

Class 17 – Cups 1

Covered in this Class

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1. Preparation for This Class

- *Video Clips:* Charging the Chalice, Keying the Chalice, Four Element Cleansings (Area and House), Four Element Cleansings (People), Four Element Cleansings (Objects), Night Time Blessing Ritual, Throwing Bolts With the Chalice
- You will need to get:
 - Your Chalice (see Chalice Poster)
 - Rain, spring or distilled water. Tap water will not work!
 - Sea salt or crushed rock salt that is non-iodized (table salt will not work because some of the minerals and crystal structure inherent in salt have been destroyed during processing)
 - All natural material for wrapping your chalice: cotton, wool, leather, silk
 - Pure cotton cloth for keying your Chalice

2. Chalice Poster

CUP (CHALICE) - WATER TOOL

1. Incense (water or general purpose) until smoke sticks to chalice
2. Salt + Water - Wipe dry clockwise

USES:

1. House cleansing: Water + Earth
2. Objects + People Cleansings: Water + Earth
3. Healing: Water-Energy beams

4. Banishments: Water-Energy beams
5. Messages: Emotional-Level
6. Divinations: As with water-bowl
7. Capturing: Thought-Form spies
8. Small-Object Protective Holder
9. Cup and Shield Protector
10. Night Ritual

3. Chalice Selection

You will need a Chalice for this class. Your Chalice should:

- Be any goblet-shaped drinking cup that has a stem for easy handling.
- Have a good-sized bowl (you'll want to be able to store small objects in your Chalice). The bowl can have patterns on it as long as the patterns are not too deep.
- Be made of only one material. Avoid combinations of material, such as glass and metal. Glass and ceramic work best, although you can also use Chalices made of silver, pewter or copper. Some people prefer clear glass because you can see what is in the Chalice, and other people prefer Water Blue Chalices since we often use Water Blue in working with the Chalice. Wood Chalices do not work well because they have too much air element in them.

4. Charging Your Chalice

You can charge or program your Chalice for specific purposes, just as you charge your Firebowl. In fact, the verse is the same except for the first line. You can charge both keyed and non-keyed Chalices. To charge your Chalice:

1. Sit in the south facing north. Have your Chalice, pure water, non-iodized salt and a Water Blue color source handy.
2. Fill the bowl of the Chalice halfway with pure water (rain, spring or distilled water).
3. Add a pinch of sea salt or crushed rock salt and swirl the water and salt clockwise (to the right).
4. Breathe Water Blue into the water in your Chalice using your color source as a reference, swirling the water clockwise as you breathe.
5. In a voice of command, say the verse below, breathing Water Blue into the chalice and swirling the water clockwise between each line and after you complete the verse. As with the Firebowl, you may substitute words in the verse depending on your purpose:

Water and earth where you are cast,
Let no spell nor adverse purpose last,
Not in accord with me.
Cleanse these walls and cleanse this space,
Far from here send baneful trace!
Thus my will, so it be!

6. Remember to breathe Water Blue into the Chalice after you finish the last sentence of the verse.

5. Keying Your Chalice

Just as you did with your Wand and Athame, you will want to key your Chalice. Keying clears any impure energy from your Chalice, aligns all the molecules so the energy flows in a particular direction and personalizes the Chalice to you.

1. Gather your Firebowl, pure water, sea salt, pure cotton cloth, the Chalice you want to key and a spare Chalice (which does not have to be keyed).
2. Feel the energy of your Chalice (the one you want to key) before you begin by sticking your hand into the bowl of the Chalice or holding your palm above the bowl.
3. Sit in the south facing north and charge your Firebowl using the verse “cleanse this tool and cleanse its space.” Use a water or general-purpose incense in your Firebowl.
4. Fill your spare chalice halfway with pure water, add a pinch of salt, and charge it using the verse “cleanse this tool and cleanse its space.”
5. Hold your Chalice upside down by the stem in the column of smoke. Allow the smoke to drift into the bowl of the Chalice for 15-30 seconds. Pull the Chalice away from the smoke and see if the smoke sticks to the inside of the bowl (little streamers of smoke will billow out of the bowl if the smoke is sticking). If not, put the Chalice back over the Firebowl until the smoke sticks.
6. Smoke the outside of your Chalice by holding the Chalice sideways over the smoke with the bowl facing west (or your left), and slowly rotating it toward you. Alternatively, you can point the bowl east, in which case you would slowly rotate the Chalice away from you. Smoke the entire outside of the chalice until smoke sticks everywhere.
7. Dip one corner of your cotton cloth into the water of your spare Chalice. Use the wet area of the cloth to wipe the inside of the bowl of the Chalice you are keying. Start at the bottom center of the bowl and begin wiping clockwise (imagine a clock in the bottom of the bowl), moving your cloth upward around the bowl in a spiral. Wipe with pressure and intention until the entire inside of the bowl has been wiped.
8. Without stopping, wipe the rim of bowl and then continue wiping the outside of the Chalice in the same direction. Do not change directions once you reach the outside – the wiping should be in one smooth continuous stroke. Your cloth should not leave the chalice surface. You

may want to have another person watch you to ensure that you do not change directions.

