entrance to Hekate's Cave. Open the door. Before you are stairs descending into

darkness. There is the pale light of torches in the distance. The presence of Hekate permeates this space. Each step is your own, although you know that your companion and Hekate will immediately help should you need it. However, you feel very confident. You are ready for the work ahead.

Observe your surroundings as you descend the stairs. At the bottom, you come to a river. Your bird ally is resting there in a tree. The river calms your mind, bringing a deeper clarity of purpose than you've ever felt. You have the sense that this bridge is for all soul travelers to cross. To the river you say that you are here to retrieve missing pieces of your soul, knowing that you must tell him where you need to go. As you cross the bridge, you feel the slightest pressure from all the other souls crossing the bridge. Now on the other side, there is only one way forward. There is a chamber, dimly lit. Although you can't see Hekate, you know it is she who ignited the torches for you.

You are guided to the center of the chamber. Standing here you realize that below your feet is Hekate's Wheel. You are the center. Around you the walls are covered with her Wheels, turning, blending. A gentle hum comes from them. Focus your attention on the reason why you are here. To retrieve missing pieces of yourself. Release this intention into the chamber.

Rest here while your intention works through the Wheels.

You notice that parts of the Wheel beneath your feet are not lit. Look around you, see parts of the Wheels in the walls shine brighter. Some emerge as beautiful fragments, as keys, while others are ghostly. Reach out to those keys, calling them back to you. As they separate from their bright light beams towards you, they slide into your hands. As you grasp them, the dim parts of the Wheel under your feet light up. The energy of the key and the wheel surge through you, you see the Wheel within you, that is your pure being welcoming the pieces back.

Take some time here while the reunion occurs.

A pure sensation fills you. Bliss. Contentment. Joy.

Along with this comes the knowing that you still need to call back pieces that are entangled with others. Empowered by your now more complete being, reach out to the ghostly keys. As you touch them, they become whole. The tethers binding them are broken. The broken chains take with them all the toxicity of the other. They are pure soul pieces that you have claimed as rightfully yours. A sense of completion fills your being. The Wheel under your feet is now completely illuminated. You are whole.

Pause here in this moment as the pieces are reunited. All your keys, soul fragments, are together. You are the keeper of your own keys. You are the psychopomp, soul guide. You are the witch. One of Hekate's chosen.

The time has come to exit your chamber. You take comfort in knowing that you can return here to find pure contentment and to deepen your abilities as a soul guide. You thank the river after you cross the bridge. Your companion is now flying ahead once more, guiding the way to the exit.

Pause here to express gratitude to Hekate and your companion. When you are ready journey back to the Middle World of everyday life, to your physical being.

Count 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.

If you are feeling overly emotional, pull your energy up to The Starry Road until you feel the balance returns. Release these emotions up to the stars. It's best to consume a snack before processing. Nuts, chocolate, fruit juice, cheese, and boiled eggs are all appropriate. You need the sugar, protein and salt to help your body adjust to the whole soul that has returned. This process will take at least several hours. Your Higher Self-consciousness as well as your Lower Self emotions will experience changes in the hours and even days to come. The Middle Self of actions will also do things differently. I want to emphasize that you should meditate every day, connect with Hekate often, and just take your time through this process. Write about your experience, observe the changes in yourself, note how your magickal abilities are transforming. Truth is the result of the soul retrieval process. While this is fantastic, it can be a bit of a "tower time" of great transformation. Keep this in mind as you go forward.

Soul Integration

The integration process is a homecoming back to yourself. Afterwards, you may feel very tired or completely energized. Immediately after a soul retrieval journey, it is important to balance yourself back into the Middle World of everyday life. Grounding is not appropriate since you have ventured so deep into the Underworld that further pushing

yourself down into the earth can cause sustained emotionality. Pull yourself up to The Starry Road by extending all your energies up towards the Upper World until your feet are firmly back on solid ground. Extend your heart center out to your surroundings, reconnecting to the material world. As always, be gentle with yourself after. You will be experiencing greater sovereignty, mental clarity, increased emotional regulation, and more. Spiritual upgrades may spontaneously occur.

Get in touch with your shadow and receive Hekate's guidance using [this Tarot spread](#).

To begin your healing journey, read and watch my three-part series on [Healing with Hekate](#).

A short guide to spiritual upgrades can be downloaded [here](#).

Sacred Darkness 3: The Cauldron of Rebirth Ritual

In the innermost chamber of Hekate's Cave waits the cauldron of rebirth. While this is an immensely personal journey, I've provided a ritual for you to follow, adapt as you feel led or do as is.

