

A SEVEN-DAY PRACTICE / ENGLISH

# The Spirit Protocol

At the crossroads



You can give a transition a shape.

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# At the crossroads

A change can outlast the event that began it. A role ends, a relationship changes, a familiar structure disappears. Spirit offers a small frame for what you are carrying now, with a beginning, a question and a deliberate end.

A question to carry

## What has ended, and what is still mine to choose?

- A role or arrangement has changed and your routines have not caught up.
- You need a private place to write the difficult version of a question.
- You want to distinguish what has happened from what you can choose next.

The figure beside this element

Hecate accompanies Spirit in the Magia Botanica map. We use the crossroads as an image for a decision made with incomplete knowledge. This exercise gives the question a place; it does not claim to summon an answer or speak for an ancestor.

Use this guide as an optional reflective practice. An element is a starting point for attention, not a diagnosis or a fixed identity. Change position, shorten a step or stop whenever you need to.