

THE MYSTAI



*The Master Course
of
Hekatean Witchcraft*

Cyndi Brannen

Bibliotheca Mystai

The Books of The Red Key

Awakening: The Book of Structure

Lesson 1: The Book of Beginnings

Lesson 2: The Book of Keys

Lesson 3: The Book of Time

Lesson 4: The Book of Hekate

Lesson 5: The Book of Names

Lesson 6: The Book of Honor

Lesson 7: The Book of the Inner Temple

Lesson 8: The Book of Symbols

Lesson 9: The Book of Magick

Lesson 10: The Book of Botanicals

Lesson 11: The Book of the Crown

Lesson 12: The Book of the Sacred

Lesson 13: The Book of Spells

Initiation: The Book of Mystery

Warmest Greetings in The Name of The Mother

Dearest Hekatean Witch,

Hekate is our spiritual mother. She calls us home to the crossroads, where we find comfort in her presence, claim our keys from her, meet others like us, and venture into the spirit world.

She has called you to this very place. This Book of Structure abides at the spiritual crossroads. Will you cross the threshold into this transformative course of deeply spiritual witchcraft? If the time is right, and the course is for you, then yes. Claim the Red Key of The Mystai as yours. This is the time to awaken your soul.

The Mystai is a spiritual entity and a gift from our Witch Mother. She is the Eternal Witch-Priestess who teaches us the magick, majesty and mysteries of Hekate. The Path of the Red Key is her offering to us, transmitted through my teaching.

Hekate has called me to share this teaching with you so that you can remember whose you are: the child of the ancient primal mother of all. She is Anima Mundi, the very Soul of the Cosmos. Her powers run through all things. It is the source of our witchcraft. It resides within us, her sacred gift.

My own journey with The Mother has been a crooked path of healing and power. To transmit the teachings of Hekate, it was first necessary for me to experience pain, loss and heartache. Her lessons can be tough, but they are requirements of our awakening. We remember our power usually only when it is stolen from us. As I've reclaimed my power through deepening my relationship with Hekate, the sacred within me grew strong. My ability to heal others amplified, as evidenced in the hundreds of thousands of witches who've found their own sovereignty through my work. I only accomplished this by doing the work of witchcraft as medicine. Deeply connecting to what has always been within me. Hekate is as vast as the universe, yet her entirety is contained within us.

Her primality is woven throughout the known historical records. Mystai is an ancient sacred title given to those ancient Hekatean witches and priestesses. It speaks of mystery, magick and power. Claiming the red key is to commit to standing in your unique power through the guidance of this course which deepens your relationship with Hekate through the practice of witchcraft as medicine for the mind, body and soul.

The Path of The Red Key is of deepening relationship to the sacred, botanical witchcraft, shamanic techniques, prophetic powers, and incredible spellcasting. You'll

learn ways to transcend the corporeal, understand sympathetic magic, and remember that the sacred is within you.

This is an intensive program in Hekatean Witchcraft designed to develop the skills of the Mystai. This course is the entry into the mysteries of The Cista Mystica and The Inner Temple. Practice, gnosis and knowledge come together at the crossroads of personal development, spirituality and Hekatean Witchcraft.

Through botanical practices, working with spirits, and ecstatic witchery, you will enter the Cave of Rebirth and journey through the Wheel of Time to fully develop your witch powers, honoring the spirits of Hekate's ancient witches.

Hekate's rich history is discussed within the context of applying her many names, correspondences and energetic currents to the practice of modern witchcraft. The witch's axiom "know thyself" is explored through personal development topics and techniques. This course is a journey in witchcraft, the emphasis is on using the knowledge shared to live our truth through operant magick. Students will develop proficiency in several areas of modern witchcraft including evocation, energy work, correspondences, ritual development, effective spell crafting, Hekate's history and more.

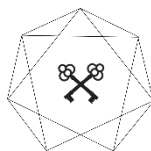
Welcome to The Mystai.

You will be well blessed by The Mother.

Yours In Hekate's Witchery,



Cyndi Brannen, PhD
Founder of Open Circle
Creator of Keeping Her Keys



*Witches,
When you don't know who you are,
Remember whose you are.
And that will remind you of who you are.
My Chosen.
Never broken.
Rising stronger.
Keepers of keys.
Seekers of mystery.
Practitioners of the craft.
Firewalkers.
Torch Bearers.
Flame throwers.
Shadow walkers.
Victorious.
Dragon tamers.
Banishers of the profane,
Binders of the evil,
Blessers of the true.
Eternal beautiful becomers.
Let not the weak-minded concern you, nor those who fear your power.
- The Mother has spoken.*

Bibliotheca Mystai.....	2
Awakening.....	9
May Hekate’s Torches Light Your Way.....	9
The Moon and The Mother.....	9
The Leader of the Horde.....	9
Mother’s Moon Reveals The Truth.....	9
The Mother of The Moon Who Keeps The Keys of Creation	10
In The Beginning, There Was The Mother.....	10
And The People Knew Her Power	10
Then Her Chosen Hid.....	10
The Necessity Of Hekate Now	10
Blessed Are We	11
The Red Key Is Right For You If:	12
The Red Key IS:	13
The Red Key IS NOT:	14
Structure.....	14
How it Works	14
Schedule	16
The Open Circle Institute Community.....	16
Curriculum	16
Lesson 1: The Book of Beginnings.....	17
Lesson 2: The Book of Keys.....	17
Lesson 3: The Book of Time	17
Lesson 4: The Book of Hekate.....	18
Lesson 5: The Book of Names	18
Lesson 6: The Book of Honor.....	18
Lesson 7: The Book of the Inner Temple	18
Lesson 8: The Book of Symbols.....	19
Lesson 9: The Book of Magick.....	19
Lesson 10: The Book of Botanicals.....	19

Lesson 11: The Book of the Crown.....	19
Lesson 12: The Book of the Sacred	20
Lesson 13: The Book of Spells	20
Initiation: The Book of Mystery	20
Course Policies	20
Apothecary of The Mystai	22
All The Pharmakoi of The Red Key	24
Preparing for The Red Key: Hekate’s Key Journey	30
Preparations	30
Your Vision of Hekate.....	30
The Gift of Hekate’s Key	30
Other Parts of the Journey	31
Experiences During the Journey	31
Let Your Journey Begin.....	31
Entering the Liminal Realm.....	32
After the Journey.....	34
Pharmakeia Monograph Lavender	36
Joining And Navigating Open Circle And The Mystai.....	38
On a phone or similar device:.....	38
On a computer:	40
Navigating The Mystai Classroom	41
Appendix: Detailed Listing of Curriculum.....	42
Lesson 2: The Book of Keys	44
Lesson 3: The Book of Time	45
Lesson 4: The Book of Hekate	46
Lesson 5: Book of Names.....	47
Lesson 6: The Book of Honor	48
Lesson 7: Book of the Inner Temple.....	49
Lesson 8: Book of Symbols.....	50
Lesson 9: The Book of Magick.....	51
Lesson 10: Book of Botanicals	53

Lesson 11: The Book of The Crown..... 54
Lesson 12: The Book of the Sacred..... 56
Lesson 13: The Book of Spells 57
The Mystery: Book of Initiation 58

Awakening

While there are many different ways of understanding Hekate, there is little argument over her status as an ancient, powerful Dark Goddess. She is the night, the shadow, and rebirth. She is also the light that leads us through hell. She is necessary to guide us through these troubling times.

May Hekate's Torches Light Your Way

In the beginning, there was only the darkness and the fire. Their daughter was the Mother. With her first breath, she created the universe. On her second, she created her chosen, the witches. She gave us the moon to always remind us that she is with us as we pursue the keys, she holds for us, those of mystery, healing and power.

The Moon and The Mother

Like the moon, Hekate has gone through phases. Haven't we all? Here we are today when her keys are readily available to all those willing to claim them. Hekate has risen, bringing her witches along with her. Keeping her keys, we find truth, power, and kinship.