Hekate has always been associated with the life cycle. She is known as The Great Mother from her earliest days, and her role as divine midwife is recounted in many tales. As a Dark Mother, she offers the dark, wet womb of her cave for those seeking transformation. Goddess of the moon that rises and sets within her cave. Primal Mother of the eternal sorceresses who await us around the cauldron, and ruler of her horde that stand guard. Hail the Queen of Witches, who bids you enter!

This is a ritual of dismemberment and death leading to a powerful rebirth. It is through the intentional disembodiment of our present "shell" that we can find the means to release our truth. A powerful journey, for sure. Hekate has long been associated with both destruction and healing. She is the three-formed goddess of the crossroads, guiding our way with her torches, and protector against deleterious forces. Hekate is the Dark Mother of the Underworld, opening her cave as a haven from whence we can reclaim our power and explore the mysteries of her witches.

Hekate's ancient cult held rituals in caves sacred to her. The cave has been associated with her, and her witches, for thousands of years. The ancients believed that the moon rose and set from such a cave. Her ancient witches cast their spells in caves sacred to her. They used their cauldrons, deep within such places, to grant life, death and rebirth to those brave – or foolish – enough to enter. The energy of the cauldron of rebirth lives

on in the innermost chamber of Hekate's Cave. Beware of the lessons of the past. Approach rebirth with deep sincerity or risk Hekate's reproach.

Preparation

Preparation for the Cauldron of Rebirth Ritual includes completing the previous two stations of the Rituals of the Sacred Cave. I'm offering this publicly, so it is entirely up to you how you proceed. I've already stated that this is oracular work that should be undertaken with gravitas. Of course, we can be called to do things according to our own spiritual needs. It is entirely up to you to decide.

The only tool required for this working is a **cauldron**, or other open container in which you can place incense.

Correspondences

- The color for this ritual is white, added to the black of the first station and the red of the second. Create an altar reflecting these three hues to help focus your energy.
- You can wear a white robe, scarf, veil, etc. to symbolize the energy of rebirth.
- Hekate's horde can be represented using images, statues, bones, etc. since they are part of the ritual. Select animals that you resonate with deeply or ones that present themselves to you for this working. Read more about her animal menagerie: [Hekate's Animals: Ancient Creatures, Modern Menagerie, and Ways to Include Them in Witchery](#)

Botanicals

Continue using the deathwalking oil for anointing to activate your ability to enter Hekate's Cave. The formula can be found here: [Deathwalking Oil & Ritual](#). Alternatively, lavender oil/water can be substituted.

Hekate's Cauldron Incense: crush a bit of pinecone, a stub of cinnamon stick, birch bark scraps, a pinch each of dried rosemary and mugwort. **Pinecones** are associated with abundance, activation, beginnings, growth, money, motivation, self-work, transformation, truth and wealth. **Mugwort's** impressive properties include releasing psychic abilities, astral realm, animals (it will help keep unwanted animal attention away during the ritual), dream work, messages, power, protection, rebirth and visions. **Birch** is added because of its power as a binder. Birch is interesting because it can be used in removal magicks (e.g., banishing) as well as attraction spells (e.g., well-being).

As a binder, it can add to the power of any working. It's especially good for sigils. If you're using birch to bind anything – from your personal sovereignty to wrapping it around a poppet to remove a person from your life – be conscious of its power. In other words, be certain of what you're doing. Birch effects are difficult to undo. Birch burns quickly, and you only need a palm-sized amount to use in an incense. You can purchase birch bark tea if you don't have access to a tree. **Cinnamon**, I love the slow burn of this botanical. Associated with prosperity, wealth and success. Used in the cauldron incense to attune you to the fire of the cauldron, as well as with Hekate's torches. **Rosemary** is used for purification and protection, also giving a gentle loving, compassionate embrace to the working. Substitute as necessary with botanicals possessing comparable properties. You can blend oils or essences if you prefer. A few drops of each. If none of this is available to you, burn white sage or diffuse lavender oil. Do what works for you. Burn the botanicals in the cauldron. If you're using oils, place a few drops in there instead.

Altar construction: The goal is to create an energy grid that will open the entrance to Hekate's Cave. A chthonic – low or on the ground – one with the usual symbols of her torches, keys and perhaps her wheel to represent the life cycle is best. Smoky quartz can be used to activate the entrance.

Offerings: Symbolic gifts to Hekate, her midwives and horde can be made. Place them on your altar. When you enter the Inner Chamber, give them your offerings. I've included a list of some offerings at the end of this guide. Feel free to add your own.

