

how to use the ouija board

How to use the ouija board has intrigued many seekers of the supernatural for generations. This mysterious tool, often regarded with skepticism and fear, is believed to facilitate communication with spirits. While some dismiss it as mere entertainment, others hold it in deep reverence. Regardless of your beliefs, using a ouija board can be an insightful experience when approached with respect and caution. In this article, we'll guide you through the essential steps, preparations, and considerations necessary for a successful ouija board session.

Understanding the Ouija Board

Before diving into the mechanics of how to use the ouija board, it's important to understand what it is and its historical context.

What is a Ouija Board?

A ouija board, also known as a spirit board or talking board, is a flat board marked with letters, numbers, and other symbols. It typically includes the words "yes," "no," and "goodbye." A planchette—a small, heart-shaped piece of wood or plastic—serves as a pointer during sessions. Participants place their fingers on the planchette, which is believed to move in response to spiritual guidance or energy.

History of the Ouija Board

The ouija board has a fascinating history that dates back to the late 19th century. Here are some key points:

1. Spiritualism Movement: The board gained popularity during the Spiritualism movement, which sought to communicate with the deceased.
2. Commercialization: In 1890, Charles Kennard and his partners patented the board, branding it as a parlor game.
3. Cultural Impact: The ouija board has appeared in numerous movies, books, and TV shows, further embedding it into pop culture.

Preparing for a Ouija Board Session

Preparation is crucial for a successful and safe ouija board session. Here are the steps to take before you begin.

Gather Your Materials

To conduct a ouija board session, you will need the following materials:

- A ouija board (available in stores or online)
- A planchette
- A quiet, dimly lit space
- A group of willing participants (ideally 2-8 people)
- Optional: candles, crystals, or other spiritual tools for ambiance

Selecting the Right Location

The environment in which you conduct a session can significantly impact its outcome. Consider the following:

1. Quiet Atmosphere: Choose a location free from distractions and noise.
2. Dim Lighting: Soft lighting can create an eerie yet inviting ambiance.
3. Comfortable Seating: Ensure all participants can comfortably gather around the board.

Setting the Mood

Creating the right atmosphere is important for setting the intention of the session:

- Clear the Space: Remove any clutter or items that may interfere with the energy.
- Focus on Intentions: Have a group discussion about the purpose of the session and what you hope to achieve.
- Grounding Techniques: Engage in a group meditation or breathing exercise to calm nerves and focus your energies.

Conducting the Ouija Board Session

Once you're prepared, it's time to conduct the session. Follow these steps for a smooth experience.

Assembling the Group

Gather everyone around the ouija board. Here's how to position yourselves:

- Sit comfortably with your hands hovering above the planchette.
- Ensure everyone can see the board clearly.
- Designate a leader or facilitator to guide the session if necessary.

Starting the Session

1. Begin with a Prayer or Invocation: Some participants prefer to start with a prayer or positive affirmation to invite only benevolent spirits.
2. Ask for Permission: Politely ask for the presence of any spirits who wish to communicate.
3. Introduce Yourself: Each participant can take a moment to introduce themselves to the spirits, stating their names and intentions.

Using the Planchette

1. Lightly Place Fingers: Everyone should place their fingers lightly on the planchette. Avoid pressing down hard.
2. Focus on the Board: Clear your mind and concentrate on the board while being open to any sensations or movements.
3. Ask Questions: Begin with simple questions that can be answered with “yes” or “no.” Examples include:
 - “Is there anyone here with us?”
 - “Can you tell us your name?”

Interpreting Responses

- Planchette Movement: Pay attention to the planchette’s movement. If it moves to letters or numbers, record them for clarity.
- Group Consensus: Ensure everyone feels comfortable with the responses. If someone feels uneasy, it’s okay to pause or end the session.
- Stay Respectful: Maintain a respectful and non-judgmental attitude throughout the session.

Ending the Session

Once you feel the session has come to a natural conclusion, it’s important to end it properly.