The Leader of the Horde

Yes, she is eternally of the dark. She is a Mistress of the Dead. Leader of the Horde. The Dark Mother. When Hekate first came to me it wasn't as a wizened crone as she was so commonly portrayed. Nor was she merely a nefarious goddess to be feared. She was so much more. Everything I read seemed to only glimpse those keys of hers. Over time, I became enthralled with Hekate's long past. Never had I imagined that I would spend a huge chunk of my time reading ancient texts. I wouldn't have predicted that my future included learning how to read Greek and Latin. All in the pursuit of fully understanding this ancient goddess. I remain committed to pursuing these keys of mystery and wisdom.

Mother's Moon Reveals The Truth

Sitting under the pale moonlight, I am reminded of how my own life parallels the lunar cycle. Just like the moon, I go through phases. The waning periods of removal, loss and heartache. The waxing times of success and plenty. The fullness that can be wonderful, but at the same time, too damn bright. Of course, there's my favorite time of all: when the moon refuses to appear. The darkest night is where the truth is so often found. Then the glorious New Moon, reminding me that it is never too late to start anew. Sitting here at this crossroads on this night under the moon, holding my keys.

The Mother of The Moon Who Keeps The Keys of Creation

It is always to the moon that we witches return. For under her light, we work our magick and explore the mysteries. Hekate's association with the moon is a subject that I've often written about, from ways to honor her on the Dark Moon to drawing it down in the style of Hekatean Witchcraft. Like seeing my own life as a series of lunar cycles, Hekate's glorious history also follows clear phases, each one revealing different keys and unique crossroads.

In The Beginning, There Was The Mother

In the beginning, Hekate was most likely known by another name, as part of a Great Mother Goddess. This goddess evolved and traveled, into Anatolia and other parts of Asia Minor, spreading into what is now eastern Europe. She became Hekate, adopted by the Greeks as their own. Was she Isis by another name? Or at the very least, the Egyptian goddess, Hekat? We'll never know for sure, but what is known is that this was a period when the divine feminine was celebrated. It was the New Moon, the future for the Mother Goddess looked promising. The keys of magick and mystery were abundantly shared.

And The People Knew Her Power

Hekate's presence grew, that much we know for certain, rising to a place where the regular practice of venerating her on the Dark Moon was most likely common in certain areas of ancient Greece. Ancient writers and philosophers wrote eloquently of her many powers. Her role as Witch-Mother was solidified in many tales and by ancient practitioners. She was Kleidoukhos, the Keeper of the Keys of all the Universe.

Then Her Chosen Hid

Hekate reached her zenith around the beginning of the Common Era. She then transitioned into the Roman Empire, although her keys were shared with other goddesses, and her powers narrowed. She became a goddess holding the keys to witchcraft and necromancy. This was the onset of her waning time. As Christianity grew, the reverence for her and her companions was snuffed out, often with great violence. Her witches hid themselves and her keys. The complete darkness came. Her chosen retreated into the shadow, wielding their power through secrets and deception, as was necessary.

The Necessity Of Hekate Now

For those of us called, we follow her torches through our own healing and share it with others. As shadow-walking truth-weavers, we play a vital part in the web of life. We are as necessary as Hekate.

Blessed Are We

During these crazy days of personal transformation and societal upheaval, it's all too easy to forget that we are powerful. The Witches' Prayer to Hekate reminds us that we are limitless.

*Mighty Hekate, Queen of the Witches,
My journey is a blessed one,
Each key you give me unlocks great power,
Grateful I am for all Your keys;
The key of acceptance for that which I cannot change,
The key of courage to overcome adversity,
The key of compassion for myself and others,
They key of pain through which I discovered my own strength,
The key of suffering in which I found healing,
The key of peace that brings me contentment,
The key of wisdom so that I may live a life of truth.*

The Red Key Is Right For You If:

- You believe that Hekate exists as the primal force of sacred feminine energy from which all other forces and spirits flow.
- You are open to connecting to the archetypal forces that flow from Hekate, The Witch Mother and Mother of All.
- You know that the sacredness of Hekate is contained within you, and that your journey is to embrace your power as one of her chosen witches.
- You are willing to destroy the illusion of separation, which is the reunion of the world of the flesh with the world of spirits, both within and without.
- You are confident in your ability to remember your sacredness to manifest your purpose and live it.
- You are willing to connect with The Mother through meditation, prayer, ritual and trance.
- You understand that witchcraft abides in the shadows, between brightness and dark.
- You are willing to experience ecstatic witchcraft through breathwork, botanicals, meditation, journeying, ritual, sacred movements and other forms of trance.
- You are motivated to practice witchcraft as medicine for mind, body and soul.
- You are ready to recover from spiritual programming.
- You can spend about 30 minutes a day (on average) investing in yourself through The Red Key.
- You have basic computer and internet skills.
- You own a device and/or computer.
- You can afford the tuition. The Red Key is \$499.99 which grants you access to the course for 18 months, permanent access to all downloadable content, and 18 month's membership in Open Circle. Monthly plan is \$49.99/month for 12 months.

Dr. Brannen offers scholarships as part of Open Circle's commitment to community service. 10% of her net income is spent on scholarships through memberships in Open Circle and tuition for her courses.

The Red Key IS:

- A course developed and taught by Dr. Cyndi Brannen who shares her twenty years of experience as a Daughter of Hekate, psychologist, spiritual teacher and professional witch with students through written content, audio classes and video seminars through the transmissions she received from The Mother, Hekate.
- Delivered on Mighty Networks within Dr. Cyndi Brannen's Open Circle Institute. Basic computer skills are necessary, such as installing and using apps, downloading documents and navigating websites.
- Dr. Brannen teaches the two monthly live seminars most of the time and is assisted by the Open Circle Experience Director, Angie Knight-Reiter, who may post Dr. Brannen's content and help with seminars
- A course that offers you witchcraft as Hekate's Sacred Medicine.
- A spirit that values your own experiences, honors your sovereignty and holds space for individual adaptations of the content.
- A journey through 13 lessons delivered once a month as individual books full of knowledge, practices and more, with embedded audio classes, two live monthly circles and supplemental materials for going deeper.
- An innovative online program delivered on an easy-to-use unique platform on its own app and website. No ads, no trolls. Work at your own pace, safe in the knowledge that your privacy is protected.
- A community of learners that you can develop relationships with or choose to do the course completely on your own.
- A supportive network led by Dr. Brannen and supported by her staff and peer mentors.
- A course nested within Open Circle Institute which is a goddess-centered soul school. Open Circle is comprised mostly of women; however, we hold space for and honor those who identify otherwise.

The Red Key IS NOT:

- A quick fix for complex problems.
- A basic witchcraft course.
- A religion.
- A rigid set of practices that leaves no room for freedom and creativity.
- An in-person course featuring intensive individual counseling or coaching.
- A substitute for individual coaching, counseling, clinical treatment or other health services.

Structure

This course consists of the required text, workbooks (guides), audio classes, recorded video lectures and live classes.

Keeping Her Keys: An Introduction to Hekate's Modern Witchcraft is the required text. A pdf version is provided in the classroom. If you have previously worked through the 13 lessons in this book, then you are well prepared for The Red Key, as the lessons of the book are the starting point for The Red Key. There is no prerequisite for having completed the book ahead of time; you can integrate the teachings of the book with your lessons. I provide instructions for integration throughout the course.

Each lesson has a Book of Shadows that isn't available anywhere else and features a major working, such as a ritual, journey, trance, spell, energy work, technique, personal development activity or other practices. You will be asked to complete one assignment on the content of the text and the one in the Book of Shadows for each lesson.

How it Works

- Each month, a Book of The Red Key is released, which includes the Book of Shadows, along with recorded audio classes and two live events. Books are available as PDFs and as easy-to-read articles within the course classroom.
- In addition, there are supplements provided, including botanical monographs.
- All lessons can be completed directly within the Open Circle app or by downloading PDFs of all the content.
- All course materials can be downloaded so that you will have them always with you.

