AWAKEN YOUR

INNER MERMAID

The Ocean is Calling You...



JESSIE JOI

You felt pulled to the water, so you answered

But what if you didn't just feel connected to the ocean...

What if you became the version of yourself who already belongs to it? Who could sense its presence on a tangible, everyday level?

Humans, like mermaids, are beings of water, and we can tap into an energy within us that is as deeply connected to the sea as they are, no matter how far we are from the shore.

This guide is structured in a daily time period, and can be completed one day at a time, or self paced. You must move within a current that feels natural to you!

As you awaken your inner mermaid, you transform into someone that carries the ocean with you wherever you go.

DAY 1:

THE WATERS WITHIN

THE ART OF CONNECTING TO
THE SEA STARTS WITHIN YOU...

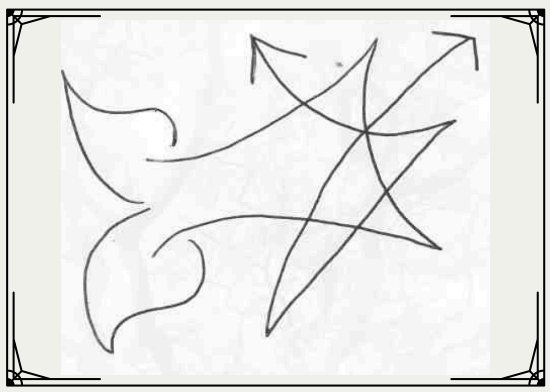
We Are Water

ENCHANTED BOTTLE

Proper hydration is the key to thriving and connecting to mermaid energy, yet more than 75% of us are chronically dehydrated. This exercise is to enchant a portable vessel that we can use to make our hydration both easy and intentional.

YOU WILL NEED:

- A vessel (reusable bottle/ travel mug)
- a quartz point
- a crystal of your choosing
- pen & paper
- provided sigil



How to cast:

Gather your items and chosen vessel. Take some time in this space to ground and center, perhaps listen to the waves if you cast at the shore.

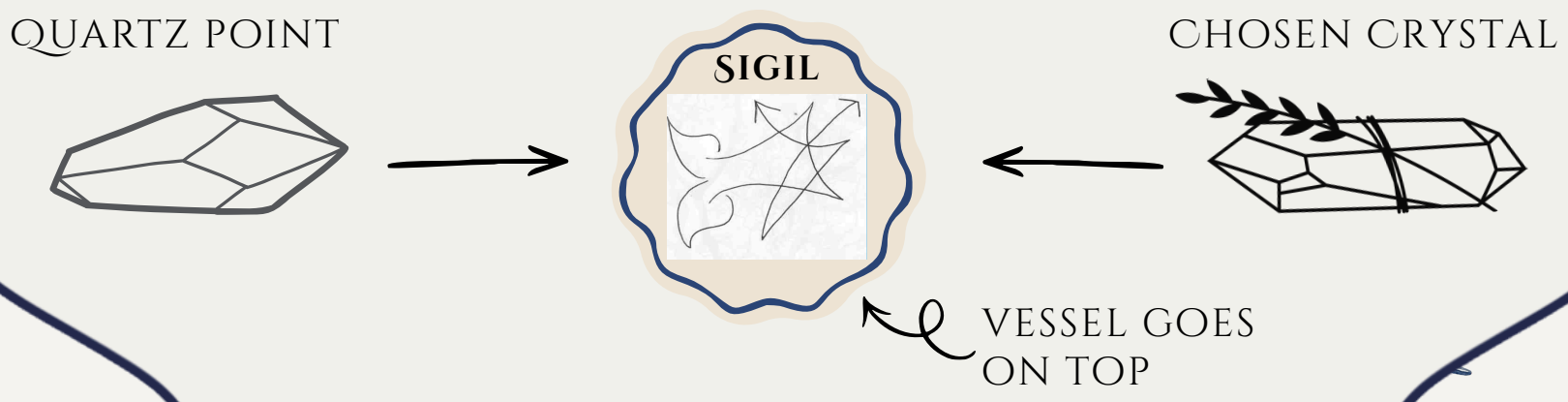
Use the provided sigil and copy it onto your paper. Arrange your items as shown in the diagram below. This creates a 'bouncing effect', the crystal you've chosen soaking into the sigil, then into the quartz point, which is a natural amplifier, taking that energy and sending it back through the sigil, then into your crystal, over and over.