Preparing body, mind and soul: The same technique outlined in The Deathwalking Ritual of Sacrifice earlier in this guide can be used.

Ritual Guidelines

Be as close to the ground as possible during the ritual. Don't forget your offerings. I recommend creating a protected space, either by circle casting or another technique. If you are feeling disconnected from Hekate, try the Evocation of Hekate Suitable For Any Rite to evoke her presence once you've created the contained space.

Light the incense or turn on the diffuser about 30 minutes prior to beginning the ritual, before casting your circle. Extinguish it before moving into the incantation/petition.

Once your space is established, concentrate on your Underworld altar. Anoint your feet, heart center and crown with your chosen oil, tapping them three times. Your feet represent your emotional lower self, the black cord extends from them to the altar. The red of your heart center connects to the altar. Finally, the mystical, intellectual energy of the higher self is drawn into the altar when you anoint your crown. Envision the stone or

symbol being used to signify the entrance to Hekate's Cave opening as you pour out your energies. Once you are connected to the opening, extend the merged currents to the cauldron, creating a triangular portal between you, the opening symbol and the cauldron. Close your eyes and feel the opening. Leaving your physical body safely behind in the closed space, release your energetic being into the portal. Once inside, follow Hekate's torches to the inner chamber. Your allies and guides may come forward to support you, and you can certainly evoke them.

You'll come to an open entrance. Take note of the symbolism here. Hekate often leaves messages on the way we perceive her domain. Observe who is present for your rebirth ritual. New guides, deities, and spirits most likely will present themselves since they know why you are here. They are here to be your midwives, but you do the work. The cauldron will now appear. It's helpful to read my poem, "Hekate's Cauldron of Rebirth" a few times before creating your own portal to get into the energy of her cave and cauldron.

When you are ready, climb into the cauldron.

The Cauldron of Rebirth

Hail Hekate! Mighty Underworld Queen,
I have come to enter your cauldron for rebirth.
I call upon the energy of the dark to protect me,
I draw down the moon for her protection,
I ask my allies and guides to attend this ritual.
I petition you to release your horde,
Extend them around me now.
Surround me with your wise goddesses of rebirth.

I enter into your cauldron of my own free will,
My intention is pure, my will strong, and my heart true.
(See yourself climbing into the cauldron.)

Through the smoke I am purified,
While the fire burns away all that no longer serves me.
I am washed in the truth of moon essence.

I wash my wounds,
I release the false skin of the past.
I cleanse my tired body,
Stripping away all that no longer serves.
Now all that remains is my soul which is my truth.

(Climb out of the cauldron as pure essence, with your discarded former self cast round the cauldron).

Fierce Horde of Hekate,
I offer you all that I have discarded.
The creatures will consume what you have cast off.

Great guides and goddesses,
Take the thread of my soul and weave me anew.

Your guides and goddesses step forward and get to work at this point. Don't rush through this. Feel the process as you are reborn. Every cell, muscle, organ, hair. All created from your true essence. Allow the process to progress gently, supported by your allies who are weaving your true body.

When you are ready, proclaim:
Behold, I am reborn into my truth.

At this point, moonlight will emerge from the cauldron. She will infuse you, creating a robe of pure light and the darkest night. Step forward to Hekate on her throne. She anoints you with the red-fire of her torches, searing you with power. At this point, the three keys will appear in your hand. One for removal magick, one for spirit witchery, and one for the ability to perform transformation. You may also receive other keys, relevant to your witchery. Hekate may speak to you during this process.

I now keep my own keys,
The power to remove all that doesn't serve.
The ability to call spirits,
The gift of transformative witchcraft.
Opening the gates of the mysteries,
And to the way forward.

Make your offerings that you have brought. Call them into your hands from their place on the altar.

I make these offerings from the deepest gratitude.
To Hekate,
My allies and guides,
And to her Horde.
I go boldly forward into my new life.

Walk through the opening Hekate created, returning to your physical body. Take your time with this process. As you merge, notice the physical sensations. Move slowly upwards from your feet to the crown, disconnecting from the cauldron and your sunbolon for the cave. This dismantles the portal. Reconnect to the mundane world by feeling the floor beneath you, open your heart center to your material surroundings, stretch your crown back up towards the Starry Road. Take time here to balance, making corrections as necessary. Gently, when you are ready, open your space.

Processing Your Rebirth and the Other Stations of the Sacred Darkness

As soon as possible after the journey, journal about it. Hekate is fond of symbolism, and our other guides often speak to us in riddles and symbols. Writing about them can help us unravel their meanings. Remember that this is very intense work that can take time to process.

