



RITUAL

AN ESSENTIAL GRIMOIRE

DAMIEN ECHOLS ✕ LORRI DAVIS



sounds true

BOULDER, COLORADO

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INTRODUCTION



GROUNDING IN RITUAL

The need for ritual is innate. It is born of a deep need to articulate our times of transition, our profound experiences. It is an essential part of what makes and keeps us human. Rituals can act as the punctuation marks in our life, providing us with a sense of structure.

Humans are ritualistic. We use rituals to frame our lives, even when we don't realize that we've built our lives around them. For me, ritual has been an anchor, a buffer from the outside world.

As a child I was fearful. Scared of interactions with others, my first day of school ended abruptly after I threw up at the threshold of my first grade class.

Once I was able to keep the butterflies in my stomach at bay, I realized that there were things I could control all around me. I could sit in the same chair each day. I could eat the same lunch, and I could have my lunch at the same table, day after day. These things I could count on kept me grounded.

The realization that I could calm my nerves by living my life in a ritualistic way got me through many transitions.

I began using ritual to heal after my husband Damien got off death row in 2011. I'd worked on his case, managing a huge legal team and partnering with supporters from around the world in the work that would eventually see him freed.

What we weren't prepared for was the total destruction of our relationship, our health, and our ability to live productive lives after the locusts of complex PTSD took their toll.

Five years later, we had traveled the world promoting books and films and giving public talks. We'd moved five times. Through it all Damien was barely functioning. His traumatic brain injury went unseen by most. He presented as healthy and capable, but inside he was as frightened and savage as a wild animal trapped in a corner. Reeling in fear, I exacerbated his condition by fighting and blaming. Finding ourselves suicidal, we eventually sought therapy, but most importantly, we began to rebuild our lives through ritual. I'm happy to say that not only did we survive, but we are thriving, and I attribute it all to God and the rituals that we have built our lives around.

Many of the rituals you'll find in this book are the very same we used to come back to life. We collected them together in this grimoire to give everyone access to the healing power of magick.






WELCOME

Humans have performed rituals since the dawn of civilization. Those ritual actions created grounding points that enabled divine energy to enter the physical realm. This is exactly what ritual magick offers to us today.

Rituals are moments when we acknowledge this life is a vehicle we are using to break the chains that bind us to fate. They are actions we carry out in order to marry the energies of the heavens to the energy of the earth. In essence, rituals are the way we gradually lift ourselves out of an unsatisfactory, distracted, and purely materialistic way of interacting with life, and instead walk with one foot in each world. It's through ritual that we each become our own priest and sovereign. In magick we use rituals to unite that which is above with that which is below to achieve completion of the Great Work, that is, crystallizing all of the levels and layers of the aura so that they survive the death of the physical body.

Defeating death probably sounds like a lot more than you bargained for when you picked up this book, but even the most basic ritual teaches us that we are never truly



powerless. With repetition, a ritual allows us to exert more and more control over the reality we are creating until even a prison cell can begin to feel like a control tower from which you can reach out, touch the world, and bring about change. Ritual not only allows us to wield divine energy to change the world, but also to create our own world and dwell within it.

When I first started having success with magickal rituals, I still doubted myself and was tempted to chalk it up to coincidence. However, as the years went by and I experienced more and more results, I eventually not only lost any doubts I had but became more surprised if it didn't work than if it did.

In my previous books I have written about magick as the Western path to enlightenment. I am convinced that all of the modern Abrahamic religions—Judaism, Christianity, and Islam—are actually vehicles used to pass along the same coded information. The whole point of the story of Jesus was to make this ancient magickal information more available so that anyone could become a king. He was bringing an end to the “divine right” of kings to rule, giving everyone keys to obtaining sovereignty over their own existence. This is why magick is called the “royal science.” It is the means by which a slave can become a monarch.

In magick, when we say, “God created the world,” it means something different than when religions use that phrase. In magick, think of the word “God” as shorthand for that infinite consciousness that lies outside the boundaries of time and space. It is eternal, without borders, qualities, or characteristics. In order to experience any sort of change, it must pour itself into the boundaries of material existence.



