

# temple

imagine for yourself a temple, of which you are a servant...

- a. set aside a place to be your temple, can be a room, an altar, a headspace, anything. we recommend some measure of permanency, but it can be improvised in its construction.
- b. the idea is not to create a being to inhabit this temple, nor a religion to decorate it. it is merely a vessel for the divine so far as you are able to discern. you may find yourself musing over the possibilities, but any permanent lore sets the risk of misperception, as it will inherently color the experience. test out different colors, see how they fit, see how you like them, but don't let them settle in for too long at a stretch.
- c. perform an induction ritual to prepare yourself to enter the temple. engage as many senses, external and internal, and base/core planes (spiritual, mental, emotional, physical) as you can.
- d. you enter this temple, this holy of holies, treating it as Sacred and Real, but not as Too Serious or Intensely. treat every movement as an act of worship, not toward deity but toward the space itself.
- e. you tend the temple; cleaning the items, tidying an altar if there is one, performing every act with deliberate awareness & intention, clearing the space energetically across the base planes (mental, emotional, physical, spiritual)

- f. you sit with your feelings as they arise, you operate in a state of sort of working meditation, and you allow it to change you little by little.
- g. when the tasks are finished, sit with the final result; sit and feel accomplished, basking in your well done work
- h. finally, when you are good & ready, perform your exit ritual, untethering yourself from your temple, at least for the time being. we encourage you to think of this untethering process as viscerally & haptically as pleases you
- i. you may ofc continue to think about, plan out, and prepare yourself for the temple as you go about your waking life, but we encourage you to only vividly interface with it when you have proceeded through the induction ritual and entered the space itself.
- j. later, you can try doing this with other Places, such as rooms of your home, allowing their natural structure to color the game (kitchen with its utility wands and transmutation appliances, the bathroom with its soaking pool and self-altering salves, etc.)