



An Activities Booklet for the Mystic Mongrel

Ivy Mulligan

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This is an activity booklet written for those seekers who are on their own unique spiritual paths, and may be looking for some simple activities garnered from various traditions to add some variety to their practice. The activities and concepts loosely follow the construct of a Pagan ritual, and has a complete ritual of blessing at the end of the booklet. In the appendix there are further fun things for the eclectic, (or as I like to say Mongrel) mystic to do; ensuring that boredom, stuck-ness, or bogging down in the quagmire can be avoided. By simply doing the activities in this booklet, you may find you have a whole new outlook on how to approach your practice, what ever that path may be.



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