Closing Statements

1. Thank the Spirits: Always express gratitude to the spirits for their communication.
2. Say Goodbye: Move the planchette to the “goodbye” section of the board to signal the end of the session.

Clearing the Energy

- Grounding Ritual: Engage in a grounding ritual to dispel any lingering energies. This could involve

visualization, deep breathing, or another form of meditation.

- Close the Space: Physically and mentally close the space. This can include extinguishing candles or saying a closing prayer.

Safety Considerations

Using a ouija board can be a thrilling experience, but it's essential to prioritize safety.

Know Your Participants

- Ensure everyone involved is comfortable and aware of the potential emotional impact.
- Avoid using the board with those who may be sensitive to spiritual experiences or have experienced trauma.

Trust Your Instincts

- If at any point you feel uncomfortable, trust your instincts and end the session.
- Avoid engaging with negative energies or spirits. If you feel a malevolent presence, close the session immediately.

Don't Rely Solely on the Ouija Board

- Remember that the ouija board is just a tool. It's important to rely on your intuition and logic.
- Use the board as a means of exploration rather than a definitive guide to the spiritual realm.

After the Session

After your session, it's beneficial to reflect on the experience.

Document Your Experience

- Keep a journal of your ouija board sessions. Note the questions asked, responses received, and your emotional reactions.
- This documentation can help identify patterns or themes that arise during multiple sessions.

Discuss with Participants

- Share thoughts and experiences with the group. This can provide valuable insights and foster a sense of community.
- Consider what worked well and what didn't for future sessions.

Conclusion

In conclusion, how to use the ouija board involves much more than simply placing your fingers on a planchette and asking questions. It requires preparation, respect, and an understanding of the energies involved. By approaching the board with an open mind and a careful attitude, you can create a meaningful experience that may provide insights into the unknown. Always remember to prioritize safety and be aware of your emotional and spiritual wellbeing during and after the session. Whether you view it as a game or a spiritual tool, the ouija board can be a fascinating way to explore the mysteries of communication beyond our physical world.

Frequently Asked Questions

What is a Ouija board and how does it work?

A Ouija board is a flat board marked with letters, numbers, and other symbols. Participants place their fingers on a planchette, which is a small pointer. The board is said to facilitate communication with spirits, as the planchette moves to spell out messages.

Is it safe to use a Ouija board?

While many people believe using a Ouija board is safe, others caution against it due to the potential to invite unwanted spirits. It's important to approach it with respect and caution, and understand that experiences can vary widely.

Do I need a specific number of people to use a Ouija board?

While you can use a Ouija board alone, it's traditionally used with at least two people. Having multiple participants can create a more dynamic and interactive experience, as everyone can contribute to the energy of the session.

How should I prepare before using a Ouija board?

Preparation involves setting a respectful and calm environment. It's advisable to cleanse the space, perhaps with sage or incense, and to establish ground rules among participants. You may also want to set a clear intention for the session.

What should I do if I feel uncomfortable during a session?

If you feel uncomfortable, you should stop the session immediately. You can close it by saying a phrase like 'Goodbye' to the spirits and thanking them for their presence. It's important to prioritize your comfort and safety.

Can anyone use a Ouija board, or do you need special skills?

Anyone can use a Ouija board; no special skills are required. However, having an open mind, being respectful, and understanding the process can enhance the experience.

What should I avoid while using a Ouija board?

Avoid using a Ouija board in a chaotic or negative environment, and refrain from asking inappropriate or harmful questions. It's also wise to avoid using it under the influence of alcohol or drugs.

How do I know if a spirit is communicating with me through the board?

Signs that a spirit may be communicating include the planchette moving consistently, spelling out words, or responding to specific questions. Participants may also feel a change in energy or temperature.

Is there a right way to store a Ouija board?

It's best to store a Ouija board in a safe, respectful place, preferably wrapped in a cloth. Some believe it's important to keep it away from other games or objects that may be considered frivolous.

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