



HEKATE'S SACRED GROUNDS

The Sanctuary of Hekate Potnia Theron has created and consecrated the Astral Temple of Hekate and its Sacred Places. Through this series of guided visualizations, we will accompany you on a journey to discover them, so that you may know and experience them as realms of devotion and magical practice, as well as points of departure or arrival for your astral journeys.

These places, alongside the visualizations that describe them, draw inspiration from the Druidic tradition that breathes life into the *Hekatean Druidry* promoted by the Sanctuary. At the same time, they remain open to all devotees of Hekate, regardless of their path or background, provided they share the values of cooperation, fellowship, respect, and the five virtues of the *Covenant of Hekate*.

The Sacred Grove recalls the Druidic tradition of the *Sacred Grove*; within the Garden of Hekate grow the herbs sung of in the *Orphic Argonautica*; finally, the Temple is very freely inspired by the one in Lagina. All these sacred spaces are watched over and protected by a magical servitor, Ciara, whom you will have the opportunity to encounter during your visualizations.

Introduction

Welcome to the astral space of the Sacred Places of Hekate Potnia Theron.

This space encompasses the Sacred Grove, the Garden of Hekate, the Temple, the Cave, and the Crossroads that connects them.

What we mean by astral space

The astral (or etheric) plane should not be perceived as a physical location with defined geographical coordinates, but rather as a dimension of pure energy, archetypes, and consciousness. It is an objective reality that exists beyond our everyday sensory perception, yet it responds to and is molded by symbols, intent, and the mind. Since this realm is not made of matter, how you perceive it depends entirely on your own spiritual sensitivity. For instance, two people might visit the exact same sacred space yet experience it through different visual, auditory, or emotional nuances, much like two people listening to the same melody but focusing on different instruments. The pathways to explore this dimension are primarily two, differing in their level of control and the depth of the experience:

1. Guided Visualization: The Beaten Path. Guided visualization can be compared to a journey undertaken with a map and a guide. Through a voice, a text, or a precise outline, the conscious mind is directed toward a specific landscape (in this case, the Sacred Places of the Sanctuary). It is a safe, controlled, and accessible method for everyone, ideal for beginners or for those who wish to focus their devotion without distractions. The guide keeps the mind anchored, preventing it from wandering chaotically. Precisely because it is directed and structured, this visualization leaves less room for the unexpected and for totally autonomous interaction with the environment.

2. Free Astral Travel: Independent Exploration

The journey of the spirit (or astral projection/shamanic journeying) is, instead, a total immersion without a safety net. Here, consciousness actively detaches from the physical senses to move directly within the subtle (or astral) body. There is no external voice telling you where to go or what to look at; the practitioner moves through the sacred space with absolute autonomy. In this mode, the encounter with deities such as Hekate, or with creatures like the *daimones* and the guardian Ciara, is no longer a suggested mental image, but a direct, dynamic, and often unpredictable interaction. It is here that true operations of high magic, deep healings, and spontaneous spiritual revelations take place. The Sacred Places created by the Sanctuary act as "anchoring portals". Once you have learned to navigate the Sacred Grove via guided visualization (the beaten path), that location becomes a true, fixed astral coordinate. You will be able to project yourself directly there during your free journeys, knowing that you will find a protected, consecrated space ready to welcome you.

How to proceed

It is essential to begin with the visualization of the Sacred Grove. Afterwards, you may proceed to the Garden and the Temple. Once you have completed this initial path and familiarized yourself with the landscape, the Sacred Grove will become the ideal starting point for all other visualizations offered on the website, or for your personal journeys. We chose the woods as the initial threshold because, throughout the centuries, countless gardens and natural areas have been consecrated to Hekate, and the Goddess's bond with wild nature has deep roots.

The Guardian of the Places

We present to you Ciara (pronounced *Kee-ra*), a magical servitor created with the help of Hekate by David Bresko—who generously contributed to the project—and activated by Sara.



Her duty is to watch over and protect these places, assuming the role of a priestess. She may manifest spontaneously, but you can also call upon her whenever you explore this astral landscape, simply by invoking her name with clear intent. Ciara takes care of the maintenance and upkeep of the sacred space, and stands ready to welcome and guide you. She lives in a small stone cottage with a moss-covered wooden roof, hidden within the forest that surrounds the sacred places. At times, looking toward the north, you may catch sight of a thin wisp of smoke rising from her hearth, just above the treetops. Ciara is an "experimental" servitor, with characteristics that differ deeply from those of conventional servitors.