Place your vessel on top of the sigil, which is now a charging plate. The sigil is already created for magical attunement to mermaid through water, but you can also repeat the below spell:

Mermaids of the endless deep
Within this vessel, the water I keep
Will fill me with your energy
Of turning tides and the life of the sea

Your vessel is now enchanted for magical water! You can refresh this enchantment with the cycles of the moon, or set up a permanent space on your altar. When adding water to your vessel, swirl it around and recite the spell, or create your own!

SPELL DIAGRAM:



We Are Water

Reflection Page

- WHERE IN MY LIFE HAVE I FELT DISCONNECTED FROM MYSELF?

- WHERE CAN I BEGIN TO BRING MORE SOFTNESS AND FLOW?

Affirmation:

I am fluid, intuitive, and deeply connected

SEA NOTE FROM JESSIE

DAY 2:

MIRROR OF THE DEEP

GO BENEATH THE SURFACE –
UNFILTERED, UNTAMED,
UNMOORED...

Mermaid's Mirror

Nothing says reflection better than mirrors, and we can use them for a variety of reasons in sea magic! For the purposes of connecting to our inner mermaid, the mirror becomes an enchanted tool to that when we gaze into it, we can see the mermaid within in our reflections!

YOU WILL NEED:

- A handheld mirror
- Sea water
- Small dish
- Chime candle
- Journal & pen



How to cast:

Stand or sit before your chosen mirror (if you are sitting, try to use a mirror with a stand or have it prepped to hold the candle). Gaze into your reflection and whisper the following affirmation:

I am sea born
I am sacred
I am surf and I am storm

Repeat this several times, noticing the emotions that arise as you do so. When you are finished, dip three fingers into the salt water, and lock your mirror with a simple pentagram. Placing the candle safely to the side, pull out your journal and pen and contemplate the feelings that arose.

After journaling, place a drop of salt water on your third eye and repeat this a second time to see what else arises.

Mermaid's Mirror

Reflection Page

- WHAT DO I SEE IN MYSELF THAT THE SEA WOULD CELEBRATE?
- WHAT HAVE I FORGOTTEN ABOUT MY INNER MAGIC?

Affirmation:

I honor the reflection of who I am becoming

SEA NOTE FROM JESSIE

DAY 3:

SALT & SOVEREIGNTY

AS YOU AWAKEN, YOUR
ENERGY NEEDS PROTECTING...

Salt & Sovereignty

Mermaids are fiercely loving, but also fiercely protective. They don't give leeway when it comes to protecting their sacred homeland. As we awaken our inner mermaid, it is important we spend a day to focus on protection for us and our sacred waters.

Salt is a powerful protection tool that often goes overlooked, but it is the very life essence of the ocean, and a part of us as well, stored in our tears whether they be happy or sad or enraged. Today you meet the part of you that holds power beneath the surface of the waves.



YOU WILL NEED:

- Rosemary
- Sea Salt
- Seaweed

How to cast:

Choose a bowl you can mix with your hands, and use enough to store easily in a jar after. Adding each ingredient one by one, mix them with your hands and recite the mantra below:

"Only what serves me may enter my waters. I command the current of my life."
"My energy is protected. My space is mine."

Bottle this mix up for use in casting circles, bath rituals, or add some to water and use it to anoint your person (if you wish to use this mixture outdoors or as a low impact offering to the water, substitute the salt for eggshell or chia seeds. Make sure you are not adding salt to soil!)

Salt & Sovereignty

Reflection Page

- WHAT BOUNDARIES NEED REINFORCING IN MY EMOTIONS AND SPIRITUAL LIFE?

- WHAT DO I FEEL WHEN I SET BOUNDARIES? RELIEVED? GUILTY? ETC.

Affirmation:

I am safe within myself ...
to be myself

SEA NOTE FROM JESSIE

DAY 4:

THE SIREN'S SONG

YOUR VOICE IS NOT MEANT TO BE HIDDEN BENEATH THE WAVES...

Reclaim your voice

Today, Sea Stars, you reclaim your voice– your magic, your truth, your sacred ‘yes’ and ‘no’. Too often is someone else holding the microphone and trying to tell ourstory. It’s time we take back that narrative.

This was originally created as a bath ritual. However, you can substitute with a shower, or using a bowl or other vessel filled with water.