- The lessons are to be completed at your own pace.
- Your tuition grants you full access to the course for eighteen months.
- Each lesson has several activities and exercises, but there is no requirement to submit any work, written or otherwise.
- You are encouraged to seek support, ask questions, and share your work, but there is no obligation to do so.
- To be initiated into The Mystai, you must complete the Inventory of Initiation which is a written record of your experience in the course. You write a summary of your experience of each of the lessons and reflect upon how the course transformed your life. Successful completion of this inventory and the accompanying ritual will entitle you to identify yourself as a member of The Mystai. You will receive a signed certificate of initiation.
- Formal confirmation of initiation is held in person once a year.
- You are supported on your journey by Dr. Brannen, Angie Knight-Reiter, Open Circle's Experience Director, and peer mentors.
- The home of The Mystai is the Open Circle Institute. To register for this course, go to opencircle.mn.co. or download the Mighty Networks app on your device and then search for Open Circle.
- Open Circle Institute is an educational center dedicated to teaching the path of spiritual witchcraft. We are located on an exclusive platform on Mighty Networks.
- We use Zoom, Drop Box, Soundcloud and YouTube to support the content in Open Circle. You will need to have these apps on your device.
- Open Circle has a strict policy of inclusion for all those sincerely seeking their own sacredness through exploring the deeper world.
- All information shared within Open Circle and The Red Key is kept in strict confidence and is maintained exclusively within Open Circle.

Schedule

The new content for The Red Key is released over 13 months. You have 18 months to complete the course. After 18 months, your membership in the course expires. You can choose to remain a member of Open Circle at that time.

Each month for the 13 months of the active period of the course:

- A new lesson is released at the beginning of each month.
- There are two live seminars. The recordings of these are shared afterwards.
- You'll receive monthly botanical monographs.

Additionally, we have moon lodges, rituals, workshops and more that augment the work of the lessons in Open Circle. You are not obliged to attend any live gathering.

The Open Circle Institute Community

You will have the opportunity to develop leadership skills in group rituals and gatherings, including acting as officiants, holding space, and providing support for members of the course and throughout Open Circle.

After successful completion of The Red Key, students can act as leaders in various roles, such as mentoring junior students, providing peer support, leading rituals and projects, and teaching workshops.

Curriculum

Each lesson contains:

- **Initio:** the introduction of the lesson.
- **Ratio:** the systems required for practicing the key teachings of the lesson.
- **Kleis:** the key concepts that are the foundation of the lesson.
- **Praeparatio:** practices such as meditation, research and contemplation that prepare you for deep work in the mysteries and magick of Hekate.
- **Practica:** techniques for reconnecting to your sacredness and for deepening your relationship with Hekate.
- **Animarum:** sacred rituals, journeys and meditations for experiencing the mysteries of The Mother.

The lessons include the written books, as well as audio and video classes, and supplemental materials.

Lesson 1: The Book of Beginnings

With the spirit of The Nyssa, cross the threshold into The Red Key. A deep dive into the journey ahead is presented.

Concepts introduced in this book include lunar witchcraft, the spirit of beginnings (known as Nyssa), and the power of daily spiritual practice.

The sacredness of your Inner Temple is explored, through creating your own Cista Mystica and opening of your temple.

Experience The Ritual Nyssa as you enter into the spirit of The Red Key.

Learn the fundamental ritual of The Mystai: the power of The Khernips Ritual.

Create the Death Walking Oil for anointing yourself as a Nyssa of The Red, the witch walking in the work of spirits, following Hekate's torches into the unseen mysteries.

Lesson 2: The Book of Keys

With your sacred Inner Temple opened, go deeper into the magickal and mystical keys of The Mother. The power of cleansing and protection through botanicals is explored. Dandelion is the featured plant master.

The system of The Mystai, known as Ratio, is discussed in detail. This includes the three-formed nature of Hekate, the worlds and us.

The sacred serpent of our soul is awakened through our studies and within the Ritual of Animarum Luna Mystica (Drawing Down Hekate's Moon).

Our sacred symbols that are gifts from The Mother, known as sumbola, are discussed, and you will receive and create your first one.

Lesson 3: The Book of Time

Walk the Wheel of Time through this exploration of the power of Hekate's Sacred Wheel.

Learn how to practice timewalking and other forms of kairos magick.

Complete the Soul Retrieval Journey to walk back through time to retrieve missing pieces of yourself.

Create your own Wheel of the Year talismanic mandala.

Experience the kairos of Hekate through an automatic writing ritual.

Lesson 4: The Book of Hekate

This lesson reviews Hekate's over 3,000 years of recorded history, including sacred texts, art and literature. Hekate in the present is very much our spiritual Mother who guides us, freeing us to understand and experience her as she presents herself to each of us in unique ways.

Hekate has shapeshifted down through the centuries and presents herself differently depending on our needs. Learn how to practice your own shapeshifting through animal spirit medicine in this lesson.

Enter her Cauldron of Rebirth through a powerful journey.

Lesson 5: The Book of Names

The power of the archetypal forces of Hekate are experienced through this deep dive into her many names. Known as epithets, these titles are potent evokers of her various forces, attributes and powers.

The Agape Phoberos Ritual connects you to the forces of love and fear within and without. A very powerful ritual that prepares you for climbing the stairs to experience Hekate as The Star Walker in her sacred hall for activating your higher self.

Lesson 6: The Book of Honor

Expressing our affection and gratitude to Hekate through practices, rituals and offerings is the focus of The Book of Honor.

The power of the Witches' Sacred Vessel, the censer on which we burn our botanical medicine, is explored through thyme.

Guidelines for developing your own sacred text as an offering to the Mother as part of the Dark Moon ritual are included.

Performing The Dark Moon ritual of honor is explained.

Lesson 7: The Book of the Inner Temple

In The Book of the Inner Temple, you'll construct your throne, made of all the symbols and allies that fuel your witchcraft medicine.

The core of this lesson is the Cycle of Devotion Challenge, which strengthens your relationship to Hekate and your own powers through four weeks of commitment.

The magick of the Words of Power is experienced as part of this lesson.

Lesson 8: The Book of Symbols

Hekate has many symbols, from sacred headdresses (crowns, veils) to those mysterious keys. This lesson explores the power of symbols, then goes deeper by explaining how to use the symbols as part of sympathetic witchery.

Fire dance in Hekate's eternal flames through botanical witchcraft and journeying into her Hieros Pyr (The Sacred Fire).

Create your own poppets, powerful containers of sympathetic power that capture the fire of others.

Lesson 9: The Book of Magick

The Book of Magick presents the system of correspondences for Hekatean Witchcraft. By learning the nature of spirits and energies, we can craft powerful spells. The ways we work with spirits, forces and correspondences is explored in detail. Colors, numbers, and letters are included, along with higher-order sprits.

The Three Keys Ritual, a powerful spell for claiming your own keys, is the major undertaking of this lesson.

Lesson 10: The Book of Botanicals

Enter Hekate's Garden to learn the power of her Pharmakoi, the Plant Masters who are the purveyors of our medicine.

Understand how the properties of botanicals, including their elemental and planetary characteristics, merge to create their unique medicine and personalities.

Learn how to experience the Wild Pharmakoi through a walking ritual.

Experience the power of the Pharmakoi Kyrios in a journey into Hekate's Garden.

Lesson 11: The Book of the Crown

The Crown sits atop the head of Hekate's Witches, activating our potent prophetic talents. This lesson connects you to the ancestral spirits of Hekate's ancient Sibyls through practices and the beautiful Rite of the Sibyl.

Tarot is explored in depth.

Cleromantica, the practice of casting bones and relics, for divination is explained in detail, so you can create your own coterie, if you so choose.