1. Record immediately all the details of the journey that you remember. Using the voice memo function on your phone is a great tool for doing this or summarize the journey in your journal.
2. Processing the journey should occur soon after, but can wait until later, especially if you made a recording.

Prompts for processing:

- What is my current emotional state? (You may be experiencing new sensations, particularly calm and contentment. If you have excess energy, continue to correct with grounding.)
- What physical sensations am I experiencing? (Your body will feel different.)
- What thoughts am I having?
- What did Hekate's Cave look like?
- Who were my allies? What did they look like?
- What did they say to me?
- What did I say?

- What did my guides say as they wove me anew?
- What images did I see while they were weaving my True Self?
- What were Hekate's messages?
- What do my keys look like?

3. Interpretation: Now that you've processed the journey, you should move on to your interpretation of it. You should start with your understanding, write it down and then seek other sources for standard interpretations.

4. Follow up:

- Be gentle with yourself for the day after the journey experience. The emotions of the journey may carry forward into your waking life. Take time to notice these feelings and release them if they don't serve you well.
- Pay attention for further messages from your guide in your dreams, symbols and other messages that reinforce your connection with them during the days afterwards.
- Return to Hekate's Cave whenever you wish using the technique described.
- Create sumbola, material representations, of the keys given to you.

Congratulations!

You have completed the Rituals of the Sacred Cave. To ensure that you continue on your journey of truth and empowerment, develop your own Witches' Hour of Power. To learn more watch: <https://www.youtube.com/watch?v=RTDtCmORKwU&t=236s>

I wish you sovereignty, contentment, and passion as you begin anew.

Yours in Hekate's Witchery,

Cyndi

Cyndi Brannen, PhD
 Owner of Open Circle Witchcraft
 Writer of Keeping Her Keys on Patheos
 Moon Books Author
 Developer of Hekate's Modern Witchcraft

Offerings

Edibles	Plants	Other Objects	Energetics
Allium vegetables – garlic, leeks and onions	Bay Laurel	Bones and seashells	Devotional walks
	Benzoin/Storax	Household sweepings	Rituals
Almonds and other nuts	Frankincense	Keys	Personal (e.g., painful experiences)
Animal products – eggs, cheese (fresh)	Garlic	Personal (e.g., hair clippings)	Sacrifice (e.g., giving up a bad habit)
Cakes	Lavender	Stones (e.g., obsidian, jasper and quartz)	Volunteering
Fish	Mugwort		
Fruit – historical e.g., pomegranates, plums, dates, grapes	Oak leaves		
Fruit – locally available	Roses		
Libations – wine, mead, beer, sweet drinks (e.g., pomegranate or apple cider).	Sage		
Meats – cured			
Unwanted leftovers			

Hekate's Garden

A list of some of the plants directly associated with Hekate, from ancient times to today.

NOTE: Do NOT use any of the poisons without following proper procedures. Never touch a poisonous pretty with your bare hands or ingest them.

I've included common kitchen herbs that can be used dried or purchased at the supermarket fresh or as small plants. Basil, lavender and rosemary are three excellent choices.

Aconite	Banishing; flying ointments; poison
Almond	Offerings; love magic; sacred fires
Asphodel	Death work; communicating with Hekate
Basil	Connecting to dragon energy; courage; initiation
Bay Laurel	Attraction; manifestation; psychic development
Belladonna	Banishing; poison; "war" workings
Betony	Calming; protection; reversal magic
Benzoin	Personal development; visions
Bittersweet	Protection; secrets; revelations
Cardamom	Passion; sex
Dandelion	Healing; tonic
Datura	Poison; reversal magic
Devil's Trumpet	Poison; witchcraft
Dittany	Death work; teaching
Frankincense	Devotional incense; focus; self-discipline
Galingale	Lust; money; success
Garlic	Invoking; offerings; protection
Ginger	Health; protection; purification
Honeysuckle	Metaphysical awareness; travelling to the Realms

Lavender	Calming; working with serpent energy
Licorice Root	Communication; writing
Mandrake	Clairvoyance; creativity
Moonwort	Angels; divination
Morning Glory	Affection; family
Mugwort	Psychic development; witchcraft
Mustard	Growth; prosperity; growth
Myrrh	Boosts any magical experience; offerings
Nightshade	Poison; removal of toxic people
Oak	Loyalty; offerings
Olive	Base for potions and oils; offerings
Rose	Balance; love; secrecy; offerings
Rosemary	Love, purification, protection
Saffron	Calm; desire; fertility
Sage	Purification; protection; rituals
Storax	Communication; devotional incense
Verbena	Cleansing; creativity
Watercress	Psychic development; visions
Willow	Communication; death work
Wormwood	Banishing; healing; personal development work
Yarrow	Healing, cleansing, rebirth
Yew	Strength; witchcraft

Preparing Botanicals for Use

Living plants are the most powerful to work with, although dried can be just as potent if our witch skills are up to the task. I recommend removing any herbs or plants being used for magick from their original packaging. Most things are best kept in sealed glass jars out of direct exposure to light. Specific plants may vary in their needs.

