



ROSE OF
JERICHO MAGICK
The Resurrection Plant
A Sacred Spell & Ritual
Of Grace, Power & Renewal

by Rebekah Muir
of Sacred Starlight

WELCOME

Welcome and hello, fellow Magickal Being! Are you feeling a bit dead inside, or in a particular area of your life? Well, you're not. You see, no matter how dry or dire things may seem, there is still a seed - life force - Magick - inside you. And now you've found just the thing. This ritual will help you remember the power of life and creation that runs through you and is alive all around you at this very moment. It's wonderful for anything you want to bring back, resurrect or renew whether that's a part of yourself or a circumstance in your life. I've worked beautiful Magick with this ritual myself in the past and know you will do the same.

I am an Astrologer, Energy Healer, Quantum Meditation teacher and also what someone once affectionally called a "Holy Witch". The experience of Grace in my life has been just as profound as taking responsibility for my energy, dissolving my consciousness into the Quantum Field and weaving Magick Spells. One evening a few years back when I was feeling really heartbroken, I asked God (my preferred name for The Force of Love at this point in time) to send me a Rose as a sign I was spiritually connected and that I would be okay. The next day, a lady came up to purchase a Rose of Jericho at the metaphysical shop where I was newly employed. At the time I had no idea what it was! A crusty, dry brown ball? When I looked it up, I was awestruck. This was my sign. A huge sign. The symbolism of the Rose of Jericho, "The Resurrection Plant" is rich and deep.

The relationship I wanted to heal and resurrect did come back to me not long after I did a ritual with the Rose of Jericho. It came back in a higher form, and I had another *opportunity* to continue my journey of growth on that path. It's important to add that I respected the free will of my partner completely and was willing to release him if it was not in the highest good for us both. It's also important to note that all was not suddenly perfect when things came back around. I picked up where I left off, bumping up against the same obstacles both internally and externally. *I* had to transform *myself* in order to experience any change outside of me. But I was ready.

I did a whole lot of healing (meditation, prayer, energy healing, shadow work, you name it) to transmute the pain inside of me that wasn't a vibrational match to a happy union. I got into a state of such unconditional love for my partner that I honored whatever was for his highest happiness and good, even if it was not with me. True surrender and love is often when the Magick happens. Nothing can be forced, and the external world is only a mirror of our inner feeling-state (most of which is subconscious, which is why it is so powerful to invite in Grace to help). I had to shave down some of my ego's roughest edges and allow The Universe to transform me in the highest way. But I was willing, and thankfully, that's all that's required! We can always work with our own energy... and from this place, All is Possible. This sacred plant and ritual has been a beautiful aid to me on my path of healing and blessed change. May it be the same for you.

All my Love to You & Yours on this Magickal Path, Now and Always.

Blessed Be!

xoxo Rebekah

ABOUT ROSE OF JERICHO

"This plant grows in the valley of the Dead Sea on the edge of Jericho in the Judean Desert, and in Christianity, is called the 'Resurrection Plant' as it symbolizes the resurrection of Jesus. It is said that it was granted the gift of immortality when Mary placed a shroud belonging to her scared baby on it.

The rose blossomed beside the sacred family while they fled to Egypt, it bloomed on the day of Jesus' birth and dried up and closed at the time of his crucifixion and opened up again on Easter Day."

- Resource: www.roseofjericho.org

The Resurrection Plant | The Rose of Jericho is actually not a rose as pictured in the background here, but a dried mossy brown plant that has the miraculous ability to return to life after years of dormancy upon receiving water, blooming a beautiful green. It's known in many magical and spiritual traditions to bring happiness, prosperity and blessings. The water that the plant sits in also has powerful and very high-vibrational properties. You can use this sacred water to bless yourself or any objects, or even sprinkle it around your home to bless the space.

Post-Ritual Care | Keep in indirect sunlight, in just enough to cover the roots. Change the water frequently (every day if you can), otherwise it begins to get funky, and take it out of the water completely for 1 day each week. Every couple of weeks, let the plant dry out completely.

(Resource: www.houseplantresourcecenter.com)

This will not halt your magick if your desire hasn't manifested yet - trust in Divine timing! When you feel complete with this ritual you can let the plant dry out and store it away for the next time. You can even do this before your working has manifested, trusting that the energy has been set in motion and will arrive in Divine timing.

