

Introduction

INTRODUCTION

Communicating with a deity should be something that is accessible to everyone. Anyone should have the means to develop a relationship with the deity of their choosing, if they so wish. You don't have to be an oracle to talk to one, and you don't have to pay people absurd amounts of money to do so either. So I've written out a basic recipe for a ritual to communicate with a deity that can be tailored to your needs regardless of practice, faith, or culture. This is designed for absolute beginners who don't know where to even start, just like me when I started my research. I tried to keep it as bare bones as possible, just to give people a place to go from.

Note: For the sake of convenience and readability, 'deity' is a term I will be using loosely to cover gods, demons, spirits, as well as every entity between and surrounding. ('Demon' is a stigmatised word, but I often like to tell people demons are just pre-Christian gods the church didn't approve of.)

I discovered the need to devise my own ritual method when I began researching how to go about communicating with a Goetic demon. The Solomonic method was not something I personally agreed with, and the rituals of modern demonolatry were closer to what I wanted, but not quite my style either. So I decided to come up with my own recipe, and it's worked for me. I am no expert, just a lifelong student in what I like to call the John Constantine School of Fuck-Off Magic, but I wanted to share what I've learned during this process to hopefully save other people time, money or trouble.

(By the way - this doesn't have to be exclusively for deities too, I speak to my ancestors in a very similar fashion!)

Hopefully by sharing this, it will help others realise that speaking to any deity is more doable than you think, regardless of who you are, what faith you follow, or what type of magic you practice.

PS. I've also added an extras section for other parts of a ritual you might want to consider, but these are optional. Icing on the cake, if you will.

As with all recipes - read to the end before attempting!

(If you're on a web browser, the rest of the guide is in the other tabs to the left. If you're on the mobile app, you can navigate to the other tabs by swiping left or right below.)

How To (full)

HOW TO DO A RITUAL (DIRECTOR'S CUT)

I've included a full version here with all the important waffling and various anecdotes, and another tab with a summarised version for when you need a handy list to refer to. I recommend writing out a plan with this structure before attempting anything.

1. Define your ritual's purpose

First, think about what you would like to achieve with this ritual. What are your motives for contacting this deity? For example, you might want to ask a particular deity for help in developing your financial acumen. Maybe you just want to pay your respects and say hello. Whatever it is, you should have a clear goal in mind, because intent is everything when it comes to rituals.

(Also, sometimes, you might just be questioned about this. For example, I contacted a deity for advice on improving my divination ability, and they asked me why I wanted to achieve mastery in it. I hadn't considered this in depth before, but I definitely did some soul-searching after that.)

This is just my personal experience (firsthand and secondhand), but 'give me lots of money' or 'make someone fall in love with me' are purposes that may not be received well, or may not be fulfilled (or worse, fulfilled in a way you don't want or expect!). Requests that are geared more towards self-cultivation like giving you insight into business strategies to make better profit, or advice on how to approach dating and relationships more effectively, are more sensible and will benefit you more in the long run.

I find it helpful to prepare a list of questions in advance, just to have some kind of structure to the middle of my ritual. Though most of the time, things will occur organically and usually not according to plan. This is quite normal, so don't worry.

2. Gather or create your invocation

There's many ways to invoke a deity. If that deity has a specific meditation, chant, or scripture associated with them (e.g. certain sutras for bodhisattvas), that would work well. Some demons have enns, and if that works for you, you can chant that. (I personally don't since they were never a part of my practice.)

However, you don't have to use the words dictated by certain practices or other recipes - you can adapt them or write your own! Just make sure you know what you want to say ahead of time, and be respectful about it.

It's a bit like penning a polite email to someone you'd like to interview. It can be as simple as "[insert name here], I would like to speak to you/pay my respects/discuss with you [insert topic here]. I have left you some offerings. You are welcome in this house."

Remember: the sincere invitation is the most powerful magic there is.

3. Assemble everything

You will likely be setting up some kind of altar for your chosen deity, but bear in mind this is not mandatory. You can still communicate with them even if you don't have an altar.