YOU WILL NEED:

- A bath / shower
- Music playlist that makes you want to sing
- Bath soak salts of choice
- Rose Petals
- Peppermint



How to cast:

Draw your bath, adding the bath salts, peppermint and rose petals (if you have a tea bag, you can use that!). Option to light candles, and then begin your playlist, and swirl the water three times clockwise with your hand. As you do, repeat the following:

My song is sacred
My will divine
My voice will be heard
I reclaim what is mine

Sink into the bath up to your chin. Hum, sing or speak along to the music, letting your voice ripple the water. Meditate on what reclaiming your voice means, the desires of your innermost heart. Let your voice be the spell today, and know that the sea is listening.

Reclaim Your Voice

Reflection Page

- WHAT TRUTH(S) HAVE I BEEN SILENCING?
- WHAT IS THE SONG THAT MY HEART IS SINGING?

Affirmation:

My voice is sacred and worthy of expression

SEA NOTE FROM JESSIE

DAY 5:

THE SHIFTING TIDES

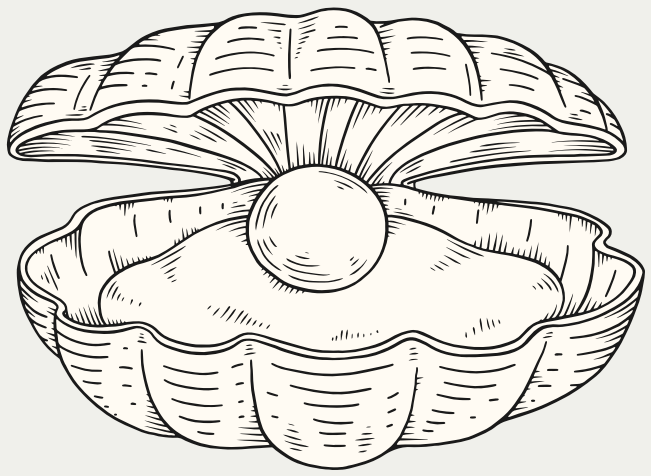
YOU ARE NOT THE SAME PERSON YOU WERE WHEN YOU BEGAN...

Pearls of Power

Mermaids do not fear change – they *are* change, the uncontainable flow of water and spirit. However, our human minds have a hard time releasing and embracing the unknown. This ritual is two-fold, and designed to release limiting beliefs and embrace your awakened mermaid aura.

YOU WILL NEED:

- A bowl/ vessel
- Paper & pencil
- Candle
- Sea Water
- Fire-proof tray
- Sand or Sea Salt
- Crystal & shell of choice



How to cast:

Write your most prevalent fear of embracing this new change onto a piece of paper and submerge it into a bowl of salt water. As it dissolves, recite the following affirmations:

"I release this weight. I return to flow state. I step into who I am becoming."

Take this vessel and pour the water down the drain, praying with the waters that this energy is taken far from you and your home.

Next, cleans a candle with salt water and it and its stand on a silver tray. Place any spiral shell, a crystal of your choosing, and sea salt / sand at its base. As the candle burns, recite the following affirmations:

"My magic is real. My soul is sea-born. I am the sea, the tides, the mermaid within."

Pearls of Power

Reflection Page

- WHAT WAVES ARE CALLING ME?
- WHAT MAGIC DO I BELIEVE IN WHOLE-HEARTEDLY?
- WHAT DO I WANT TO CREATE WITH THIS ENERGY?

Affirmation:

I trust my transformation

SEA NOTE FROM JESSIE

THE SHIFT & THE CALL

At the end of this magical reconnecting practice, something has changed in you, even if you can't fully name it yet.
You are more aware. More open. More connected to the ocean that is calling you.

And perhaps, you recognize that this is not the first time you have heard this call...

The ocean does not call everyone.
But it called you.
And what you've felt here?
It is only the surface.

Call of the Mermaids

There is a deeper path available to you.

One where you:

- Strengthen your connection to mermaids as both archetype and spirit
- Learn to navigate your emotions as power, your daily habits as sacred rituals, and your connection to the ocean as a compass.
- Create and walk a magical path with the guidance of water spirits.

If you feel that pull...

This is where you continue:



Enter the Mermaid grotto

Join Call of the Mermaids


Jessie Joi
Sea Witch | Author | Activist
Let's stay connected!
Jessiejoi.com
Youtube: Fablepagan
TikTok: Fablepagan
Instagram: Fablepagan