Lesson 12: The Book of the Sacred

We are the entirety of The Mother contained within one soul and body. This lesson explores the power of embodied witchcraft by going deeper into the power of Hekate's Crown. Our soul power as a sibyl was activated in the last lesson. Now we allow the full power of the crown to descend upon us, as we claim the Sacred Seven forces as our own.

Our witches' mind is the portal through which we experience both the sacredness of the unseen world and our own physicality. Learn how Noetikeia, the power of the witches' mind, can be a deep source of your medicine.

Lesson 13: The Book of Spells

The last book of The Red Key offers you the power of creating spells that achieve the results you seek. Witchcraft is creation, it is not begging The Mother for favors. In this lesson, learn how to use your amazing power to cast a spell that manifests what you deserve.

The necessity of being in the flow of Hekate for effective spiritual undertakings, whether it's a spell or a sacred rite, is the deep dive for this lesson.

Ways to create super-charged witch bottles and binding spells that truly banish the profane are presented.

This lesson ends with the creation of your own Filth Eating Servitor, who will become your spiritual ally as you venture beyond The Red Key.

Initiation: The Book of Mystery

Initiation is the greatest mystery. To claim oneself as a member of The Mystai is to stand before Hekate and her eternal witches, speaking our worthiness. The ultimate act of sovereignty.

The process of initiation and The Rite of The Mystai are contained in The Book of Mystery.

Course Policies

Safe and supportive environment: I put a lot of effort into ensuring that the course is designed to create a safe and supportive environment. If, at any time, you don't feel safe and supported, I urge you to get in touch with me.

Confidentiality: All information shared with me will be kept private and confidential. Since personal information may be shared, all students must respect the confidentiality of others. No information shared within the course is to be shared outside of it.

Contacting me: Email is the best way to connect to discuss anything. We can arrange to meet on video chat or an audio call to further talk about things. My email is cyndi@keepingherkeys.com.

Course navigation: Angie Knight-Reiter posts my content in the courses. She is here to help you navigate how the course works. Her email is angie@keepingherkeys.com.

Intellectual Property: The workbooks, audio classes and the recorded live classes are not to be shared outside of the course.

All works produced by the students remain their exclusive property to do with as they wish. With consent, their works, properly attributed, may be shared on The Temple of Hekate, Keeper of the Keys Facebook page and other associated social media platforms.

Fair Use Policy: Any materials shared within the course are for personal use only and are not to be distributed outside of it.

Inclusion And Diversity Policy: I place a high value on diversity. The Temple of Hekate, Keeper of the Keys welcomes witches and people of all paths, except those who practice intolerance. We share a common desire to understand the ancient Goddess and Force that we call Hekate.

All religious paths and types of witchcraft are welcome in the course. Respectful behavior towards others with different perspectives is inherent in the practice of Modern Hekatean Witchcraft. We learn from each other's varied views and experiences.

Intolerant and Inappropriate Behavior: All hate speech and insults will result in disciplinary action. Minor problems will be dealt with using healthy conflict resolution practices. Significant infractions may result in a student being removed from the course. Refunds will not be given if such a situation occurs.

Course Withdrawal: Refunds will only be given for lessons not yet received.

Plagiarism: Any verified acts of plagiarism will result in expulsion from the course. No refunds will be given. Using ancient texts and other sources is an important part of discussing Hekate, but they need to be listed as such. If you are unsure how to cite sources, get in touch with me.

Exceptional Circumstances: If you experience any situation from illness to financial problems, get in touch with me. I am happy to make alternative arrangements for payments and grant extensions.

Apothecary of The Mystai

This table includes the botanicals featured in the lessons of The Red Key.

Pharmakeia is the practice of witchcraft using botanicals and can include animals and stones. It is one aspect of Hekate's Medicine taught in The Red Key.

The Pharmakoi Kleis (The Key Botanical Spirits) are the 13 botanicals of each lesson. For intermediate and advanced practice, you can consult the table to determine what lesson you'll need the botanicals for. The Pharmakoi Kyrios (Master Plant Spirits) for The Mystai are Artemisia, Nobilis and Salvia, represented in their physical forms as mugwort, bay laurel and sage.

Other items to have in your apothecary for intermediate and advanced pharmakeia: decent quality olive oil, minimum 80 proof alcohol, sea salt, activated charcoal, beeswax (and/or paraffin), shea butter (or similar such as coconut or lanolin).

Glass jars, stainless pot with lid, baking sheet, parchment, gauze, fabric, spoon, knife, candles, candle wicks, string, keys

Other supplies: animal bones, claws, feathers, teeth, etc., colored inks and papers, etc.

Animal Spirits: The animal guide for The Red Key is Horse. You may add symbols to your altar, etc. as you begin the course. The 2019 animal guardian for Keeping Her Keys is Owl. The companion spirit for the Mystery School is Fox. All these animals can be included in your workings once the course begins. Individual animal spirit guides are encouraged.

Stones: Black obsidian, red jasper and white/clear quartz are the Petroi Kyrios (Master Stone Spirits) of The Mystai. List of stones with their corresponding lessons is found after the pharmakeia table.

Cista Mystica: The Cista Mystica contains the material world representations of the sumbola (sacred objects) you receive in the Etheric Worlds. In each lesson, you'll receive such a gift. The Cista Mystica is based on the ancient practice of storing magical objects (sumbola) in sacred containers. Your Cista Mystica can be any sort of container that speaks to you, but it should be relatively easy to carry and have a tight lid. The Cista Mystica is activated in Lesson 1. Students typically plan the Cista Mystica in the weeks before, so they are ready to work with it.

Pharmakoi Kleis of The Mystai: Primary Botanical Masters for Each Lesson

Monographs are provided for each of these plant teachers.

Lesson	Common Name
1	Lavender
2	Dandelion
3	Mint
4	Rosemary
5	Basil
6	Thyme
7	Sage
8	Rose
9	Fennel
10	Mugwort
11	Bay Laurel
12	Saffron
13	Juniper

All The Pharmakoi of The Red Key

This is the complete index of all the botanicals used in The Red Key. I make recommendations for substitutions with students as needed.

Lesson	Common Name	Pharmakeia	Part Used	Planetary	Elemental
1, 2	Lavender	Calming, deathwalking, dreams, sleep, clarity	leaves	Mercury/Virgo	Air
2	Dandelion	Healing, removals, offerings	flowers, leaves, root	Jupiter/Sagittarius	Air
3	Mint	Success, protection, time travel	leaves	Venus	Air, water
4	Rosemary	Compassion, purification, protection	leaves	Sun	Fire
5	Basil	Clarity, focus, courage, initiation, passion, evoking fire	leaves	Mars/Scorpio	Fire
6	Thyme	Ambition, banishing, cleansing, courage, purification, offerings	leaves	Venus	Air, water

1, 6, 7, 10	Sage	Emotions, passion, cleansing, evocation, purification, protection, rituals, evocation	leaves	Jupiter, Venus/Leo	Air, earth
1, 6, 8	Rose	Balance, healing, kindness, love, secrecy, offerings	flowers, "hips," thorns	Wild and White: moon, Red: Venus, Hips: Jupiter	Water
7	Fennel	Communication, creativity, spirit messages	seeds, leaves	Mercury	Fire
1, 3, 4, 5, 6, 7, 8, 10	Mugwort	Integrity, psychic development, spirits, visions, evocation, witchcraft	leaves	Neptune, Venus	Air, earth
6, 10, 11, 13	Bay Laurel	Attraction, kindness, manifestation, psychic development, evocation, sacredness, rituals	leaves	Sun/Leo	Air, fire
12	Saffron	Calm, desire, fertility, passion	stigma (strands)	Sun/Leo	Fire