You could use just about anything for an altar - a bedside table, a bench, a desk. (I use a shelf and a windowsill.) You might even want to do your ritual outdoors, where you may have to improvise.

When you have a deity in mind, do your research and find out what offerings pertain to them. You don't have to spend lots of money getting everything, especially if it's not an expense you can spare. Offering the deity a banquet for the sake of appearances may not be appreciated by them, but a simple home-made meal given from the heart could be far more meaningful.

There may be multiple sources stating different things. For example, what the deity's associated colour is can vary - the Dukes in the Goetic order are associated with green, yet Berith's colour is evidently red. Different sources say

Astaroth's candle colours are black, red, blue, purple, green, or brown. There is no right answer sometimes. Go with what resonates with you.

You also don't have to stick to only things prescribed by other sources. Sometimes you just have to use what you have on hand. (I have served home-made pomegranate wine in an appropriately coloured glass to a deity even though it was not stated what their preference in alcohol is. It wasn't their favourite thing on the menu, but it did turn out to be strangely synchronous.)

Things to put on an altar

- Candles
 - Pick colours that are associated with the deity or the ones that best represent them.
- Incense
 - Some scents are associated with particular deities (like cedar for Princes in the Goetic order).
- Food/drink offerings
 - I like setting out the good tea set with a nice blend I have on hand.
 - If your deity is of a certain practice that abstains from particular substances, make sure you observe this (e.g. avoid meat and alcohol in offerings to Buddhist deities).
- Flowers
 - Certain types of flowers are associated with certain ritual purposes.
 - You could also offer flowers in the colour associated with the deity.
- The deity's sigil
 - I prefer to draw and ink mine by hand, as I feel it imbues more of my intent into it. But if you aren't able to, you could print it.
- Other symbolic objects which represent that deity, such as:
 - Artwork depicting the deity
 - Accessories with their sigil or image
 - Statues of them or their symbols for your altar

I want to stress that if you are unable to get or do all of these (like if your finances are tight, or things are not available near you), you do not need to. It is true that for humans, ritual is important because it puts us in the right mindset to be receptive, but it's not like a deity will reject you just because you used burgundy

candles instead of fuchsia. If you only have white candles, that is fine. Do you think our ancestors could waltz into a store and buy whatever colour candles they wanted for a specific purpose? No, sometimes you just have to work with what you have. You don't need incense from Peru to make the ritual happen. If that makes it feel right to you, then do it, but it's not necessary. All you might have is a butter knife instead of a dagger, but you can make it work if you have the right intent.

Anyone can follow a recipe. A chef can cook with whatever is in the fridge.



Optional items

Other tools you might like to have:

- Writing materials
 - Often, it is the nature of these rituals that you will forget what has happened once they're done. I find taking notes very helpful.
- A circle
 - This may not always be necessary, depending on who you are trying to communicate with. For example, it is used in rituals concerning Goetic demons. This is recommended particularly if you're new to that demon.
 - The circle will vary depending on your practice. Some may opt for the traditional Solomonic kind, or if you're Wiccan you might have more elemental-based methods for casting a circle. I created my own based on my system of magic.
 - If you cannot draw a circle into the floor, I have found a length of rope knotted into a circle works quite well. Or you could paint one onto a large area of cloth.
 - Something to consider when you're casting your circle as well: A circle is not just for protection, but can also be used for amplification and concentration.
- Noise-cancelling headphones
 - This is just a personal thing, but I find that they are good for both playing the meditative chant that I use to get myself into the right headspace, and also to block out distracting external sounds so I can hear better.

- A method of divination
 - This can be tarot cards, Yi Jing/I Ching, runes, etc. Anything that you use as part of your practice. If you have a divination-related deity in mind, this is especially pertinent. I always bring my tarot deck and it has served me well.

Note: This is not an exhaustive list. Many practices include other ritual objects like oleums, daggers, swords, bowls, bells, chalices, etc. I personally don't use any of these things in my rituals as it's not part of my practice. Sometimes it's best just to keep it simple.