ABOUT BREATHWORK

Change Your Energy | This is optional, but highly recommended if you feel comfortable doing it on your own at home, unless you are pregnant. Breathwork is quite safe, but there are a few contraindications (please see the last page for details).

HOW TO DO THIS BREATHWORK

Lay flat on your back with your head flat as well (recommended without a pillow, but you can place one under your knees if you like). Both the inhale and the exhale are through the mouth, so not to worry if your sinuses are clogged.

There is a 2-part in-breath: one breath into the belly which pushes the lower belly out, followed by a second inhale into the chest, expanding the lungs and the ribcage. Then exhale. Then repeat vigorously. It's labor-intensive, but the effort is worth the results! If at any point it feels too intense, you can ease up on the breath.

A video tutorial & example can be found here:

<https://youtu.be/QLRIPFbfEJI>

Breath clears stagnant and stuck energy out of our bodies and energy fields, helping us to release ties to things, people and places that are no longer serving our highest good. It unlocks what is closed off and inaccessible to us in our daily, waking life. Breathwork also brings a ton of Divine energy in, elevating our vibration, making us a vibrational match to renewal, wonder and Divine surprises! Coupled with the medicinal effects of music (put on your faves), it's the most direct and surefire way I have personally found to open the heart into an emotional experience, connecting powerfully with The Force of Love.

DISCLAIMER: BREATHWORK SIDE EFFECTS & POSSIBLE CONTRAINDICATIONS

Breathwork is an incredible healing modality for releasing old emotional energy, bringing in new energy, and it is quite safe. Though rare, there are some Possible Contraindications/Interactions I'd like to let you know about. If you have any of the contraindications below, please consult with your doctor before doing breathwork. By purchasing this ceremonial outline and choosing to practice the optional breathwork portion, you understand the contraindications below and take full responsibility for your own participation and any health effects that may result from practicing the breathwork outlined here.

Breathwork Possible Contraindications/Interactions

Pregnancy (generally not recommended for pregnant women)

Cardiovascular Disease, including Heart Attacks

Severe Hypertension

Epilepsy

Glaucoma or Retinal Detachment

Osteoporosis

Recent Surgeries

Recent Serious Physical Injuries

Recent Infectious/Communicable Diseases

Asthma (if you have asthma, you must have your inhaler on hand)

Psychiatric Hospitalization or Prior Diagnosis by a Healthcare Professional of Schizophrenia or Bipolar Disorder (please contact Rebekah directly to discuss if you have concerns: rebekah@sacredstarlight.com)

Use of Coumadin or other prescription blood thinning medications

Common Side Effects During Breathwork (these dissipate fairly quickly upon completing the breathwork)

Numbness in the hands, fingers or toes, claw like hands (tetany)

Light headedness

Yawn, Dry Mouth

Restriction or pain in parts of the body

Anxiety or panic

Deep emotion such as grief, sadness, or anger

Laughter or weeping

ABOUT MAGICK & GRACE

MANIFESTATION OR MAGICK?

Spellwork is ritual for manifesting - for changing energy. Manifesting & Magick are one and the same, although “Magick” feels like a lot less work and a lot more enchanting. The bottom line: Everything is energy. Love is real. Possibility is Infinite. The Law of Vibration - or the Law of Attraction as it is more commonly known - teaches us that life mirrors back to us not what we want, but what we are BEING. Consciousness organizes matter, it's not the other way around - though we can also use ritual and material tools with specific vibrational properties to shift our consciousness and our energy too. Ritual is a powerful way to connect with Source and direct energy. The highest Magick invokes the Law of Grace, which says that we can ask for and receive help from The Force of Love any time we ask for it, allowing room for this Divine Intelligence to help manifest our desire - or whatever might be even better.

The Rose of Jericho is a beautiful and magickal symbol of change carrying new energy, the Divine Order of God and the blessings of the Earth to support you on your journey. As the rose blooms, know that your intention and energy blooms too, and you are being restored and transformed in the Grace of the Force of Love for Blessed Change.

ABOUT RITUAL

OPTIMAL TIMING: Rose of Jericho Magick is most in alignment with the New Moon, Waxing Moon, a day or two before the Full Moon or on Ostara (The Spring Equinox) or Easter Sunday, as these times all correspond energetically to growth, renewal and the Resurrection. However, this ritual can be performed any time you feel. You have no need to worry that it will be weaker if not performed with optimal timing. Grace & Magick trump all.

ESSENTIAL TOOLS: Rose of Jericho, Spring Water, Bowl, Paper, Pen.

