Feather of Self: A Beginning

Opening Invocation

CrowMother, who watches from shadowed skies,  
Lend me your feather.  
Let it part the veils within,  
So I may find myself not as the world sees me,  
But as I truly am—  
Fragment of the Infinite,  
Whole in my brokenness,  
Divine in my doubt.  
Let this be the beginning.

Core Teaching

“The first feather is plucked from the hidden wing—the Self.  
To walk with the CrowMother is to walk beside one’s own soul,  
Neither fleeing from its shadows  
Nor fleeing toward false light.”

Lesson Objectives

Understand the sacred nature of Self as a fractal of the Divine.

Begin active introspection through guided prompts and ritual.

Identify core wounds, core strengths, and core spiritual needs.

Create a “Feather of Self” talisman or visualization anchor.

Daily Practices

(Choose one per day)

Raven’s Reflection: Mirror gazing while repeating the mantra,  
“I am sacred even in my silence.”

Crow Ink Journal Prompt:  
“What parts of myself have I disowned? Where did I learn to hide them?”

Feather Meditation:  
Visualize a black feather descending into your heart, soft but insistent, opening a hidden door.

Shadow Tending Ritual:  
Light a black candle and write down your fears. Burn them, whispering,  
“I see you. I do not fear you.”

Journal Prompts for the Week

Where do I most often abandon myself? Why?

What does “self-love” mean to me when no one is watching?

Who would I be if I allowed all parts of myself to speak?

How has pain shaped me? Where does that pain still live in me?

What beauty do others see in me that I resist acknowledging?

What am I afraid I’ll find if I go within?

What might the Raven Queen see when She looks at me?

Talisman Practice: The Feather of Self

Find or draw a small black feather (or acquire a symbolic one).

Infuse it with intention and affirm:  
“I claim this Feather of Self. I am sacred, shadowed, and whole.”

Place it on your altar, in a sacred journal, or carry it with you through this phase.

Core Mantra

“I walk the corridor within, unafraid of what I find.  
I am a holy creature of shadow and song.”