4. Prepare the ritual space

This includes you too. The ritual space is both in the physical world and within the person.



Getting your space ready

- Cleaning and tidying your space
 - Clean like you're about to have guests over – because you are.
 - You may also have a specific practice like smoke-cleansing.
 - It also helps to unfuck your headspace which helps for ritual work.
- Setting up your altar
- Placing and lighting candles
- Pouring out drinks and plating food
- Setting out other ritual objects
- Putting on suitable music
- Setting up your protective circle
- Other practices specific to you
 - e.g. Lesser Banishing Ritual of the Pentagram if you're Golden Dawn-inspired.



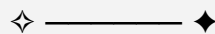
Getting yourself ready

- Cleansing yourself

- A shower or a bath helps.
- You can also perform cleansing rites you are familiar with.
- Getting dressed
 - Wearing clothes or accessories in that deity's preferred colour. Or you can do it skyclad (aka clothes optional) if you wish.
 - Putting on any accessories that pertain to your deity.
 - Putting on ritual makeup.
- Emptying your bladder/bowels
 - I can't state this enough.
- Eating and hydrating sufficiently beforehand
 - You might get very hungry or thirsty after even if you do. This is not unusual.
- Doing energy work
 - This can include anything specific to your personal practice. I do qi gong to replenish myself before going into any ritual.
- Mindfulness
 - Reduce external distractions (e.g. putting your phone on silent) and internal distractions (through meditation, etc.)
 - Actively engage your senses (e.g. focusing on the smell of the incense, discerning surrounding noises)

5. Performing the ritual

By now, your altar is set up, you've got everything you need, and you're ready to go. Now what?



Beginning

Getting into the headspace

- Meditation and chanting is especially helpful. You can use whatever is meaningful to you or the deity you have chosen. All it needs to do is get you into a headspace that is open and receptive to communication.

- I sometimes use a section of Revelations in Greek performed by the black metal band Rotting Christ. If it's stupid and it works, it ain't stupid.
- You can do it standing, sitting, lying down. Eyes closed or open, whatever works best for you. It doesn't matter as long as you're comfortable. You might be here for a while, after all.
- Relax those shoulders and unclench your buttcheeks (no really, it helps).

Invoking protection (optional)

- Depending on who you are working with, you may want or need a circle wherein one invokes a higher power for protection.
 - For example, when performing rituals to communicate with Goetic demons, some magicians opt for the traditional Solomonic circle with Hebrew inscriptions, while modern demonolaters might prefer an elemental circle to invoke certain corresponding demons.
 - Especially if this is a demon you have not encountered before, protection is important! Safety first.
- If this is not necessary for you, skip it. (I don't use one when speaking to Guanyin the Goddess of Mercy, for example.)

Start communicating

- Start chanting or speaking the invocation you prepared earlier. It might take some time. Be patient.
- If you aren't getting an answer, please see the section 'No response?'

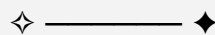


Middle

Fuck around and find out

- I'm serious. You can only plan so much. Even if you've written out a structure, things may develop in other directions organically. Just be prepared for things to go off the rails and go with the flow.

- Everyone is going to receive messages from their deity differently. It really depends on the mode of communication that you are used to or that is your strong suit.
 - Some might see images, some might hear speech. I don't mean literally, but in your headspace (usually). Many have described this as an externally sourced thought that did not come from them.
 - You can also use the divination method you brought along to communicate. Tarot in particular I find helpful because it allows for a more nuanced message, but you have to be familiar with the cards to interpret what the message is.
- If you prepared a list of questions, now is the time to ask them.
- If you're going to ask for a favour, BE SPECIFIC. I've made this rookie mistake before. For example, if you ask for something to be done, you might need to specify a time frame, otherwise it could happen next week or five years from now. Make sure there's no loopholes!
 - You might also want to trade things in exchange for this favour, or if you've asked for some kind of blessing. There are people who have given up meat for the rest of their life after praying to specific Buddhist deities for protection, for example.



