

Ritual for Oneiric Vision of the Future



Materials needed:

- A white candle
- A quartz crystal
- A bowl of spring water
- A white feather
- Lavender incense

Preparation:

- Choose a full moon night.
- Take a purifying bath before bedtime.
- Set up the materials on your bedside table.

Ritual:

- Light the candle and incense.
- Hold the crystal in your left hand and the feather in your right.
- Dip the feather in the water and lightly sprinkle your forehead and pillow.
- Recite the following incantation three times:

*"Somnia futuri, ad me venite
Vias temporis mihi ostendite
Per nebulas noctis, fata revelare
In somnio meo, cras manifestare"*

- Place the crystal under your pillow.
- Extinguish the candle and incense, then fall asleep focusing your thoughts on your desire to see the future.

Upon waking, immediately note your dreams in a journal for later analysis.