SACRED GROVE GUIDED VISUALIZATION

This is the first visualization to perform. The Sacred Grove of Hekate will be your starting point for every future visualization or astral journey. Sit in a comfortable position. Keep your back straight, relax your shoulders, and let relaxation gently flow down your entire body, all the way to your toes. Breathe calmly, evenly, and steadily. Close your eyes and bring your attention to your breath.

If you already have a breathwork practice, you can start there. If you don't, do not worry: focus on your breath and let it become steady and calm, an anchor capable of quieting the mind and opening the way to an altered state of consciousness, suitable for crossing the threshold of the astral realm. When you feel ready, take three deep breaths, close your eyes, and imagine yourself entering a big forest. Use all your senses to become aware of the trees, of the path you are walking along, and of the night sky. Is the moon full, or is it just a sliver in the sky? As you walk, look around you admiring the beautiful trees surrounding you. Are they familiar to you, or do they remind you of faraway lands? Do you smell the scent of the earth and the leaves? Or maybe the sweet smell of flowers is in the air? Feel the breeze lightly brushing your skin and tune your mind into the sounds of nature around you. Do you hear leaves gently being rustled in the breeze, or perhaps owls hooting in the forest? Or maybe everything is still and quiet? You feel safe, you know nothing bad can happen to you in this sacred wood.

See yourself walking along the path and approaching a clearing bathed in moonlight. Looking up as you enter the clearing, you notice that the sky is dotted with a myriad of stars. Around you a circle of trees is enclosing the area, their limbs touching, creating a perfect ring. In the center of this perfect grove of trees you see a fire is crackling and burning, sparks spiraling up, reaching for the sky. You understand now that you have arrived in Hekate's Sacred Grove.

Looking at the fire, you suddenly notice that someone is standing behind it, waiting for you. Her eyes calmly and warmly watching you. Instinctively you understand she is a

priestess of Hekate, covered in a long, draped tunic, her head under a veil, a torch in her hand. She smiles at you and beckons you to come stand next to her. Moving closer to her you feel the soothing warmth of the flames and you smell the delicate scent of incense. You hear her voice begin to bless you.

Lowering down your head to accept her blessing, focus your attention on the fire. Look deeply into the flames. Perhaps you see images or symbols in the flames, or maybe you see them in the spirals of smoke swirling up in the sky. Listen while she is speaking to you and if you can, remember her words. Be assured it is okay if you do not see any images and cannot hear her words. It is enough that you are there and experiencing this moment. When you are ready, look at the priestess once again, you will see she is holding out her torch for you to take. You know that this torch symbolizes your journey into the mysteries of the Goddess, and from now on, you can use it every time you are wandering in the grove, and every time you find yourself in darkness. You graciously thank the priestess whereupon she steps back into the darkness and you can no longer see her. Instead you notice on the far side of the grove there is another path, one that was not there before. You will have time to explore that new path in the future. You decide to go back the way you came from, bringing your torch with you, and with the knowledge that from now on you will be able to come here to the grove at any time you want. It is a place where you can connect with Hekate within the realm of nature.

When you feel ready, thank Hekate for this visualization and before opening your eyes, start moving your fingers, arms, legs, becoming aware of your physical body and position. You may need to ground yourself by touching the ground or by eating something.

SACRED GARDEN GUIDED VISUALIZATION

This is the second visualization to perform. Remember: the Temple will be the last place to visit. When you have completed all the visualizations, you will then be able to return freely to any space, without a precise order and without the obligation to visit them all. Sit in a comfortable position. Back straight, shoulders relaxed. Let relaxation slowly flow down your body, all the way to your toes. Breathe slowly and evenly. Close your eyes and bring your attention to your breath.

Imagine being in the Sacred Grove of Hekate, at the center of the clearing. The trees surround you, the fire burns brightly, and the sparks dance toward the starry sky. It is a place you know: familiar, safe, welcoming. Yet, if you look closely, you might notice that something is different: the light filtering through, the color of the leaves, the time of day or night. Whichever way it appears to you, you know that this space belongs to you, and that here you are safe. Today you decide to leave the clearing. A path opens in front of the fire: take it. If you wish, take with you the torch given by the priestess and light it. It is not necessary, but if you feel the need for its light, let its flame illuminate your steps. Walk along the path that winds through the trees. The branches intertwine above you, but the light of the day or the moon filters through the leaves, drawing patterns of shadows on the ground. Listen: perhaps the singing of birds accompanies your steps, or the call of owls and spirits of the night. A cool breeze comes from the sea that you hear to your left, bringing peace and quiet. At the end of the woods you find yourself at a crossroads. Two paths open up: one to the right, leading to the Sacred Garden; one to the left, leading to the Temple. At the center of the crossroads stands a statue of three-headed Hekate, each head facing a different direction. At her feet, a cauldron filled with burning embers. Next

to it, fragrant resins: frankincense, myrrh, pine. Choose some and throw them into the embers: the smoke rises, slowly, like an offering. Then head to the right, along the path that leads to the Garden.