End

Closing the ritual

- There are a lot of ways to do this, but above all just respectfully bid the deity goodbye, the same way you would to a guest in your house. Thank them for their time, guidance and wisdom. It doesn't have to be very involved.
- Some people also perform banishing or cleansing rituals to close out, but this will again depend on your own personal practice and preferences.

Grounding practices

- Make sure you refuel
 - In some practices they have a tradition known as Cakes and Ale, where you eat and drink after a ritual, either with others or alone.

This is good advice, because you likely will have expended some energy and need a snack at least. Yes, even if you ate before. Also, treat yourself.

- Don't forget to refuel yourself spiritually as well. Doing some energy work to replenish yourself is important or you might feel drained for a while after.
- Coming back to earth
 - Some form of meditation or energy work will be helpful here. It is necessary to ground yourself after rituals like this, especially in the following days, or you might feel unsettled back in the real world. Trust me, I learned this the hard way. Find out what works best for you, as this will be different for everyone.
 - One of my favourite ways to do this is what I call 'feet on the grass, toes in the earth'. Literally, just go outside and touch grass for a while. Connect to the earth and yourself.
 - A deity said to me once about this, "Remember what makes earth good. Why you love it. Remember the things that make it worthwhile."
- It gets easier
 - I found that during the first couple of rituals, I expended quite some energy (more than I thought I would), ending up quite hungry and mentally/spiritually drained when I was done. For a week after the first time, I felt displaced and it was difficult to stay grounded, like I wasn't fully on Earth.
 - During subsequent rituals, it seemed to take less effort, and I was not as depleted even after doing less qi gong beforehand. I also made sure to practice grounding rituals in the days following to avoid that feeling of displacement.
 - So don't be alarmed if you experience this. You get used to it after a while. Just make sure you take care of yourself afterwards.

How To (short)

HOW TO DO A RITUAL (SHORT AND SWEET)

1. Define your ritual's purpose

- What do you want to ask the deity about?
- Consider your motives for what you are asking.
- Prepare a list of questions in advance.

2. Gather or create your invocation

- You can write your own! Just make sure you know what you want to say ahead of time.
 - e.g. “[insert name here], I would like to speak to you/pay my respects/discuss with you [insert topic here]. I have left you some offerings. You are welcome in this house.”
- If that deity has a specific meditation, chant, or scripture associated with them, that would work well too.
- In particular, some demons have enns, and if that works for you, you can chant that.

Remember: the sincere invitation is the most powerful magic there is.

3. Assemble everything

- You will likely be setting up some kind of altar for your chosen deity. This could be indoors or outdoors.
- When you have a deity in mind, do your research on them and find out what offerings pertain to them.
- You don't have to spend lots of money getting everything, especially if it's not an expense you can spare.
- There may be multiple sources stating different things. There is no right answer sometimes. Go with what resonates with you.
- You also don't have to stick to only things prescribed by other sources. You can use what you have on hand.

Things to put on an altar

- ☐ Candles
- ☐ Incense
- ☐ Food/drink offerings
- ☐ Flowers
- ☐ The deity's sigil
- ☐ Other symbolic objects which represent that deity

I want to stress that if you are unable to get or do all of these (like if your finances are tight), *you do not need to*. Just use what you have.

Anyone can follow a recipe. A chef can cook with whatever is in the fridge.

Other (optional) tools you might like to have:

- ☐ Writing materials
- ☐ Protective circle
- ☐ Noise-cancelling headphones
- ☐ A method of divination

4. Prepare the ritual space

This includes you too. The ritual space is both in the physical world and within the person.