If you want to harness specific attributes of any botanical, whether in a blend (incense) or on their own, you can perform a simple ritual to bind them for your purpose. The goal is to attune them to their properties appropriate for your specific magick. Once activated, you can release them into your spell, potion, etc. This takes practice to do it effectively.

Incense refers to a blend of botanicals used for burning. Usually, the blend can be added to oil and used in a diffuser instead. Placing the blend in your space will also release their magickal properties into the air. Think of air as existing in both the world of form and force. By altering its chemical structure with botanical particles, we do the same in the energetic realm.

Plant spirit witchery works best with honed communication skills. Plant spirits are no different than any other type. We can establish relationships, get them to do our bidding, coax certain properties from them and more. Below is a simple working for helping you connect to plant spirits.

Plant Spirit Communication Guidelines

- Connect with the plant spirit. There are so many ways to do this. A living plant is the simplest, followed by a freshly harvested one. For dried botanicals, hold the botanical in your hand, envision the plant from which it came. Open your energy centers first, using the Unleashing Your Inner Witch Meditation. Focus your cord on the plant rather than on creating an energetic container around you.
- Ask the plant spirit “What is there for me to know about you?” Listen to any messages. Specific info should be recorded in your BoS (Book of Shadows).
- Next state your intention. For example, your intention for this exercise is to open up to the plant and receive its wisdom. Explain this to the plant spirit, asking for their assistance for your magickal intentions. Thank the plant for lending its energies to your working.

- When you are doing this simple technique with a plant spirit, you may find that you are being pulled to a deeper connection to it. I have several plant spirits that I have a relationship with, from my close spiritual connection with Rose to my household love for Sage. I posted a link in the Further Reading section at the end of the lesson if you are interested in learning more about Plant Spirits.

Stones are great to connect with, but to me, botanicals will always be my preference. Plants have such great personalities and properties. Stones are inherently less connected to us because they aren't living objects. But I like using them for the convenience. It's difficult to take my mugwort plant with me in the car!

Procedure

Set aside at least thirty minutes to do the connection work. You'll want to create a closed energetic space around you and the botanical using the Unleashing Your Inner Witch Meditation. Then envision a cord extending from your Lower Self to the corresponding one in the object. Really open up your emotional channel bi-directionally. Let the plant or stone know you first. Good manners matter in plant and stone spirit work. Don't download though, just show the object what you're feeling. Then "ask" the object to reciprocate. Try to avoid applying words to the experience. See colors, feel emotions. Repeat this for the Middle Self, try to let the plant or stone (they certainly vibrate even though they don't move) physical properties possess your physical self a bit. Finally, do the Higher Self connection where you let your thoughts and mystical energies flow into the object and then explore the similar ones in the plant or stone. The plant or stone may transmit a message to you that you'll interpret using words, as much as you can try to avoid this. See shapes, colors, changes in air flow, light/dark, etc. from the perspective of the botanical or stone.

After

Part of any witchery should include processing afterwards. Personal experiences, messages, images, etc. go in your Witch Journal while you record the details (time, moon phase, etc.) in your BoS. Be gentle with yourself as you move into the practices.

Going Deeper

My Stone Spirit Healing Guide & Ritual will further strengthen your emerging energy work powers:

<https://www.dropbox.com/s/hg70plwtucsr7w/Stone%20Spirit%20Cord%20Cutting%20Spell%20to%20Release%20the%20Past.pdf?dl=0>

Articles About Hekate

A list of my articles about Hekate and Modern Hekatean Witchcraft. Click the blue to access the article.

Understanding Hekate

[A Witch's Understanding of Hekate](#)

Hekate is a complex goddess with a long history. She is the Goddess of the...

[Hekate: Guardian, Guide and Gatekeeper](#)

Hekate as a Triple Goddess is one of her most iconic images. Usually including either...

[Hekate: Goddess of Our Time](#)

There is a different Hekate for everyone, from the Queen of Hell to the Mother...

[Hekate: The Mother of All](#)

Reviewing the existing literature about Hekate reveals that her three-formed nature is reflected in her...