9. When you reach the base, turn the Chalice over and continue to wipe the foot of the Chalice from the outside edge in. If your Chalice has a hollow foot and stem, be sure and wipe all the way up into the stem.
10. Using a dry corner of your cotton cloth, repeat the wiping procedure remembering to wipe with steady pressure and intention.
11. Test the energy of your Chalice again and notice any differences.

Emergency Keying Your Chalice

If you ever need a keyed Chalice but don't have yours handy, you can do an emergency keying with any other Chalice. Cup your hands on either side of the bowl of the Chalice, and using a Water Blue color source, begin circling Water Blue from your output hand through the Chalice into your input hand, up your input arm, across your shoulders, down your output arm and out your output hand again. Circulate Water Blue for about 3 minutes, then pull your water energy back in. You will have a temporarily keyed Chalice.

6. Storing and Maintaining Your Chalice

When you key your Plate you will be able to store your keyed Chalice standing on your Plate, unwrapped. Until you key your plate, though, you will need to store your Chalice wrapped in a pure, natural material such as cotton, wool, linen, silk or leather.

Once your Chalice has been keyed, avoid hitting the chalice on hard surfaces since this can un-key it. You can use your Chalice for everyday use, but make sure that if you wash or dry your Chalice, that you use the same wiping motions as you did when you keyed it. This will ensure that you don't un-key your Chalice. Do not wash your Chalice in the dishwasher. If it begins to look tarnished or cloudy from lack of use, re-key it. Your Chalice should stay keyed if stored properly.

7. Four Element Cleansings

With the addition of your keyed Chalice you can do four element cleansings as well as two element cleansings. The Firebowl covers the elements air and fire, and the Chalice covers the elements water and earth (notice how they relate to the charge verses for each tool). You can four element cleanse your home, other

people and objects. The four element cleansing is just like the two element cleansing with the addition of Water and Earth.

Four Element House Cleansing

1. Stand in the south facing north. Prepare all the elements needed to charge both your Firebowl and your Chalice. Be sure and fill your Chalice with enough water to spritz all the walls in the house.
2. Charge your Firebowl first then your Chalice using the line, “Cleanse these walls and cleanse their space.”
3. Start with your Firebowl on the east most wall of the east most room in your house. Be sure you are on the lowest level of your house. Use your Firebowl to cleanse the entire house first, ending up where you start.
4. To cleanse with your Chalice, dip two fingers into the water and flick them against your thumb to flick the water on the wall (about chest high). Start in the same place as you did with the Firebowl, flicking the water over the same spot where you put your first Lemniscate.
5. Spritz water on the walls, doors, shelves, etc. every 2 to 3 feet until you return to your starting point. Keep spritzing until you are 3 to 5 feet past your starting point to complete the cleansing.
6. If you need to add water to your Chalice, you can add it without recharging the Chalice.
7. If you have any water left after you have completed the cleansing, you can wait until dark and pour it down the drain. You might see a blue glow around the drain for a minute or so after you pour the water. The water will also help to clean the pipes.

Four Element Cleansing a Person

Cleansing a person can be useful, especially if they are suffering from an illness or conditions that have mysterious origins or causes. To cleanse another, charge the Firebowl and Chalice using, “Cleanse this person and cleanse his/her space.”

1. Start with your Firebowl at the person’s left foot and begin smoking moving around them in a clockwise fashion (to the left) in an upward spiral that goes up over their head. As you pass the person’s face, have them inhale a breath of the smoke to cleanse the lining of the throat and lungs, since these are continuations of the outer skin.

Optional: Touch the fire bowl to their forehead and say, “For the peace of your mind” or, “For the health of your mind.” Then, touch the middle of their chest and say, “For the joy of your heart” or, “For the health of your heart.”

2. Repeat the procedure with your Chalice, spritzing them with water as you spiral around them. Have them take a sip of water from the Chalice when you reach the person's face.