Getting your space ready may include:

- ☐ Cleaning and tidying your space
- ☐ Setting up your altar
- ☐ Placing and lighting candles
- ☐ Pouring out drinks and plating food
- ☐ Setting out other ritual objects
- ☐ Putting on suitable music
- ☐ Setting up your protective circle
- ☐ Other practices specific to you

Getting yourself ready may include:

- ☐ Cleansing yourself
- ☐ Getting dressed appropriately
- ☐ Emptying your bladder/bowels.
- ☐ Eating and hydrating sufficiently beforehand
- ☐ Doing energy work
- ☐ Mindfulness

5. Performing the ritual

Beginning

Getting into the headspace

- Meditation and chanting is especially helpful. Use whatever is meaningful to you or the deity you have chosen.
- It needs to get you into a headspace that is open and receptive to communication.

Invoking protection

- For rituals where one is communicating with Goetic demons, you may have a protective circle, where you will invoke the protection of guardians. If this is not necessary for you, skip it.

Start communicating

- Start chanting or speaking the invocation you prepared earlier.
- It might take some time. Be patient.
- Relax those shoulders and unclench your buttcheeks (no really, it helps).

Middle

Fuck around and find out

- You can only plan so much. Even if you've written out a structure, things may develop in other directions organically.

- Just be prepared for things to go off the rails and go with the flow.
- Everyone is going to receive messages from their deity differently (images, speech, etc.). It depends on your preferred mode of communication.
- You can also use the divination method you brought along to communicate.
- If you prepared a list of questions, now is the time to ask them.

End

Closing the ritual

- Respectfully bid the deity goodbye, the same way you would to a guest in your house.
- Thank them for their time, guidance and wisdom.
- It doesn't have to be very involved.

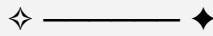
Grounding practices

- Make sure you refuel
 - You likely will have expended a lot of energy and need a snack.
 - Refuel yourself spiritually as well as physically.
- Coming back to earth
 - Some form of meditation or energy work to ground yourself after rituals like this, or you might feel unsettled back in the real world.
- It gets easier
 - The first few rituals might be more draining for you, but you may get used to it after. Just make sure you take care of yourself afterwards.

No Response?

What if I'm getting no answer?

It may appear that you aren't getting a response from your deity. At first, I wasn't sure how to address this, so I asked a few deities: What should you do if you don't get an answer? Is it because you've done the ritual wrong? *Can* you do it wrong?



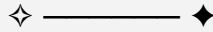
One deity said no, there isn't really a wrong way to do it, unless you're trying to offend the deity in question on purpose. Their advice was to make your mind more receptive - perhaps it's too clouded at the moment to receive signals. Try clearing your mind of all distractions (this is where a regular practice of meditation comes in handy). The deity also said some may find contacting deities harder than others, but that it is doable.



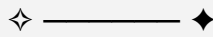
Another deity said to think of these kinds of messages as coming through the barrier between the physical and the metaphysical realm, sometimes known as the Veil. Imagine the Veil as a transformer (like in the electrical engineering sense) and a compressor (like in the audio engineering sense). When messages come through to our side, they lose layers or details. However, this is necessary in order to convert these metaphysical messages into something you or I could understand.

Think of it like using a telephone - you aren't hearing the other person's exact voice, you're hearing it after it has been converted into electrical signals and reproduced on the other end. The result could vary in audio quality due to compression, and there could be static or other kinds of interference. It also depends on your personal hardware and software, since it determines how well you receive these kinds of messages. All this is to say, this may be why you're struggling to get a signal, so to speak.

What can you do about the Veil? Sometimes, the Veil is thinner at particular times of the year, or in particular places. It is not a static thing (as very few things are). You can use this to your advantage by making use of liminal spaces and times. (See the 'Extras - Ritual Planning' section about picking a suitable time and date for ritual work.)



These messages may also come in a format you might not expect, and often the mode of communication will depend on the recipient. Some people receive messages in the form of mental images, or even visual signs in their external environment. (I cannot see, but I can hear, so communication rituals for me are similar to a phone call, just occurring within my headspace.) Also, if you didn't receive anything at first, you might find that your deity is choosing to respond in other, more unconventional ways instead of addressing you directly. For example, look out for synchronicities, but exercise discernment of course (not every coincidence is a sign from a god). It might take a few trials to find a method that works for you and your deity.