Walking along the path you find yourself in front of an enclosure. A high hedge is closing your sight but you can see some branches picking through the tall wrought iron fence that protects the Sacred Garden of Hekate.

You keep walking until you reach an old wooden gate covered in vines. You notice that it is closed but a silver key is now hanging on a little statue near the entrance. You know it is yours to take so you pick it up, you unlock the gate, and you enter.

Look around you and take the place in. How the garden looks like? Is it a well kept garden with plants and flowers arranged in beautiful compositions or it look more like an English garden where trees, plants, flowers and herbs are growing in a more natural way? Can you feel the ground beneath your feet? Is the path unpaved and a bit dusty or is it covered in little, shiny white pebbles creaking under your steps? Can you hear if there are birds singing or maybe bees or butterflies flying around the colorful flower beds? Take a deep breath. Can you smell the sweet perfume of flowers or the intense, green smell of fresh herbs in the air?

Looking around you, you see that there are several little paths departing from the entrance, all shaded by flourishing trees. You can recognize laurels, cornels and tall plane trees. You decide to follow the path in the center, the one taking you straight to the heart of the Sacred Garden.

Walking along it, you see that on both sides the grass is carpeted with low growing plants and flowers. You can see and smell asphodels, maidenhair, rushes, galangal, verbena, sage, hedge-mustard, purple honeysuckles, healing cassidony, flourishing field basil, mandrake, hylwath, fluffy dittany, fragrant saffron, lion foot, greenbrier, camomile, all-heal and many other plants sacred to the Goddess Hekate.

At a certain point, you find a little arch covered in ivy and flanked by big oaks. Their branches stretching to the sky. You know you are in the heart of the Sacred Garden. Crossing the gate, in front of you, you see a stone bench and a beautiful fountain, decorated with beds of black poppies, white hellebore and aconite. In the center of the fountain you see the most beautiful statue of Hekate you have ever seen.

You decide to seat in front of it. Take your time to admire the statue. Starting from the goddess feet notice her beautiful sandals and going up the drapery of the dress and all its decoration. Look at Hekate's arm and hands. Is she holding something in particular? Maybe a key, or maybe a torch, or a dagger, or a snake, or a whip... Look at her head. Is she wearing something? Maybe a high polos, or a crown of rays... Finally look at her face and focus on her eyes. You may have the impression that the statue is actually coming alive and the Goddess is now looking back at you. Maybe she has a message for you or she wants to give you something she is holding. If nothing happen, don't worry, keep looking at the statue and try to remember as many details and symbols you can. They are important messages you will bring back with you.

When you are ready, give thanks to Hekate for welcoming you in Her garden, for Her words and gifts. Before leaving the place, you may want to sing a hymn in honor of Hekate or say a prayer or leave a little offering near the fountain.

Then slowly return toward the entrance. Close the gate and put the key back in its place. Retrace the path until you return to the clearing of the Sacred Grove. If you brought the

torch, put it back in its place. Sit beside the fire, breathe, and let yourself be enveloped by the silence and the protection of the Grove. When you feel it is time to leave the visualization, bring your attention to your physical body. Gently move your fingers, hands, legs, and feet. Return to the here and now. And finally, open your eyes

TEMPLE OF HEKATE POTNIA THERON GUIDED VISUALIZATION

Sit in a comfortable position. Back straight, shoulders relaxed. Let relaxation slowly flow down your entire body, all the way to your toes. Breathe calmly and evenly. Close your eyes and bring your attention to your breath. When you are ready, close your eyes.

Imagine yourself arriving in Hekate's Sacred Grove. You are either standing or sitting. See the trees that surround you and feel the comfort and familiarity of the grove. This is a safe place for you which you may always retreat to. The fire is burning gently, sparks twirling in a spiral towards the sky.