[Hekate: 10 Things Worth Knowing](#)

Hekate is a complex goddess both in her cultural representations and personal interpretations. I've written...

[Hekate's Name: Origins, Meanings, Pronunciations & More](#)

If there is one type of question about Hekate I get asked more than others...

[Hekate's Origin Story](#)

While her earthly birthplace may never be known, Hekate's origin story tells of her...

[Hekate: Goddess of Relationships](#)

Hekate's complex history includes a wide variety of relationships, from the epic tale of her...

Hekate's Many Controversies

As an ancient goddess, Hekate has weathered many different interpretations and practices. Because of her...

Hekate: Goddess of the Sea

Hekate's association with the sea stretches from the earliest known descriptions to contemporary understanding. As...

Hekate's Wheel of the Year

A Modern Hekatean Witchcraft Wheel of the Year for 2018

This Modern Hekatean Witchcraft Wheel of the Year combines ancient texts, modern pagan observances and...

Hekate and January: Look Both Ways

January brings a new calendar year, a time of reflection on the past and planning...

February: Honoring Hekate as the World Soul with a Sunrise Ritual

The middle of winter is an ideal day to celebrate Hekate as the World Soul. There's the slightest...

Hekate and the Spring Equinox: The Winds of Change and the Balance in All Things

As the Spring Equinox draws nigh, it is this aspect of Hekate that speaks to...

Beltane, Hekate and Me: Watching Them Burn

I like to think that if Hekate was watching Beltane festivities, she'd be standing off...

Hekate and the Summer Solstice: Suggestions for Themes, Rituals and Correspondences

The Summer Solstice is the time to acknowledge Hekate as the Keeper of the Keys...

Hekate And September: Beginnings, Endings And The In-Between (Suggestions for Correspondences, Rituals and More)

September is the month of the final harvest from the land. Labor Day is connected...

Hekate & October: Hail The Queen of Witches!

The glorious Season of The Witch is here. October is the month when the thinning...

[**Hekate and Samhain: Suggestions for Witchery, Rituals and More**](#)

Hekate and Samhain should go together, but most mainstream practices don't include her. However, three...

[**Hekate & November: The Underworld, Crossroads, Death Walking & Initiation**](#)

November is Hekate's month. There are two nights honoring her, Night of Hekate of the...

[**The Sacred Darkness is Nigh: November & Hekate**](#)

November is the month for exploring the dark mysteries of Hekate and ourselves.

[**Oh, Holy Night! Celebrating Hekate of the Underworld**](#)

On November 16, Hekate is celebrated as Queen of the Underworld. In this article, I...

[**Honoring Hekate of the Underworld and Ourselves: A Death Walking Ritual of Transformation**](#)

Night of Hekate of the Underworld is November 16. Celebrate her chthonic side and honor...

[**Deeper Into The Darkness: Hekate and Soul Retrieval**](#)

The shattered pieces of ourselves find refuge deep in Hekate's cave. Call upon the Mistress...

[**Oh, Night Divine! Honoring Hekate of the Crossroads**](#)

November 30 is the night to honor Hekate for all the crossroads She's seen you...

[**Hekate & December: Witchcraft for the Darkest Month & The Promise of Rebirth**](#)

[**Our Lady and Savior: Hekate and December**](#)

As the wheel of the year nears the winter solstice, my thoughts turn to the...

[**The Winter Solstice: Day of Hekate Soteira**](#)

This new story offers a Modern Hekatean Witchcraft interpretation of the winter solstice. On this...

[Deliver Us from Darkness: Hekate and the Winter Solstice](#)

The winter solstice offers the opportunity to honor Hekate as Queen of the Underworld, Middle...

Hekate's Moon

[Hekate and the Moon](#)

Hekate has been strongly associated with the moon for millennia. From her role as an...

[Honoring Hekate on the Dark Moon: Suggestions for Rituals, Correspondences and Offerings](#)

The Dark Moon, occurring on the astrological new moon, is a time that many followers...

[Hekate and the New Moon](#)

The New Moon is an ideal time for seeking Hekate's support for new projects, renewal...

[Drawing Down Hekate's Moon](#)

Drawing down Hekate's Moon is an evocation suitable for any lunar witchery, whether a ritual...

[Hekate And The Harvest Moon](#)

While the Autumn Equinox can be acknowledged with the sun's fiery energy, I prefer to...

[Deeper into the Deipnon: Honoring Hekate on the Dark Moon](#)

Coming at the end of the lunar cycle, the Deipnon is observed as a time...

Hekate's Symbols

[Hekate's Symbols: Fire – History, Meaning and Uses](#)

Hekate's five different types of fire can be merged with the pentacle to create a...