13	Juniper	Good health, banishings, attracting energy	leaves, resin	Mars/Aries, Sun	Earth, fire
1	Olive	Death walking, sacred rituals, purification, offerings	oil, leaves, fruit, seeds	Sun	Air, earth, fire, water
6	Myrrh	Boosts any magical experience, offerings, sacred rituals	resin	Mercury	Air, water
3	Eucalyptus	Healing, speaking truth, time travel	leaves	Pluto	Air, water
4	Cinnamon	Rebirth, prosperity, wealth, success	inner bark	Uranus/Sun	Fire
6	Garlic	Cleansing, emotions, shadow healing, invoking, offerings, protection, sacred rituals	bulb	Mars	Fire
11	Frankincense	Devotional incense, cleansing, focus, preparation,	resin	Sun	Air, fire

		opening, self-discipline			
6	Agrimony	General healing, sleep, soothing worries, liver cleansing, cough/throat soothing	leaves	Jupiter/Cancer	Air
8	American Mandrake	Clairvoyance, creativity, protection, baneful magick, witchcraft	root	Mercury/Pluto	Earth, fire
1	Aster	Abundance, banishing, death walking, protection, ward off evil, offerings	flowers	Venus	Water
1, 8	Benzoin	Kindness, calm, evocation, invocation, merging, personal development, visions	resin	Mars	Fire
4	Birch	Binding, rebirth, emotional healing, removals	bark	Venus	Water
7	Black Cohosh	Emotions, revelations, speaking	root	Uranus/Mercury	Fire

		truth, divine feminine			
3	Damiana	Time travel, trance, psychic work, visions, sex magick	leaves	Pluto	Fire
3	Foxglove	Baneful magicks, strength, time travel, will	leaves	Pluto/Venus	Water
13	Oak	Loyalty, personal power, sovereignty, freedom, strength, divine masculine, offerings	leaves, bark	Jupiter	Air, earth, fire
4	Pine	Abundance, activation, beginnings, growth, money, motivation, self-work, rebirth transformation, truth and wealth	cone, resin, leaves, bark	Mars	Air, earth, fire
5	Pomegranate	Focus, grounding, stability, strengthen, revelations, offerings	seeds	Uranus, Mercury	Fire

1	Poppy	Death walking, invoking, afterlife, visions, messages, offerings	flowers, seeds	Saturn, Moon, Neptune	Fire, water
5	Skullcap	Binding, confidence, integrity, power, strength	leaves	Saturn	Water
7	Vervain	Communication, visions, astral travel/journeying	leaves	Venus, Venus/Libra	Air, earth, fire
12	Yarrow	Healing, kindness, strength, witchcraft	flowers	Venus	Air, water
6	Walnut	Clarity, spirits, fertility, mind work, sacred rituals	nut, bark, leaves	Sun	Air, fire

Preparing for The Red Key: Hekate's Key Journey

This journey is an ideal way to prepare for your journey with The Red Key. The Mother will present you with a key that opens the way to deepening your experience of The Red Key.

However you perceive Hekate, this journey will bring you into a deeper understanding of her while you receive the gift of a key of wisdom, for unlocking the mysteries within and without. For witchcraft, for power, healing and sovereignty. What is needed will be given. To become closer and enter communion with Hekate, Anima Mundi, Witch Mother, Great Dark Goddess and Eternal Torchbearer is a treasure. I offer you this journey out of sincerity and gratitude to Hekate.

Preparations

You should do a ritual purification of yourself and the space in which you will be doing this journey, such as a lavender ritual bath described in the following monograph. The space should be comfortable – either lying down on a blanket on the floor or sitting in a relaxed position. To cleanse the space, asperge with lavender infusion, by dipping your fingers into the infusion and flicking around your space, saying, “I banish all that blocks and bind. This space is sacred and protected. I will be well blessed.”

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

[Listen to the audio of Hekate's Key Journey.](#)

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 distinct 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 nor 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 clever 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.

Do the usual processing in your journal, an interpretive imagery exercise is a great follow-up for this working, such as creating a collage with words, images, etc. that represents these Great Goddesses of Witchcraft and yourself. Be sovereign, true and powerful.

Some discomfort can be experienced while the activation of your sovereignty solidifies in the coming days and weeks. The Selves and your interactions with others, human and spirit may undergo transformation. Be gentle on yourself during this period, paying extra attention to your basic needs of diet and sleep. Increased meditation time is advised. Engage in periods of deep, calming breathing throughout the day, and do the Hekate's Breath chanting at least three times/day for three days after the ritual. Taking the time to ensure that your heightened powers can be integrated in a stable and sustainable way through these practices will help the transition be more comfortable and for the increased abilities to last. Spiritually bypassing the ritual aftercare process can lead to your witchcraft abilities becoming greatly diminished and/or periods of great distress. Journaling daily about your visions and messages being received is very important because it consolidates your new level of awareness of your powers, your

connection to these Goddesses, and your knowledge of the deeper world, plus you are possibly experiencing rapid reception of many messages, so you'll be able to keep track. You can go back and process them after the transition.

Pharmakeia Monograph Lavender

Mighty lavender is an essential herb in the witches' apothecary. Lavender has been used in magick and medicine dating back thousands of years. To the ancient Greeks, Lavender was used as a heal-all, for sleeping, and purification. Known as spikenard or nard in the ancient texts, such as The Greek Magical Papyri. Canidia, one of Hekate's ancient witches, laments "he is soaked in nard better than any made by my hands," (Horace Epodes 5) referring to the power of lavender to induce deep sleep. Known as asarum, the ancient Romans used it in their spiritual and practical purification. Indeed "lavender" comes from the Latin "lavare" which means "to wash." Hekate's ancient priestesses, including The Sibylla, most likely used it in their rites, including oracles. Lavender is associated with serpent energy, specifically the asp viper from Roman lore.

Lavender is used in spiritual, magickal, physiological and psychological ways. It is a wonderful culinary herb.

There are over 115 cultivated varieties of lavender. The most common being the English variety.

Lavender is stalwart, steady and calm. Excellent for calming the body, mind and spirit, allowing truth to surface. Perfect for prophetic work of all forms. Wonderful support for sovereignty endeavours.

Properties And Correspondences

Latin Name: English Lavender is *Lavendula Angustifolia*

Genus: Lamiaceae

Classification: Herb

Properties:

Spiritual: Calm, clarity, love, protection, purification.

Physiological: Nervine, deodorant, diuretic, emmenagogue, headache treatment, parasiticide, insecticide, sedative, stimulant.

Witchcraft: Banishing, calming, clarity, deathwalking, divination, dreams, prophesy, protection from evil.

Part Used: Flowers, leaves

Planetary: Mercury (Virgo)

Elemental: Air

Hekatean: Kleidoukhos, Hegemonen, Aregos

World: Upper

Zodiac: Aquarius, Gemini, Virgo

Direction: East

Color: Purple, blue

Stone: Fluorite, lepidolite, smoky quartz

Metal: Silver

Animal: Serpent, cardinal

Indications: Not to be consumed while pregnant

Notes: Juniper or valerian can usually be used as substitutions.

Formulations

Lavender is an endlessly versatile plant that can be consumed, burned, made into essences, oils, tinctures, infusions. Fresh and dried, it can be used without formulation with amazing results.

For formulations that will be consumed, keep in mind that a little goes a long way. Lavender can be very overwhelming to the palate, which may be why those ancient witches used it to mask the taste of poisons.

Applications/Pharmakeia

Purifying lavender bath that is detoxifying and restorative. Make an infusion by steeping 1 tsp lavender in 2 cups boiling water for 10 minutes, then add to the bath. Take this deeper by blending dried lavender into a mixture of activated charcoal (about 1 tsp) to 1/3 cup sea salt with just enough olive oil to blend into a scrub.

Lavender paquets (sachets/witch bags) have so many uses. Attune the lavender being used to the specific purpose, whether its sleep or protection.

Joining And Navigating Open Circle And The Mystai

There are two methods for joining The Mystai classroom which is nested within Open Circle on Mighty Networks.