Optional: Dip your first two fingers in the Chalice and touch their forehead with them while saying, “For the peace of your mind” or, “For the health of your mind.” Dip again and touch their chest saying, “For the joy of your heart” or, “For the health of your heart.”

Four Element Cleansing of Objects

1. To cleanse any object, simply specify the object or use the phrase “these objects” in the charge verse for your Firebowl and Chalice.
2. Start with the Firebowl. Hold the object in the column of smoke until the smoke clings.
3. If the object is small enough, you can dip it into the Chalice. If not, spritz it on all sides with water from the Chalice.

8. Night Time Blessing Ritual

This ritual is a peaceful, meditative ritual that helps to promote harmony and health in families and couples. Do this ritual at night before bed.

1. Charge your Chalice with the verse, “Bless these people and bless their space.”
2. If you are performing the ritual, hold the Chalice in your left hand and face the person you are blessing.
3. Dip the index finger of your right hand into the water and draw a vertical line down the center of the person's forehead. The line should be 1 to 1.5 inches long.
4. Draw a horizontal line of the same length from left to right through the center of the first line, forming a cross.

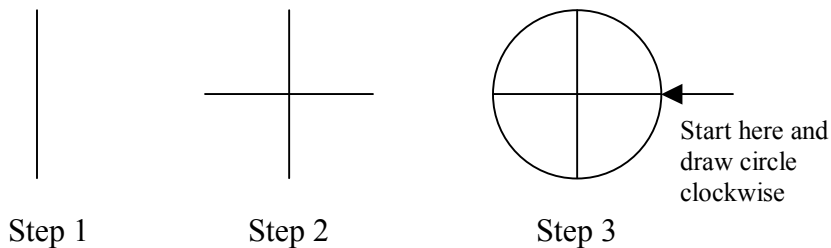


Figure 17.1

5. Starting at the right end of the horizontal line, draw a clockwise circle, touching both ends of both lines. As you draw the circle, say to the person, “For the peace of your mind.”
6. Repeat the same procedure on the person’s chest over their heart. As you draw the circle, say, “For the joy of your heart.”
7. Ask the person to take a sip of water from the Chalice. As they sip, say, “And for the health of your body.”
8. If there are two people participating in the ritual, reverse roles and repeat the process. If there are many people, one person can bless everyone, and then one person in the group blesses the first person. You can also do this blessing ritual for yourself.
9. You can use the alternate verses, “For the health of your mind,” and “For the health of your Spirit.”

9. Throwing Bolts With Your Chalice

You can use your Chalice to defend yourself against entities or physical beings in your space by throwing bolts of Water Blue. To throw a bolt, hold your Chalice in your output hand with your thumb and forefinger around the bowl with the rest of your fingers wrapped around the stem. You can adjust the strength of the bolt by moving your thumb and forefinger up and down the bowl. The closer your fingers are to the stem, the more focused the bolt will be, since energies flow from the bottom of the bowl and your fingers act as the energy feed. The farther apart your fingers are, the more scattered the bolt will be.

1. Load Water Blue into your Chalice the same way you load energy into your Wand or Athame.
2. If you are dealing with a non-physical entity, throw a bolt of Water Blue at it and say, “Go away and stay away!” Your Chalice works great if you don’t have your Athame handy. Plus, if you end up hitting an archetype, it will just throw a cold blast back at you (rather than a bolt of electric blue).
3. If you are dealing with a physical attacker in your space, aim your bolt of Water Blue at the target areas: head, throat, solar plexus or heart. Refer to Class 11 for more details on target areas of the body.

10. Exit Ritual, Day Greeting and Day Ending

This week's Exit Ritual is:

Sky Father
And Earth Mother
With Compassion
I Greet You.

This week we add a new direction to our Day Greetings and Day Endings. To address Winds of Feeling, face West and extend your arms straight out in front of you, palms upward. Remember that to address Winds of Knowledge you face east and extend your arms, palms facing each other, straight out in front of you. To address Winds of Power, face south and extend your arms, palms facing down.

Winds of Knowledge,
With Compassion,
I Bid You Good Morning.

Winds of Power,
With Compassion,
I Bid You Good Morning.

Winds of Feeling,
With Compassion,
I Bid You Good Morning.

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Winds of Knowledge,
With Compassion,
I Bid You Good Night.

Winds of Power,
With Compassion,
I Bid You Good Night.

Winds of Feeling,
With Compassion,
I Bid You Good Night.