

7 Days
7 Affirmations
7 Rituals for Better Living

Ronald W. Hisel

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By Ronald W. Hisel

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A special thanks to:
My beautiful wife Stacy
My wise Father and mentor Ron D. Hisel (The Old One)
My spiritual advisor and friend Pat Rickard

Written
In memory of the Great Mage
John Scott

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The purpose of this text is to provide you, the reader, with a true working knowledge of daily motivations and the use of magickal rituals in order to obtain and strengthen your natural and untapped abilities.

I will not bore you with the details of a lengthy biography, but I will share reaffirming information with you along the way.

I want to get you straight into the thick of things. I notice all too often that authors will plug other works or tell anecdotal stories to hook the reader. This text is not a story, but more of a daily workbook. I want you to be able to easily refer to this text at anytime with a quick glance and make it easy to keep with you at all times.

Yes! Keeping this book with you will be like a lucky charm so please treat it as such. You will need very few tools to carry out this text and the expense of your time will be your greatest cost, but your most valuable investment.

Why 7 days?

The 7 days on our calendar not only govern our time at the office and with family, but are a crucial and needed allotment of time to correctly balance out our spirit, soul and living bodies.

Yes, I have separated the spirit and the soul. The soul is the animating and vital principle in humans, credited with the faculties of thought, action, and emotion and often conceived as an immaterial entity that embodies of all your life's recordings. Your spirit is the essential nature of a person.

7 Days is also the best time frame for practical use. If I were to write a book based on a year, it would not be as helpful since we are trying for repetition and reprogramming to train our brains to digest the core needed information. The number 7 in numerology also has a special meaning; numerology has been used and interpreted since the sixth century B.C. The number 7 is said to be the seeker of truth, wisdom, detachment, intellectualism, and skepticism.

As part of my personal message, I would suggest a healthy diet and some basic exercise. Having a good diet has as much of an effect on your mental health as your physical health. Regular exercise will help stimulate your mind and body and open all your senses to a variety of things we over look in our daily routines. Go outside, take a walk and enjoy what's left of nature around us. (As with any suggestion of this type, I would advise you to consult your doctor before making any drastic changes to your diet or exercise program.)

Affirmations

Since the beginning, humanity has done everything in its power to fill every waking moment with activity to stimulate his need for achievement.

The human response to this is the natural occurrence of satisfaction and discord. We spend so much time in our society preaching “shoulda, coulda, woulda,” that we forget to stop and realize how much we really accomplish in one single day. This brings us to the use of affirmations, as we go through life and our work days while being told what to do while having our short comings pointed out to us.

In work, this is done to us by higher ups to retract from our positive state of mind, so that the physiological impression will damage our positive mental state. This allows them to reprogram us to feel that we are not up to par, or we have not completed their given tasks. This gives them the advantage and will suppress the need for you to receive reward for your efforts.

LOSE this train of thought!

Remember, you are the best asset they can get for the money, and you earn your living in an honest way, so be honest with yourself. When we allow that feeling to enter into our personal lives it can become a crippling and scary thing. Think about it; if you can allow others and your own self to defeat you with mere words or a thought, then why could you not reverse it with the same?

Affirmations are the positive stimulation of thoughts. So, to speak an affirmation is to bring to life your words through mental vision, and physical exertion of the words. Your words carry weight and power when focused and properly inflected. We will work solely on the positive aspects, for I truly believe that the use of positives first will open you up and allow you to turn some thoughts that are negative in expression into positive influence.

Throughout history, many people from kings and queens to doctors and shrinks, worked with affirmations in one way or another. For a king, to speak an affirmation of joy to his subjects results in a roaring cheer. For a doctor, to tell someone a little positive thought will help them heal sooner. All these are helpful, and are made to positively realign our body, soul and spirit.

The affirmations in this text are guidelines to work within. Feel free to change them to meet your specific needs. Use them to build a stronger you, a better environment around you and to facilitate peace and love in your heart.

Rituals

The rituals I will detail in this text will not be the complex kind, but more of the easy and tested variety.

I believe that much can be said for the use of rituals in our everyday lives. Most people already do them – they just call them something else. When you are putting your pants on right leg first every morning, or you ritually make that perfect cup of coffee; first by getting that same cup and putting one teaspoon of sugar, one teaspoon of cream, you stir it twenty-two times the same direction, then tap the spoon twice on the side and take a good sniff of it right before you enjoy the first sip? That's how easy a ritual can be. Some of you may understand, while others remember that this is just to show you how easy rituals can be and I am sure you all have one or two.

Rituals are the focus of your desired intent to project and bring to fruition that which you want to attain. You must completely believe that the outcome of your task is obtainable, and that it will happen, or has already happened.

Don't worry. We won't be sacrificing animals or drinking blood. Although this has been done in the past, it is unacceptable to me, and I assure you we won't be partaking in anything of the sort.

Performing a ritual for daily understanding and guidance is a perfect tool to start you off with, whether you're a novice or true adept. It makes no difference, you will get the same results if you follow the instructions and take the time to understand and absorb all the energies involved in your ritual.

I would like you to get feel for rituals. Don't assume that you must be a witch or wizard, or that you are turning your back on your beliefs or faith by performing these listed rituals. They are open to interpretation, and you may add or subtract elements of your faith into them. Make them your own, but make sure to stick to the basic guidelines. Basically, if you want to have the Bible present, then do it. If you want your most sacred statue of Isis on your altar when doing this, then do it. As long as we understand that we all evolved from the force, and that we are the children of peace and love for the divine, then you will succeed in your rituals with much more power than you can imagine.

Your ritual space should be a sacred space to you. A room or maybe even a simple box, it will be an altar area that is completely yours and is filled with your energy only. Take the time to find this space in your home, garden, or anywhere you feel that embodies your energy.

Making your sacred spot for your altar is accomplished by allowing yourself a place to be at peace and away from the interference of those around you and the things around you.