PART 1

WORKING WITH ENERGY

Here's the way magick works: even though infinite consciousness manifests itself in time and space, there is still an endless amount of it that lies outside the material plane. It's all around us and within us, and we are within it, much like fish in the ocean. It has a kind of intelligence embedded within it and behaves as we program it to behave. It shapes itself to conform to our expectations. We can draw upon this infinite energy source that saturates the universe by using our breathing and visualization. In this first section all of the rituals are about developing these basic skills of energy work.

When we're working with subtle energy, we're working with a substance that exists on the etheric, or astral, level of reality. This level of reality overlaps and interpenetrates the physical but is more ephemeral. It's said in magick that anything and everything that exists on the material plane began as energy on the astral plane and eventually became dense enough to gradually come into being in the physical. This is why shaping energy is such a vital aspect of magick to master—because you can use this energy to shape the world around you. This may sound too good to be true, but we're not here to convince you of it or convert you to a way of believing. Instead, Lorri and I will just give you the methods to try it for yourself.

What exactly is this energy we're working with and shaping? Its name has varied from culture to culture throughout time, but it has always been known—as well as the techniques to accumulate it and cultivate it. In fact, it was at the very heart of the ancient Sumerian culture and religion. They called it “*melam*” or “*melammu*” and said it made those who practiced accumulating it glow like

a star on the astral plane. It was often said this *melam* was like a “garment” made of light. This garment was also at the heart of Christianity. When Christ revealed this garment (called the “solar body” in magick) to his disciples on the mountaintop during the episode known as the transfiguration, they fell on the ground in terror.

This is why the Sumerians translated the word *melam* to mean “fearsome radiance” as well as “aura.” In cuneiform, *melammu* was written with the ideogram for “fire,” which ties into the Sumerian metaphors about the gods being clothed in fire and light. To this day, thousands of years later, modern magicians still sometimes refer to this energy as “astral light.” The ancient priest-kings of Sumeria practiced rituals to gather as much of this energy around themselves as possible, so that they could disperse it out to the masses. They credit it with all sorts of amazing qualities that we receive when we accumulate large quantities of it, including physical vitality and longevity, charisma, beauty, pleasure, sex appeal, willpower, and independence. *Melammu* also translates into “divine radiance.” Those who are perceptive to this astral light, as mages in the 1800s called it, see it as a psychic light shining from the person.

This divine light is what artists of old were attempting to illustrate when painting halos around figures like saints and archangels. Everyone actually has this “light” shining from within them, which we usually call an aura in the West. The difference in those who are in closer contact with divinity is that their aura begins to shine with a much more brilliant intensity. This happens due to ingesting energy on the astral level of reality for spiritual sustenance. When we begin using

parts of ourselves that extend beyond the material plane of reality, those parts grow stronger and more a part of our experience of the world as a result.

Working with the internal energy system to induce higher states of consciousness has been known in every age of mankind and is still practiced in some cultures through tai chi, chi gung, and yoga. In the western tradition it's done through magick. Author and teacher Dion Fortune defined magick as "the Yoga of the West."

Dion Fortune was the equivalent of a tai chi master within the magickal tradition. She described a whole and healed aura "as sure a defense against psychic invasion as the healthy and unbroken skin is a defense against bacterial infection." One of the benefits of doing energy work is that it can repair the aura, healing it of rips and wounds. It was this kind of energetic repair that kept me alive during some of my hardest times on death row. In my early days of learning magick, I found that what I loved most was working with energy using visualization and breathwork. I experienced amazing results, which is what made me love it so much. This work is incredibly effective and can be done in ways that are far less static than sitting meditation.

In ancient Chinese Taoist teachings, it was said, "All that is necessary is to circulate the light." The sages of that tradition have said that if you just focus on mastering how to take in and work with the light, then everything else will take care of itself. Let's get to it.





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Take a comfortable position.

Close your eyes and focus your attention
on the center of your chest—right
about where your heart is.

Envision a twelve-inch sphere of gold light
glowing brilliantly in the center of your chest.

It encompasses both your heart and your
solar plexus, a perfect balance of love and
power. This is the primary energy center we
will be working with throughout this book.

Inhale slowly three times, each time
envisioning the gold sphere in your chest
growing brighter and brighter. Each time
you exhale the air goes out—but the chi you
have inhaled stays in the golden sphere.

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