On a phone or similar device:

1. Download The Mighty Networks app.
2. Search for and select Open Circle.
3. Once you are on the Open Circle page, choose a membership plan. For The Mystai this is either the one-time tuition of \$499.99 USD or the monthly subscription of \$49.99 USD. Choose the one you want.
4. Create your account.
5. Next you'll be directed to confirm subscription.
6. After that, you'll be asked about notifications. You can select "okay" to keep up to date with everything happening in your course and Open Circle.
7. After you enter Open Circle, click on your picture in the bottom right hand corner to customize your profile.
8. Choose "personal settings" then "edit profile."
9. Choose "interest" and then start to type in "Mystai Student." Then tap on "Mystai Student." Take some time to describe yourself in the "introduction" part of your profile so others can learn about you and to help connect with those with similar interests.
10. Once your profile is updated return to the main page by tapping the Open Circle logo in the bottom left hand corner.
11. Explore the WELCOME section, scroll across to the "Start Here" guide.
12. Take a moment to answer our welcome question: "What do you bring to our circle?"
13. Now add to the strength of Open Circle by adding your voice to our spell of protection and blessing that you can find in the welcome section.
14. See news and other events.
15. Then click on the three little bars in the upper left hand corner, scroll down to "Courses" and click on your course name with the correct start date. This will bring you into the course.
16. Introduce yourself within your course. Share a bit about why you chose to take The Mystai.
17. Return to the main commons of Open Circle by using the logo in the bottom left hand corner.
18. Discover events and more by clicking on those three little bars in the top left.
19. Explore the FEATURED section for what is being currently highlighted.

20. Join The Keeping Her Keys book club (free) by clicking on GROUPS.
21. Explore TOPICS to find all our wonderful witchery, including loads of DIY classes.
22. Look in the “events” topic for recordings of our previous gatherings. NOTE: We do not record rituals.
23. Introduce yourself with a quick post. We love to get to you know our new members.

On a computer:

1. Go to opencircle.mn.co
2. Once you are on the Open Circle page, select “choose plan.”
3. For The Mystai this is either the one-time tuition of \$499.99 USD or the monthly subscription of \$49.99 USD. Choose the one you want.
4. Create your account.
5. Next you’ll be directed to confirm subscription.
6. After that, you’ll be asked about notifications. You can select “okay” to keep up to date with everything happening in your course and Open Circle.
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21. Explore TOPICS to find all our wonderful witchery, including loads of DIY classes.
22. Look in the “events” topic for recordings of our previous gatherings. NOTE: We do not record rituals.
23. Introduce yourself with a quick post. We love to get to you know our new members.

Navigating The Mystai Classroom

Watch: Navigating the course on a device here:

<https://youtu.be/PEbvQRCoV40>

Watch: Navigating the course on a computer here:

<https://youtu.be/3G42Vp1sWSg>

Appendix: Detailed Listing of Curriculum

The detailed curriculum of The Red Key, with the page numbers from the individual books for quick reference.

Lesson I: Book of Beginnings

Bibliotheca Mystai	2
The Book of Beginnings	3
A Midnight Walk With Hekate	7
Sigil: The Wheel Spins, The Temple Opens, and the Moon is New	10
Symbols, Sigils and Talismans	12
Kleis	12
Praeparatio: Radical Transformation Ahead	12
Ignitio	13
Using the Textbook	14
Assignments	14
Practica	15
Gnosis: Form and Force	15
Goetia Luna: Moon Witchery	16
Drawing Down the Moon	18
Goetia Terra: The Elements	20
Pharmakeia	21
Animal Spirits	21
Hekate's Pantheon	22
Prophecy	22
The Book of Life and The Book of Shadows	23
Magickal Techniques	24
Parts of Magick	25
Preparing The Cista Mystica For Use	25
The Sacred Darkness is Nigh	26
Assignment 1: Experiencing The Holy Darkness.	26
Ritual Nyssa: Rite of Beginnings	28
Proclamation of Commitment	28
Guidelines for Writing Proclamations and Intentions	29
Steps for Developing a Great Proclamation	29
The Ritual Nyssa: Unleashing the Power of Beginning	31
Requirements	31
Directions	31
Incantation	31

Assignment 2: Complete the Commitment Ritual	32
The Witches' Hour of Power	34
The Transformative Witches' Hour of Power	34
The Power Of Witchcraft	34
The Radicalness of True Magic	35
The Witches' Hour Of Power	36
Witchcraft Requires Trance	36
Don't Get Freaked Out If You're Not A Super Trancer	36
The Hour Is Not An Hour	36
You're Probably Already Doing An Hour	37
Aren't You Worth It?	37
The Power Of The Witches' Hour: Staying In Your Magic	37
Are Your Listening To Your Soul Or Your Shadow?	37
Three Simple Questions To Get You Back In Your Magic	38
The Inner Temple	39
Mystica: Inner Temple Journey	40
Inner Temple Opening Journey	41
Botanicals For Opening The Inner Temple And Activating The Cista Mystica	44
Going Deeper: Death Walking Oil	44
Anointing During The Commitment Ritual And Before the Inner Temple Journey	46
After the Journey	47
Assignment 3: Opening Your Inner Temple	48
Finishing This Lesson	48
Sources and Further Reading	50
My Articles:	50

Lesson 2: The Book of Keys

Claiming Your Keys	10
The One True Religion	12
Goetia Luna	13
Spirit Made Flesh: Sacris and Sumbola	13
Pharmakeia: Cleanse and Protect	14
Salt for Purification & Protection	14
Cleansing Salt Scrub	15
Detoxify By Adding Activated Charcoal	15
Level I: Dandelion	15
Using Dandelion for the Hekatean Cord Full Moon Ritual	16
Level II: Lavender to Calm and Support	16
KLEIS: The Principles	17
Practica: Developing Your Own Principles	17
Meditatio Nyssa:	18
Processing The Unifying The Three Selves Meditation	18
RATIO	19
Triformis, Trimorphis, Triumphant:	19
Hekate is The Divine Three	19
Triformis: Self, Shadow and Soul	20
Hekate's Roles, the Realms, the Principles and the Selves	21
The Four Realms	23
Magickal Tools and The Three Worlds	23
The Realms, the Principles and the Selves	24
Expanding the Worlds	24
Correspondences of the Three Worlds	25
Gnosis: The Serpent of The Mother	26
Mystica: Awakening The Serpent Within	27
Technique	28
Goetia Luna: Drawing Down Hekate's Moon	29
Animarum Luna Mystica	30
Praeparatio	30
Performing the Ritual	30
Benedicta	31
After the Ritual	32
Practica + Mystica: Spirit Made Flesh	33
Creating Your Wisdom Sumbolon	33
Finishing This Lesson	33
Further Reading	34

Lesson 3: The Book of Time

Time is a Wheel	6
Introduction	11
Hekate's Wheel	12
Lunar Phase: Full	13
Sumbola	13
Pharmakeia	13
Advanced Practice	13
Intermediate Practice	14
Beginner Practice	14
General Instructions	14
Wheel of the Year Botanicals	14
Wheel of Life Botanicals	15
Soul Retrieval Support	15
The Text	15
KLEIS: Time is a Wheel	15
Assignment 1: Contemplating Kairos Magick	16
Witches' Hour of Power: Fast Forward Magick	16
Technique	17
The Wheel of Life	17
Exercise: Intuiting Your Wheel of Life	17
Soul Retrieval:	18
Hekate as Psychopomp	19
Soul Retrieval Journey: Deeper into Hekate's Cave	20
Preparations	21
Summary of Journey Text	23
Assignment 2: Contemplating Your Soul Symbol	26
Hekate's Wheel of the Year	27
Hekate's Wheel of the Year	28
The Seasons and Months in Modern Hekatean Witchcraft	28
Modern Hekatean Witchcraft Wheel of the Year	29
Assignment 3: Automatic Writing With the Wheel of the Year	32
Completing this Lesson	32
Resources and Further Reading	33
My Articles Referenced in This Lesson	33
Hekate's Wheel of the Year Articles	33
Further Reading	34
Time is a Wheel Mandala	36