OPTIONAL TOOLS: Yoga Mat, Blanket, Candle, Lighter/Matches, Incense/Essential Oils, Blank Greeting Card (instead of paper), Favorite Music, any other spiritual tools that heighten your experience.

Ritual is a powerful way to direct consciousness, intention and energy. You have the authority to perform powerful sacred ritual in whatever way you enjoy. Whatever you do is enough and you will be heard, seen and received by The Divine. Don't worry about missing any steps or saying the "right" or "wrong" things. You can't do a ritual wrong if your heart is in it and your intentions are good! All that said, here is my ritual structure for you to use and enjoy. Feel free to modify in any way that feels good. Blessed Be!

IT IS TIME TO BEGIN

SETUP

Carve out a nice and comfortable space to do your ritual. This can be as simple as a desktop or tabletop, or as elaborate as an altar with flowers, crystals and decorations. It's okay if you don't have any bells and whistles, and it's okay if you do! I like to light a candle to symbolize the light and transformation of The Force of Love, and I enjoy essential oils and incense to engage my senses. Sense of smell is a powerful aid for spiritual connection and evokes special feelings. So does music! Lay out a yoga mat and blanket if you plan to do breathwork.

A SIMPLE CIRCLE-CASTING

May this ritual - and whoever performs it - be cloaked in Grace and Goodness. As you connect Now, Now, Now... Address The Divine by whatever name you call It and feel yourself cloaked in sweet Love and protection as you say,

"Dear Divine, I'm am here now before You in sacred ritual to create Blessed Renewal in my life, with nothing but Love before me, nothing but Love behind me, with nothing but Love to my left, nothing but Love to my right, with nothing but Love above me, nothing but Love below me and nothing but Love within me. The circle is cast. So mote it be!"

OPENING PRAYER & LETTER TO THE DIVINE

Invoke The Divine by whatever name you call It & Pray in your own words. Speak simply and from the Heart. Ask for help with whatever you need help with, and give thanks for receiving this help. Bless yourself, and your life. Bless your loved ones and the world. Bless your challenges that they turn to wisdom and declare yourself willing to be transformed in the Highest Love and Magick, for the highest happiness and fulfillment of All, with harm to None. Write a letter or petition to The Divine giving thanks for your blessings and the blessed change that is on the way. Place the letter under the bowl that holds the Rose of Jericho. Words are vibration (you may bury or burn this letter at a later time when you feel your working is complete).

ROSE OF JERICHO

Lovingly place the Rose of Jericho in a dish on top of your letter, with just enough to cover the roots. Hold your hands over the plant and send loving energy out of your palms, or from your heart. Know that as you see this done, it is happening, even if you have no training in energy work. Visualize a color that feels good to you if you like. Speak the Rose of Jericho Prayer on the next page, aloud if possible (if you don't have privacy, it's okay to say it in your head and heart).

ROSE OF JERICHO PRAYER

Dear Divine / God / Goddess / Universe / Source / Great Spirit / Holy Spirit / Higher Self / Force of Infinite Love,
Possibility & Magick,

This is hard _____ (state the experience you wish changed)
I am here now for Blessed Change and Miraculous Renewal
Bless this loss, this lack, this pain, this block, this challenge
That it be transformed into Wisdom, Strength, Courage, Compassion, Love;
That it be transformed into Gold, Gold, Gold
I invest my Energy wholeheartedly, Now, Now Now
in Blessed Renewal of what is never truly lost
But perpetually renewed
As this holy plant, this Rose of Jericho comes back to life
So do I, and so do my circumstances
Growing ever higher, Blooming ever brighter
In Possibility
In a New Story
I Believe.
I Know.
That it is not only Possible
That It Is Already Done, Done, Done.
I Believe in the Magic and Potential of my Blessed Future and the Blessed Unknown
Thank You for swooping in Now, Now, Now
With Your Loving Support and Miraculous Hand
With A Divine Mind that sees and knows what I cannot
Let this Blessed Magick be guided by You
As I live in Your Heart
Let it happen in the Highest way
In great Beauty, Love, Grace, Growth, Wonder, Awe and sweet Fulfillment
with harm to None and brightest Blessings to All, All, All.
I am ready and willing to be transformed
In Magnificent Divine Love, Intelligence, Order, Power & Grace
Without delay
Help me to Remember
My Power to Create Blessed Renewal
in my Heart and in my Life
And to trust Yours.
Help me to Remember and to Feel the Magick and Goodness
within me and all around me
Help me to live my highest Divine blueprint and potential
In Joy, Inspiration, Courage and Trust
Help me move as a force of great Blessing & Beauty in this wonderful World
Creating a ripple effect of Love and Magick
out into the furthest corners of Existence
I send Love myself and All Beings everywhere across every timeline Now, Now, Now
To meet us all wherever we go
For as we Bloom
As we are Renewed
So are You
THANK YOU
Bless You
Bless Me
Bless Us All
In Gratitude, Faith, Love and Magic,