Finally, if you aren't getting an answer, consider the following. Another deity I spoke to said, "Maybe (the deities) don't want to answer. It depends on (the caller's) intentions." Or, as a friend of mine put it, "Spam calls are not phone calls." I asked that deity if he would ever not answer someone and why. He said "Of course. If they are insincere, or if I felt it was a waste of time." I asked him what he would consider a waste of his time and he replied, "Silly requests". (Hence why it's important to consider the purpose of your ritual before you start.)

Conclusion

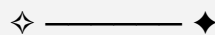
CONCLUSION

If you take anything away from this, just know that if you wish to speak to a deity, let nothing and no one stop you. You do not need all the fancy accoutrement sold by popular retailers for a ritual to work. Sometimes, you don't need anything at all – my first invocation was done with nothing but a sincere plea, and it worked. It's all about intent.

I once asked a deity “if someone wanted to have a relationship with you, how should they do it?”. They said to be sincere and reach out from the heart, and that gifts were nice (especially thoughtful ones) but not necessary. I then asked if someone did all that, would they answer that person and want to build a relationship with them? The response was yes, if the person had pure intentions and a willingness to learn. Another said the same thing, that all they wanted to see was sincerity.

Yet another deity once said they would rather people loved them, and not an idea of them. As in, not the concept of them people had from history and media, even if it was a concept people could unite behind. Meaning, it's better to approach these entities with an open mind and without the preconceived notions you may already have. Easier said than done in the age of the Internet where information (and misinformation) abounds, of course.

That's just a few deities, but it gives you an idea. Treat them as you would like to be treated, really.



As with any recipe, modify it if you need to. Just because my guide says to do something, don't take it as gospel. If your intuition is telling you to go a different way, listen to it. Each step of the ritual should be meaningful to you, so put meaning into it. The more meaning you imbue into a ritual, the more energy you invest into it, the more focused your will is on it, the better the chances of success.

You might want to incorporate practices that align with your values or beliefs, methods that suit your personal brand of magic or faith, or resources you have available to you. You might have to work around the limitations of yourself or

your environment. Also, you might find after communicating with your deity that they may have certain preferences.

Rituals are as different as the individual performing them, therefore they can and should be fitted to you. What works for me may not work for you. That's why I wrote my own in the first place - all the prescribed methods out there for communicating with Goetic demons didn't sit right with me. Damien Echols said in his book High Magick "practicing aspects of magick that make your skin crawl will probably not bring you favourable results", and that if you don't want to work with angels or anything associated with Christianity, you don't have to. Above all, the ritual needs to feel right to you for it to work.

Practicing magic is like going through a salad bar - study various schools and techniques, then keep what works for you.



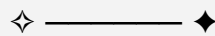
If you found this helpful, please feel free to send this along to anyone who might benefit from it!

Extras

PRE-RITUAL BASICS

Before you start trying to invoke anyone, here are some skills that would be helpful to at least know a bit of. You don't have to be a master at them (I sure ain't), but they will come in handy especially if you're new to magic. I'll keep this bit short since this guide isn't about these, but this will be enough to get you going.

Note: You don't need to be able to do all these in order to make the ritual work, but you might find that it enhances your experience. They're good to have especially if you want to make this a regular practice. These skills not only help you enter the right headspace before a ritual, but also improve your perception during them, and help you adjust back to life on Earth afterwards. I have a witch friend who calls it 'mental hygiene', and it's spiritual hygiene too.



Meditation & Mindfulness

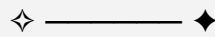
This practice will vary between individuals - it isn't just sitting in the lotus pose for ages - but it's good to have some form of this that you do regularly. If you're like me, you're probably reading this going 'but I SUCK at meditating', just know that meditation can take on many forms. (Also it's okay to suck at it, keep practicing.)