You decide to leave the grove and see your torch lying beside the fire, perhaps you pick it up and light it before crossing through the ring of trees. You may also decide you do not need the torch today. You come upon a well-worn dirt path which leads in a slightly winding way through more forest. The tree's limbs twist together above you, but daylight or moonlight can stream down easily, dappling the ground. You walk along making no noise at all as you walk; if it is daytime, you hear the sounds of birds in the woods, if it is nighttime, you hear owls hooting. You feel very safe and comfortable, and you feel curious what will be around the next bend in the path. The temperature is warm with a slight cool breeze you can feel blowing in from the sea you know is to the left of you. You walk along relaxed and content. After a few bends in the path, you come along to a crossroads with two other paths, there is a path slightly upwards and to the right, and there is a path slightly upwards and to the left. In the centre of the crossroads there is a three-formed statue of Hekate, each form facing a different path.

At the crossroads you stand in front of the three-formed Hekate gazing up at the face which is looking in the direction towards the path that is now behind you. There is a small platform at her feet with a cast iron cauldron containing glowing embers and some various resins such as Frankincense, Myrrh or Pine. You sprinkle some of the resins into the cauldron. Then taking the path to the left, you walk a short while longer through the trees until suddenly you see the landscape open up in front of you, a landscape which is completely different from the woods in which you have been walking through, or from your grove. You have arrived somewhere resembling the lands of Lagina! There is a large open stone gateway where the path ends at the beginning of the clearing and where a new path begins, one of flat stones leading directly ahead. The trees around this clearing have grown so tightly together they create a natural wall around the rectangular area. The land is populated by oak and olive trees and the ground covered with grasses and scrub. In the centre you can see a large circular marble temple. As you look towards the right of the temple you can see a large pool of water encircled by rocks, further up past the pool is what looks to be a spiral maze, and to the left you can see an Oak Tree much larger than the rest and standing out from the others.

Behind the temple you can see the sea stretching outwards.

You pass through the immense gateway and walk over to the temple. The temple is a large open circle of Corinthian columns, decorated at the top with acanthus leaves. You stand there and soak in the sight before you, knowing this is a sacred

place and preparing yourself. You walk up five steps noticing that there are carvings in these steps, left by others before you, carved outlines of feet, circles with four and eight-fold divisions, eight-rayed stars... and then you are standing on a small platform, there is a metal ring to the right off of one of the pillars which you can slide your torch into if you shoes to bring it. To the left is a stone basin full of water which you use to clean your face, your hands and feet. Well you feel ready, enter the temple between the columns.

Inside the temple sunlight or moonlight is streaming in and looking between the columns you can see the oak tree, the spiral, the pool and the ocean. Before you is an immense marble statue of Hekate in her animal-headed form. Seated to her right is a seated Wolf statue. To her left, a seated Lion. To your left there is also an altar. What do you see on the altar, does it already have incense and flame and offerings? Or will you now take time to place those yourself?

Take some time to reflect or meditate on the statue of Hekate. While she always has animal heads, She can shapeshift as She wishes so that sometimes She may have just a single horse's head, and perhaps the next time She may have the heads of a horse, dog (or wolf) and bull. Or perhaps one head is a boar, or a snake. Does Hekate have anything She wants you to know, or is she asking something of you?

Pay attention to any messages, symbols or feelings you may see or experience.

When you feel ready, thank Hekate for receiving you in Her temple and retrace your steps back out.

As you leave the temple you walk over towards the sea which stretches wide before you and you breathe in the salty air deeply. Is sunlight sparkling off the crystal blue ocean or is the moonlight shining down its silver reflection, or is it perhaps a dark night populated only by stars? You see a path leading down the hill amongst the scrub. It is a dirt path and well trod.

You decide to walk carefully down the path to the shore, the sand is soft and there are bits of scrub and soft white well worn driftwood.

You head back up the bluff and walk along the sea to the right. After a bit you see a cave in the bluffs. You are curious but you do not enter it today. It is now time to go back to the grove by whence you came.

As you leave the temple grounds and walk the path back to the grove reflect on your experience. When you reach the grove, if you brought it, put out your torch and place it alongside the fire, then sit enjoying the calmness until you feel ready to leave.

Before opening your eyes, start moving your fingers, arms, legs, becoming aware of your physical body and position. You may need to ground yourself by touching the ground or by eating something.

Text:

Introduction and Temple Visualization: Lotus, Keybearer, and Torchbearer of the CoH
Introduction, Woods and Garden Visualization: Sara, Keybearer and Torchbearer of the CoH

Translation by Sara

Map: Simoni, CoH artist Copyright

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