[Hekate's Symbols: Keys – History, Meaning and Uses](#)

Hekate holds the keys to the universe in her hands. Fortunately, She's willing to share...

[Hekate's Symbols: Wheel – History, Meaning and Uses](#)

The strophalos, or Hekate's Wheel, is one of the most powerful symbols available for honoring...

Hekate's Animal Horde

[Hekate's Animals: Ancient Creatures, Modern Menagerie, and Ways to Include Them in Witchery](#)

Hekate's animal horde is vast and diverse, from her beloved hounds to the witch's cat...

[Hekate's Hounds](#)

Hekate is associated with many members of the animal kingdom, but perhaps her infamous hounds...

Hekate and Her Companions

[Great Goddesses of Magick & Mystery: Ritual for Unleashing Your Inner Witch](#)

Turn to the Great Goddesses of Magick and Mystery to unleash your inner witch on...

[Hekate and Her Four Sovereign Goddesses: Artemis, Medea, Persephone and Kirke \(includes a ritual\)](#)

Calling upon Artemis, Medea, Persephone, Kirke and Hekate will help you stand fully in your...

[Persephone, Emotional Warrior Queen: Her Story, Themes, Correspondences and More](#)

Persephone is often seen only as the maiden taken to the Under World against her...

[Re-Imagining Persephone and the Complexities of Women's Choices](#)

Was Persephone the unwitting victim, trapped in a hellish relationship? Perhaps was a self-appointed therapist...

[Life Lessons from Persephone, Queen of Pain](#)

Contemporary society says, "Pain is bad. Run from it." However, closing our eyes to our...

[Artemis, Wild Goddess: Her Story, Themes, Correspondences and More](#)

Artemis the solitary hunter, stalking her prey and yielding to no man has always been...

[**Medea: Her Story, Themes, Correspondences, Rituals, Spells and More**](#)

Medea represents the eternal witch. She is a figure of both tragedy and triumph, much...

[**Kirke \(Circe\) Is A Goddess We Need Right Now: Her Story, Themes, Correspondences and More**](#)

Witches everywhere are feeling drawn to the Original Witch like never before. We are Kirke...

[**Demeter: Fertility, Fury and The Fall**](#)

Demeter reigns over the life cycle, from the fallow of winter to the bounty of...

Rituals And More

[**A New Year's Prayer to Hekate**](#)

Between the year that was and the year ahead there is a liminal space. This...

[**A Witch's Prayer to Hekate**](#)

Mighty Hekate, Queen of the Witches, Blessed am I, To call myself one of your...

[**Hekate's Nine Keys Ritual**](#)

The powerful symbolism of Hekate as the Keeper of the Keys offers many magical uses....

[**Healing with Hekate's Modern Witchcraft: Concepts, Practices, Techniques, Spells and Correspondences**](#)

Healing is a complex process, with the original trauma interacting with our personalities and subsequent...

[**Oh, What a Night: Prayer of Devotion and Petition to Hekate**](#)

I've used this petition to evoke Hekate for over a decade during solitary rituals and...

[**The Workers' Petition to Hekate: A Ritual For Improving Your Employment Situation**](#)

Since ancient times Hekate's attention has been sought for all matters relating to paid work....

[Hekate's Nine Keys Ritual](#)

The powerful symbolism of Hekate as the Keeper of the Keys offers many magical uses....

[Healing from Trauma with The Three Keys Ritual](#)

Hekate can help us overcome trauma if we seek Her assistance. The Three Keys Ritual...

[Prayer to Hekate, The World Soul](#)

Hekate as The World Soul is the source of all creation, including the virtues of...

[Prayer to Hekate for the Dead](#)

Death is but another phase of life, though it is one that can cause us...

[An Evocation of Hekate Suitable for Any Rite](#)

"I honor You as the Key Holder, And pray that You'll open the doors to..."

Hekate's Garden

[Hekate's Garden: Dandelion](#)

While Hekate's connection with dandelion is entirely contemporary, it can be added to her garden...

[Hekate's Garden: Bay Laurel](#)

Hekate's Garden contains a wide variety of plants that can be used for magickal purposes....

Hekate's Tarot

[Hekate and Daily Tarot Work](#)

The Hekate Enodia Tarot spread provides insight about things we should approach and those to...

[Hekate and The Shadow Self Tarot Spread](#)

A Tarot spread that calls upon the wisdom of Hekate to help tame your shadow...

Hekate and Personal Development

[Exploring Balance Using Modern Hekatean Witchcraft: Dark and Light](#)

Last week I embarked on a nine week journey exploring balance using Modern Hekatean Witchcraft....

