**Levitation**

* need 4 candles (yellow or white)
* a quiet place (preferably outside at dawn)
* a down feather (smaller the better)

First, place the candles in a circle--one in each direction.

Perform a cleansing ritual and center yourself.

Hold the feather in your non-dominant hand. Feel it's gift of lightness.

Light the candles-start in the East and light them in a clockwise order.

Sit in a comfortable position facing the North.

Chant the following 9 times:

**"In the light I see,**

**In the dark I am blind,**

**In the world I walk,**

**In the circle I fly."**

Call spirits to help you.

Clear your mind and feel the feather float in your open hand.

Lift with it and levitate.