Yours Always,

BREATHWORK

Now lie flat on your back and do 15 - 20 minutes of breathwork to music that makes you feel something. As you breathe in new oxygen you are breathing in new prana - new life force energy - new consciousness, new light, new information to every cell.

You are also gently but powerfully pushing old energy and blockages out of your being, out of your body, and opening your heart. As this is happening, your Rose of Jericho is taking in water, new life force and is already beginning to come to life. It has begun. NOTE: It is very common to experience involuntary clenching and clawing of the hands, face and numbness/tingling in the face, neck, chest and anywhere - with breathwork. This is normal and not dangerous (even though it can be a bit scary at first!) and will subside once you stop the breathwork.

REST / SURRENDER & MEDITATION

After the breathwork, rest and surrender. Meditate on the change you are creating, visualizing and *feeling* what it's like to live this new life, this new experience. How does it feel in your body without the old worries and perceived blockages? How do you walk and carry yourself as a confident, strong, healthy, connected, inspired, loved and secure person? What new actions and decisions do you make in this new timeline? Then surrender this vision to The Universe to organize in the highest and best way for you, leaving room for whatever could be even better to unfold. Do not worry about HOW these changes will manifest - the Divine will take care of that. If for any reason you feel blocked or like the change you wish to happen isn't possible, don't worry about the visualization. Just pray and cast this burden to The Force of Love, which is already reorganizing everything for you!

CLOSING THE CIRCLE & CLOSING PRAYER

Give Thanks! Bless your past with Wisdom, your present moment with Courage, Beauty and Love, and your future with Magical Adventure, Joy, Success and Beautiful Surprises! Send these blessings out into the world to be received by all who need them. It is done. Say,

"I move forth in a blessed and happy new timeline, in gratitude, Now, Now, Now... with nothing but Love before me, nothing but Love behind me, nothing but Love to my left, nothing but Love to my right, with nothing but Love above me, nothing but Love below me, and nothing but Love within me. The circle is open but never broken. Merry meet, merry part, and merry meet again!"

Amen, Blessed Be!

ABOUT REBEKAH MUIR

& Sacred Starlight

Rebekah Muir | *Astrology, Tarot & Oracle, Reiki, Pranic Healing, ThetaHealing, Breathwork, Music, Meditation & Sacred Ritual Guide.*

Life is Magick... Get Enchanted.

I am a Good Witch, Astrologer, Energy Healer & Sacred Ritual Guide passionate about Metaphysics, the Quantum Field, Miracles, Magick, Grace & connecting with The Force. Miracles are possible in every moment. I know this because I've had some pretty beautiful victories from some dark places, and I'm honored to serve as a guide for you to do the same. I work with God/Universe/TheForce/Source/Love/Divine Intelligence (insert your chosen terminology here) through the Law of Attraction & The Law Of Grace to help people on their very personal paths to happiness.

I will never give a negative or limiting reading, ever. Any challenging energy that appears in a reading is something that is simply demanding growth. Everything can be shifted! We are capable of so much more than we give ourselves credit for. We are stronger than we think. And so is The Force. I was born & raised in Nova Scotia, Canada, by professional musicians and progressive thinkers. I've been singing since before I could talk and contemplating God and existence since I was four. I'm a dark-night-of-the-soul survivor, trauma-informed, and have a great deal of experience with healing anxiety and PTSD in addition to years of intense study of all things metaphysical and spiritual.

Before moving to Los Angeles I was on the summer faculty of Berklee College of Music in Boston, Massachusetts, and I've been a music educator for 11 years as well as a full-time professional musician & performer. Music is an amazing healing path, and I love helping people find peace, purpose, power and connection through musical expression. I've been fortunate to have collaborated and performed with some of music's most celebrated and award-winning talents including Linda Ronstadt, Steve Winwood, Josh Groban, Deer Tick, & Christopher Guest to name just a few.