[Exploring Balance Using Modern Hekatean Witchcraft](#)

Using Modern Hekatean Witchcraft, I'm embarking on a journey exploring balance that will end on...

[The Charming Serpent of the Past: Hekate, Snakes, and Letting Go](#)

Snakes are a potent symbol for Hekate, especially for personal transformation. On a recent walk...

[Lead Me Not into Temptation: Hekate, Spellcraft and the Virtuous Life](#)

I like to think of Hekate as the Collector of Shadows. By giving them up...

[The Crossroads and the Key: Hekate and Beginnings](#)

For me, fall will always be a time of new beginnings. A few weeks ago,...

[Lean into it, Witch: A Squid, Hekate Einalian and Magick](#)

There are times when the point of my witchery is to accept things as they...

[Stuck in the Liminal with Her: Hekate and the Unwanted In-Between](#)

Beyond any other location, Hekate is associated with in-between places, like a crossroads or the...

[‘Brimo’ it on! Hekate and the Storms of Life](#)

Hekate as Brimo is Her most terrifying aspect. As the Queen of Rage, She is...

[Oh, What a Night: Prayer of Devotion and Petition to Hekate](#)

I've used this petition to evoke Hekate for over a decade during solitary rituals and...

[The Temple of Hekate: A Book Review and Dreams of the Real One](#)

I can't think about the title of this book without dreaming about visiting the ancient...

[She's Called Nova Scotia: Hekate and The Magic of the Place I Call Home](#)

For all my cheeky ways, I have an equally strong sentimental streak, especially about some...

Hekate and Social Justice

[Hekate: Guardian of the Marginalized](#)

Hekate's torches shine bright over those of us who live on the fringe of society,...

[Hekate Wants YOU!](#)

The world seems to be spiraling downwards into an abyss of hate and intolerance. As...

[Hekate, Guardian of the Children: Ritual of Blessing, Protection and Rescue](#)

Hekate as Kourotrophos is Guardian of the Children. I'm sharing this ritual that I've done...

Hekate's Modern Witchcraft

[Hekate's Modern Witchcraft: A Short Introduction](#)

Hekate's Modern Witchcraft is an approach that focuses on better living through practices, techniques and...

[Introducing Modern Hekatean Witchcraft](#)

Modern Hekatean Witchcraft is an emerging tradition of devotion and witchcraft from a modern perspective....

[Using Hekate's Many Epithets](#)

Hekate's many epithets are rich sources for devotion, witchery and personal development work. In this...

[Altars and Shrines in Modern Hekatean Witchcraft](#)

If you're new to Modern Hekatean Witchcraft, you might be curious about what to put...

[Creating Sacred Space for Hekate](#)

Sacred space is a necessary part of witchcraft and devotion to Hekate. I use sacred...

[Making Hekate's Magick on a Budget](#)

Witchery involving Hekate doesn't have to cost a bundle. Here's a bunch of things that...

[When Hekate Calls: A Practical Guide for Answering](#)

Sometimes, people are afraid of Hekate's calling. They've heard a bit about Her – maybe..

[Finding Hekate: Suggestions for Seekers](#)

If you are sincere in wanting to find Her, then you must be able to...

[When Hekate Doesn't Call...or Answer...or Seems Angry: What's Going On and Ways to Fix It](#)

There are times when we are looking for that blissful Hekatean connection and it is...

[Getting Hekate's Attention](#)

Calling upon Hekate is a vital part of devotion and witchcraft. There are several considerations...

[Should We Fear Hekate?](#)

The August night air was thick enough to cut with a dagger. The clouds were...

Learn With Me

The Sacred Seven, a course of transformative witchcraft begins on February 1 of each year. Learn more: <https://keepingherkeys.com/true-magick>

Hekate's Modern Witch: The First Key opens for registration each July and begins on November 1. Learn more: <https://keepingherkeys.com/the-first-key>

Note that there is no public registration for the second or third keys.

Learn more about my approach to witchcraft:

<http://weirdwebradio.com/>

<https://www.patheos.com/blogs/matauryn/2018/07/30/keys-to-hekate/>

<https://www.youtube.com/channel/UCdv-aJ7fNmryRC8tD2e4qUA>

Order Keeping Her Keys: An Introduction to Hekate's Modern Witchcraft on Amazon
Coming Summer 2019! True Magic: Unleashing Your Inner Witch. Available for pre-
order soon.

Keeping Her Keys on YouTube

https://www.youtube.com/channel/UCFvMtvLnlyejINnZAKCcoqg?view_as=subscriber