Lesson 4: The Book of Hekate

Introduction	9
Lunar Phases: New and Waxing	10
Hekate's Garden	10
Hekate's Horde	11
Sumbolon	12
The Text	12
Witches' Hour of Power	12
Hekate's History and the Moon	13
Bringing Hekate Into the Present	14
Hekate as The Great Mother Goddess	26
Other Views of Hekate	30
Assignment 1: Reacting to Others' Views of Hekate	30
Transformative Witchcraft: Shapeshifting	41
Preparation	41
Bone Magick	42
Animal Spirit Connection	43
Assignment 2: Shapeshifting	43
Hekate's Cave Rebirth Journey	44
Preparation	45
Correspondences	45
The Cauldron of Rebirth	46
Assignment 3: Processing Your Rebirth Ritual	48
Finishing this Lesson	50
Into Hekate's Cauldron	51
Further Reading	53
My Articles about Historical Hekate	53

Lesson 5: Book of Names

Welcome to Lesson 5: The Book of Names	2
Introduction	8
Lunar Phases: Waxing to Full	9
Energy: Upper World	9
Pharmakeia	9
The Text	11
Sumbola	11
Witches' Hour of Power	12
The Meaning of Hekate's Name	12
Hekate's Origins	12
The Meaning of Hekate's Name	12
Do The Epithets Help Define Hekate's Name?	13
Spelling and Pronouncing Hekate's Name	14
Hekate's Roles and Characteristics	15
Hekate The Frightening	15
Hekate as a Fearsome Symbol of Female & Witch Power	16
Approach With Respect	17
Using the Epithets	17
Assignment 1: Performing the Agape Phoberos	17
Mystica: Hekate's Hall Starry Road Journey	19
Activating the Higher Self	20
Summary of the Journey	23
Assignment 2: Contemplating the Hieros Pyr	25
Finishing This Lesson	25
Further Reading	26

Lesson 6: The Book of Honor

Welcome to LESSON 6: Book of Honor	3
Introduction	8
Witches' Hour of Power	8
The Text	8
Assignment	9
Lunar Phase: Dark Moon	9
Energy: At The Crossroads Where The Worlds Meet	9
The Censer And Other Sacred Vessels	10
Pharmakeia	10
Non-Botanical Alternatives	10
Novice: Thyme	10
Intermediate: Thyme, Rose and Garlic	11
Advanced: Pharmakeia Mystai	11
Sumbolon	11
Statuary and Icons	12
Offerings	13
Offerings to Hekate Old and New	14
Making a Written Offering	15
Guidelines for Writing a Petition, Hymn or Prayer	15
Honoring Hekate With a Dark Moon Ritual	16
Finishing This Lesson: Intentional Prayer Ritual on Noumenia	17
Further Reading	18

Lesson 7: Book of the Inner Temple

Welcome to LESSON 7: The Book of the Inner Temple	3
Introduction	8
The Text	9
Assignment	9
Energies	9
Hekate's Quarry	10
Pharmakeia	11
Novice:	11
Intermediate:	11
Advanced: Voces Magicae Incense	12
Sumbolon	12
Witches' Hour of Power	12
Assignment 1: Cycle of Devotion Challenge	13
Words of Power	13
Reciting The Hekatean Voces Magicae Ritual	14
Sovereign Sigil Crafting	15
Assignment 2: Sovereign Sigil	15
Constructing Your Throne	15
Assignment 3: The Materia of Your Inner Temple Throne	16
Constructing the Sovereign Altar	16
Inner Temple Throne Journey	17
Techniques Used in This Journey	17
Materia Binding	17
Enter the Inner Temple	18
Building the Throne	19
Ascending the Throne	19
Holding Court	19
Returning to the Materia Mundi	20
After the Journey	20
Finishing This Lesson	20
Further Reading	21

Lesson 8: Book of Symbols

Introduction	8
The Symbols of the Worlds and Elements	9
The Power of Symbols	9
Sympathetic Magick	10
The Keeping Her Keys Symbol	11
Types of Witchcraft as Symbols	11
Sacred Headdresses	12
Assignments	12
The Text	12
Witches' Hour of Power	13
Sumbolon	13
Correspondences	14
Hekate's Quarry	14
Pharmakeia	14
Novice: Benzoin	14
Intermediate: American Mandrake (Mayapple)	14
Advanced: Pyriphoitos Pharmakeia (Firewalking With Plant Spirits)	15
Bringing Ancient Symbols into Modern Hekatean Witchcraft	16
Assignment 1: Adapting Symbols to 21st Century Witchcraft	17
Prayer to Selene, Artemis, Hekate and Persephone for Any Operation (PGM IV 27SS-2870)	17
Making a Guardian Spirit Kolossos	19
Assignment 2: Words of Power – The Incantation for Your Guardian Kolossos	20
Ritual: Walking Hekate's Wheel of Fire	20
Assignment 3: Creating Symbols of The Wheel of Fire	21
Connecting to Hekate's Wheel of Fire	21
Evocation	21
Petition	22
Benediction	24
Ending the Ritual	24
Finishing This Lesson	25
Further Reading	26
My Articles	26

Lesson 9: The Book of Magick

Welcome to LESSON 9: Book of Magick	4
Introduction	8
Assignments	8
The Text	9
Correspondences	9
Sumbolon	10
Witches' Hour of Power	10
Journaling	10
The Three Selves and Correspondence Connections	10
The Hekatean Shield	11
Classifying Correspondences	12
Deities	12
Spirits	13
Mighty Dead	13
Forces	13
Naturals	13
Energetics	14
Creations	14
Others and Self	14
Taxonomy of Deities, Spirits and Correspondences	15
Working With Correspondences	16
Connection, Attunement, Synchrony and Vibrational Essence	16
Correspondential Layering, Binding and Synergetics	17
Correspondences and Symbols	17
Daimons, Daemons and Goetia	18
Hekatean Correspondences	18
List of Ancient Hekatean Correspondences	19
Creating New Hekatean Correspondences	20
The Magick of Animal Spirits'	22
Hekate's Animal Epithets	22
Hekate's Ancient Animals	23
The Animals of Hekate's Witches	23
Including Hekate's Animals in Magick	23
Hekatean Color and Stone Spirit Witchery	25
Exercise: Corresponding Stones and Colors to Hekatean Epithets	25
Hekatean Color and Stone Spirit Epithetical Worksheet	26
Hekate's Name as a Correspondence	27
The Correspondences of the Letters in Hekate's Name	27
Hekatean Witchcraft by the Numbers	28
Numerical Correspondences in Hekatean Witchcraft	29
Hekatean Numerical Properties, Witchery and Epithets	30
Using Numbers in Witchery	31
Exercise: Making a New Hekatean Correspondence	31
The Three Keys Ritual	32
Considerations	32

The Process	33
Choosing the Correspondences	33
Correspondences for the Three Keys Ritual	34
Creating the Three Keys Talisman	35
Ritual Preparation	36
The Kleis Mystai: Using Keys to Evoke Hekate	36
Evoking Using the Kleis Mystai	36
Petitioning Hekate's Activation of The Three Keys Talisman	37
Completing this Lesson	38
Further Reading	39
My Articles	39

Lesson 10: Book of Botanicals

Welcome to Lesson 10: Book of Botanicals	4
Introduction	8
Supplementals	9
Assignments	9
The Text	9
Correspondences	10
Sumbolon	11
Witches Hour of Power	11
Pharmakeia Ethics and Practice	11
Kleis Viridis: The Reconnection and The Delusion of Separation	12
Materia Medica: Where Magick and Medicine Meet	13
Where Form Meets Force: The Witch And The Mundi Viridis	14
Meeting the Green Devil And Other Plant Spirits	14
The Master Plant Pharmakoi of The Mystai	15
Encountering the Wild Pharmakoi	15
General Guidelines for Pharmakeia	16
Choosing Botanical Materia	17
Practicing Pharmakeia: Classifications and Correspondences	18
Elemental Considerations	18
Planetary Classifications	18
Energetic Factors	19
Gender	19
Correspondences	20
Hekatean	20
Exercise: Creating a Pharmakeia Monograph	20
Pharmakeia Materia Substitutions	20
Vox Botanica: Singing Spirit To Plants	22
Pharmakoi Gnosis Ritual	22
Procedure	23
After	23
Exercise	23
Journey to Hekate's Garden: Encountering the Pharmakoi Kyrios	24
Preparation	25
The Journey	25
Completing This Lesson	28
Further Reading	29
My Articles	30

