

Counterbalance Practice, Ceremonial Magic

A short daily routine for protection, clarity, and ethical light working. Updated 22 February 2026.

Aim

These practices assume a simple principle. Cruelty spreads through attention and reactivity. Your best counterbalance is a steady mind, a compassionate heart, and clear action where you can act.

Treat this as ethical work and psyche hygiene. The goal is clarity and directed compassion, not obsession.

Daily routine, 12 to 20 minutes

- Purification: wash hands slowly, imagine agitation rinsing away.
- Centring: breathe, feel the spine, relax jaw, throat, and belly.
- Banishing: perform a simple banishing you trust, or speak a boundary if you do not use formal rites.
- Invocation: invite the Highest Good, or the divine light of truth and mercy.
- Offering: generate compassion, then dedicate it to protection and healing.

Simple spoken banishing

Only what serves the Good, the True, and the Beautiful may enter this space and this mind. All malice, deception, and parasitic influence must depart, now.

Light working visualisation

- A steady light forms at the heart, calm rather than blazing.
- It expands to your room and home, like clean air.
- Dedicate the work: protection, restraint of harm, healing, and clarity.

Closing and grounding

- Thank what you invoked, then close the rite.
- Eat or drink something simple, touch a solid surface, return to ordinary tasks.

Warning sign

Stop and simplify if your practice increases fear, insomnia, paranoia, or obsessive thinking. Return to breath, body, ordinary routines, and trusted people.