

GODDESS IRIS RAINBOW CHAKRA SELF-HEALING RITUAL



Take a cleansing shower before ritual

Need: 8 Candles

1 White Goddess Candle

7 (red, orange, yellow, green, blue, indigo, violet) one
for each of the rainbow colors) candles

1 multifaceted Austrian Crystal

Incense: sage (for purification)

Oil: Lavender for healing

Chalice (filled with spring water)

Tarot Cards: Temperance and Page of Swords

Music: CD of soft music or soft drums

Prepare Altar:

Anoint rainbow candles with lavender oil

Place White Goddess Candle in Back

Place Crystal in front of the 7 Rainbow colors (to
catch the light rays)

Light Candles

Light Incense and Purify Altar

Cast and Close Circle.

Invoke Goddess Iris:

Goddess Iris come to me
Flying across the sky so swift and free
Leaving a trail of wondrous colors.
Goddess Iris I am calling Thee
To enter within my Circle
Blessing and Healing Me.

Ask for Goddess Iris' Healing and Balance

Sit or lie down

Meditate and envision taking in each color of her rainbow into the corresponding Chakra:

Root, Womb, Belly, Heart, Throat, Third Eye and Crown,

Let her vibrant rainbow colors soar into and through your own, feeling the balance,
healing and calmness she brings to each.

Let the Brilliant White Light flow through from the Crown to the Third Eye spiraling down the
spine to each Chakra, balancing and replenishing your energy in every extreme of your body.

Thank Goddess Iris for bringing her healing colors.

Ground.

Drink the spring water from the Chalice.

The Circle is open but not broken.

So Mote It Be!

**Place Crystal in a kitchen window or one that catches the sun to cast an array of rainbow-tinted*

lights and spots in your house to bring Goddess Iris into your house.

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Pat Swanberg

(Lady Zephyr)