Some forms of meditation are more active than others, if you too can't sit still (yay, ADHD). Consider more sensory-based things like:

- Walking meditation - paying attention to sensations in your legs as you move around in a quiet room, or going on a mindful walk outside where you can observe your surroundings without distractions
- Listening meditation - focusing to music in an indoor space, or outside where you distinguish and observe different sounds in your environment
- Writing meditation - calligraphy exercises where you copy out texts, focusing on the meaning of the words and the feel of writing them
- Breathing meditation - fourfold breathing, the 4/7/8 method

The idea is for this practice to help you clear your mind of distractions as well as cultivating awareness and focus, no matter what form it takes. This will be very

useful for ritual work. So look around for different exercises and try some out, so you can figure out what works for you.



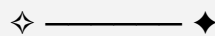
Visualisation

Everyone does this differently, so work out what this looks like for you. Chances are, you do visualisation a lot more than you realise. And just like mindfulness, it is a skill you can practice and get better at, even if you aren't great at it to begin with.

Also, unlike the name, it's not always visual, like picturing something in your mind's eye. (Honestly, they need a better name for this.) You can utilise other senses, like:

- Smell - bringing to mind the scent of your favourite dish from childhood or a specific type of perfume
- Sound - recall the tone or pitch of your friend's voice, and imagine them saying a specific phrase
- Touch - think about the weight or the warmth of a hand (preferably of someone you like!) on top of yours

You might be better at certain modes of visualisation than others. (I'm much better at sound than visual, for example.) Knowing this may come in handy during ritual work later.



Energy Work

There are many different kinds of energy work you can do, and they vary between cultures too. For example, I do qi gong, which is also a form of moving meditation and helps cultivate mindfulness. However, it also allows me to channel energy - qi in this case - to feel the flow of it through my body (visualisation is also essential here). That way, I am in tune with how much of it I have stored, and what to do if I need to replenish myself. Very useful things to know for ritual work.

Energy work does not have to be anything so complicated as a practice that is thousands of years old, however. There are lots of simple exercises out there you

can find to get you started, but some key things that are helpful for ritual work would be:

- Learning to discern the sensation of it within yourself and without
- Being able to distinguish signs of when you're running low
- Working out effective ways to recharge yourself
- Practicing how to raise and direct energy

What this will look and feel like will be different from person to person. Once you learn how to channel it, you can also use it for all kinds of other applications. It's a big part of practicing magic, if that's something you want to do, so it's a good skill to have.

RITUAL PLANNING

These are optional factors you might like to incorporate as part of your ritual design. Nice to have, but are by no means mandatory.

Pick a suitable day and time

This is for both practical and spiritual reasons. Practically, pick a day and time you won't be disturbed. Spiritually, many deities have particular associations that it is useful to pay attention to. Some days or times are more suitable for communication with some deities. I personally like to take these into account during my ritual planning.

These include but are not limited to:

- Times
 - Some Goetic demons are day or night demons, so you may want to conduct the ritual before or after sunset if you like.
 - In certain cultures or practices, there are auspicious hours of the day that may be more suited to ritual work.
- Days
 - Some deities have specific days of the week associated with them, on which communication may be more effective.

- There are also days specific to that deity such as festivals, birthdays, etc. you could use.
- Certain festivals or key points in the year, such as Beltane, or solstices, may work well for certain deities.
- In certain cultures or practices, some days may be auspicious for ritual work, and some days should be avoided.
- Seasons
 - Certain months may be considered more suitable than others for a deity.
 - Particular seasons that are associated with a deity may be more compatible as well.
 - Some Goetic demons are associated with particular sections of the year (e.g. Vassago's is April 11-20), but you can of course work with them outside those times.
- Planetary associations
 - Some deities (like the Goetic demons) are associated with certain planets, which have their own corresponding days and hours.
 - You can even look up celestial/astronomy events to see if there is anything significant happening that is related to that planet.

Note: If you cannot get all of these to line up, or if some of these are not part of your practice, that's fine. Some rituals cannot wait. It is not compulsory for the ritual to work, though it can be helpful.