Lesson 11: The Book of The Crown

Welcome to LESSON 11: The Book of the Crown	3
Introduction	9
Assignments	10
The Text	11
Correspondences	11
Pharmakeia	11
Sumbolon	12
Witches Hour of Power	12
Symbol: The Sibyls' Crown	13
Using The Sibyls' Crown	13
The Kleis Moirai	14
The Three Keys of Divination: Personal Development, Perspective and Prophecy	15
Stretching Towards the Starry Road and the Power of the Serpent	15
Divine Madness, Possession and Trance	16
Awakening of Psychic Power	16
Ethics and Professional Practice When Reading For Others	17
Sibyllic Record Keeping	17
Practice	18
Practicing Hekatean Tarot	18
Hekatean Tarot Attunement	19
Attuning A Deck To Hekate's Wisdom	20
Goetian Hekatean Attunement	20
Ritual Carta Spiritus	21
Daily Two Card Reading	22
Hekate Shadow/Truth Reading	22
The Three Arms of the Spread	23
Significators	23
Laying Out the Cards	23
Card Meanings	23
Hekatean Tarot Suits	24
Going Deeper: Tarot and The Three Worlds	24
Hekatean Tarot Suits	25
Hekatean Tarot Minor Arcana Numbers	26
Hekatean Tarot Major Arcana	28
Hekatean Cleromantica	33
Hekate's Crown Taxonomy of Cleromantic Symbols	34
Selecting the Materia	34
Preparing the Materia	34
Attuning the Materia and Mat	35
Throwing the Bones	35
Interpreting the Cast	35
Hekate's Crown Taxonomy of Cleromantica	37
Rite of The Sibyl	38
Preparation	38
The Ritual	39

Proclamation	39
Evocation	39
Petition	40
Acclamation	41
Evocation of The Sibyls	41
Invocation	42
Blessing	43
Reading	43
Devocation	43
Completing This Lesson	44
Further Reading	45
My Articles	45
Video Classes	46
Hekatean Shadow Taming Tarot Spread Layout	47
Hekatean Goetian Deck Attunement Process	48

Lesson 12: The Book of the Sacred

Introduction	9
Supplementals	9
Text	9
Assignment	10
Sumbola	10
Symbols: The Corpus Sacris	10
The Witch and the Moon	10
The Mystical Heights of the Upper World	11
Correspondences	11
Pharmakeia: Corpus Sacris Botanicals	12
Witches' Hour of Power	13
KLEIS: Trust and Transcendence	13
Going Deeper: Journeying, Merging and Invoking	14
Practicing Sacred Embodied Witchcraft	14
Banishing the Profane	15
Noetikeia: The Witches' Mind	15
Truth and Illusion	15
Contemplating Your Powerful Mind	16
Banishing the Imagined Other	16
The Power of Place	17
Hekate's Crown: The Sacred Seven Principles	17
Epithetical Practice Using The Sacred Seven Principles of Hekate's Crown	18
Hekate's Crown: The Sacred Seven Laws of Hekatean Witchcraft	18
Hekate's Lunar Crown Ritual	19
The Sacred Seven Forces And The Moon	20
Preparation	20
Claiming Hekate's Lunar Crown: Drawing Down the Moon	20
Experiencing The Sacred Wholeness of Hekate's Lunar Crown	22
Evocation	22
Proclamation of The Sacred Seven Laws of Hekate's Crown	23
The Release: Separating From The Moon And The Sacred Seven Forces	26
Completing This Lesson	26
Further Reading	27
My Articles:	27

Lesson 13: The Book of Spells

Introduction: Magikeia	8
Magikeia, Goetia and Theurgy	9
Supplementals	10
Text	10
Assignment	10
Sumbolon	10
Correspondences	11
Pharmakeia	11
Witches' Hour of Power	11
Being a Fire Walking Truth Weaver	13
The Chronic Desperate Magic Seeker	13
Owning Our Firewalking Power	13
We Got Used To The Heat, So We Claimed It As Ours	14
Walking The Fire Walk	14
Kleis Roi: The Power of Flow	14
The Seven Stages of Kleis Roi Magikeia	15
The Breath Magikeia: Anapnoi Roi	16
Flow in Spells	16
Anatomy of a Spell	17
Witch Bottle Spell of Protection, Growth and Success	17
Intention	18
Magikeia	18
Summoning Spirits: Commanding and Petitioning	18
Correspondences and Spirits	19
Characteristics and Properties	19
Weaving the Web of Fire	19
Make it Personal	20
Incantation	20
Casting	20
Incantation	21
Witch Bottles	23
The Magikeia of Hekate's Witches	24
Spell to Bind Delphis	25
Binding Cord Torch Spell	26
Filth Eating Servitor	28
Completing This Lesson	28
Further Reading	29
My Articles on Spellcrafting	29

The Mystery: Book of Initiation

Initiation: The Book of Mystery	7
Inventory of Initiation	7
The Record of Initiation	8
Correspondences	8
Pharmakeia	8
Textbook	9
The Rite of The Mystai	11
Checklist	11
Purification	12
Commencement	12
Offerings	13
Evocation	14
Proclamation	16
Acclamation	19
Oracle	21
Devocation	21

*Hail Hekate, Mistress of the Night.
Pale Chthonic Queen,
It is to your darkness I turn
When the world threatens to consume me.
Hail Hekate, Mistress of the Night.
Torch bearing Goddess,
I freely follow your path,
As you light the way towards truth.
Hail Hekate, Mistress of the Night.
Keeper of the keys,
I take those you offer
And claim them as my right.
Hail Hekate, Mistress of the Night.
Goddess of Witches,
I seek your mysteries of the dark,
Reveal your truth and mine
Hail Hekate, Mistress of the Night.
Guardian of Souls,
Awaken what is deep inside my darkness.*



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*Hail Hekate Soteira, Savior of All Creation.
Hail Hekate Pammator, Mother of All.
Hail Hekate Dadophoros, Torch Bearer.
Shine your torch-light of protection over us.
Bless the outcasts,
Strengthen the weak,
Heal the sick.
Shine your light of transformation
For those who seek it.
Open the doors to a better life
For those in need.
May I be your vessel of your healing
And my torch-light a beacon of protection.
Hail Hekate Soteira, Savior of All Creation.
Hail Hekate Pammator, Mother of All.
Hail Hekate Dadophoros, Torch Bearer.*



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*Hail Hekate, Hieros Pyr!
She who is the holy witch-fire.
Hail to the Hieros Pyr,
The sacred witch-fire!
Hail to the ash, smoke and flame,
And to the plants which render same!
Through your sacred smoke, I am cleansed.
Through your bright flame, I banish all that harms.
Through your alchemical ash, I am transformed.
Hail to Hekate, Hieros Pyr!
Hail to the plant spirits who render your fire!
Hail to smoke, ash and flame,
Whose powers I now claim!*



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*Hail to the darkness,
Without and within.
Hail to the Underworld,
Without and within.
I honor my darkness,
I value my time in the Underworld.
Hail to Hekate who stands with me in the Dark of my Underworld journey.
To the light of her torches,
To the gift of her keys,
To the way of the witch,
Our journey is of the dark
And the Underworld.
Hail to the emotional depths
Through which we are reborn,
Hail to the dark, wet womb
From which all life comes.*



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