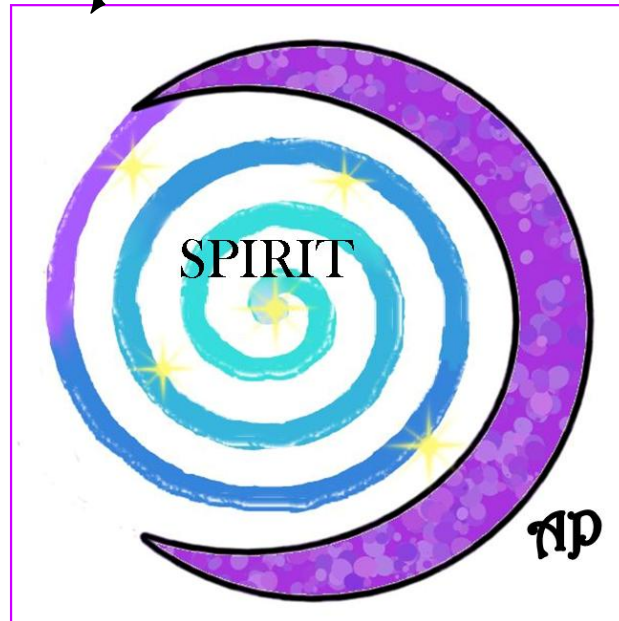




Pagan Federation presents

Aether Patches Spirit Quest



This quest pack has been designed to help children understand more about the element of Spirit, or Aether, as well as some correspondences.

Suggested challenge levels for different ages:

Choose your challenges from across the 5 senses

Amethyst (3-5 Years) : Complete a minimum of 3 challenges.

Topaz (6-9 Years) : Complete a minimum of 5 challenges.

Emerald (10-14 Years) : Complete a minimum of 7 challenges.

Ruby (14-18 Years) : Complete a minimum of 10 challenges.

Diamond (Over 18s) : Complete a minimum of 13 challenges or award yourself a badge for assisting young people in achieving the quest.

Once completed feel free to award the certificate and patch from our website

www.pfcommunity.org.uk/aether-patches



Sight Challenges

Sight challenges are often about looking up information and learning about something new, something relating to this quest. Sometimes they are just about using your eyes to see what you can see.



Look up and learn about what Spirit or Aether is and how it works.



Look up any animals associated with the element of spirit or Aether and find out more about them.



What colours are associated with Spirit ? Have a scavenger hunt, either around your house or outside, for all things those colours. Don't forget to write them down in your journal.



Look up and learn about the mythological creatures associated with spirit or aether. Don't forget to write them down in your journal.



Aether is associated with many deities. Look up and learn about some of them. Don't forget to write them down in your journal.



Look up and learn about flowers, plants and trees associated with Spirit or Aether to find out more about them. Don't forget to write what you find down in your journal.



Look up what gemstones are associated with Spirit and find out more about them. Don't forget to write it in your journal.



Spirit or Aether is connected to change. Write down in your journal what you can see changing in the natural world around you.



Some Pagans associate Spirit or Aether with the night sky. How many stars or constellations can you name?



Many believe that Spirit or Aether is all around us. Sit quietly and see if you can visualise this. How did this feel?



In Ayurveda, Ether (Spirit or Aether), is related to light. Try getting up and going out for a walk between 8am and 11am to activate your cells to 'wake up' and reset your body clock.



Sound Challenges

Sounds often shape our interaction with the world.
What do you hear?



Chants are often a part of ritual and celebrations. Have a go at creating your own Spirit or Aether chant to use in a ritual. Don't forget to write it down in your journal.



Find and listen to a piece of music associated with Spirit or Aether. How does it make you feel?



Make/write a piece of music associated with Aether. It could be related to the changing of the seasons, the creatures associated with Spirit or Aether or how Spirit or Aether makes you feel, for example.



Do a Spirit meditation. Don't forget to write down your meditative journey.



Spirit or Aether is associated with animals that change, such as tadpoles/frogs. How many different frog noises can you find? Which is your favourite?



Spirit or Aether is associated with bells. Can you find some music just made with bells? How did it make you feel? What else do you associate bells with?



Read or listen to some stories about Spirit or Aether.



Write a poem about, or inspired by, Spirit or Aether. Don't forget to write it down in your journal.



Quintessence is another word for Aether. What other words can you think of to describe Spirit or Aether?



Spirit can be invoked using sounds. Look up and learn what sounds are used for this and have a go yourself. Write your experience in your journal.



Smell Challenges

Smells have the power to trigger memories so have a go at these smelly and mind related activities.



Burning essential oils is a great way to fragrance your space/home. You only need around eight drops of oil in some water for your oil burner. Find out which oils are associated with Spirit or Aether and try them, either as a single oil or blend up to three. Note down in your journal what they smell like and how they make you feel. (NB some essential oils have contraindications, for example do not use rosemary oil if you are epileptic, so please check first before burning any).



Smell is the strongest evoker of memories. Write about or draw a picture of a Spirit or Aether smell that brings back a memory and why.



Find out which incense, herbs and resins are associated with Spirit or Aether. Have a go at making your own loose incense and record it in your journal.



In Ayurveda, Ether is related to smells that clear spaces, removing blocked energy and refreshing the space. Smell some different cleansing herbs. Which do you like best? Write them in your journal.



Make an air spritzer with essential oils. It could just smell nice or you could look up the properties of the herbs/oils and make one for cleansing space.



Look up fragrant flowers or herbs associated with Spirit or Aether. Have a go at growing some and record your progress in your journal.



Taste Challenges

Get your taste buds going with these food related challenges.



What colours are associated with spirit? Use food colouring to make a Spirit colour themed banquet. Don't forget to write it down in your journal.



Make Spirit/Aether colour jelly.



Make biscuits or cupcakes and decorate them with symbols of Aether/Spirit.



Many Pagans believe that foods contain their own Spirits. Have a feast and dedicate it to spirit.



Think about the deities or beings you honour connected to Spirit or Aether. What are their favourite offerings of food or drink?



Mint is associated with Spirit or Aether in Ayurveda. Try making a herbal tea from fresh mint. Alternatively you can buy mint tea from the shops.



Apples are associated with spirit. Try different varieties of apple. Which are your favourite?



In Ayurveda, Ether is associated with bitter flavours. What bitter foods do you eat? For example, do you like green tea or dark chocolate?



Make your favourite drink to toast your own Spirit.



Food can be nutritious for both body and Spirit. Use your journal to list foods that you feel "Feed Your Spirit" and have a go at making one of those foods.



Touch Challenges

The sense of touch is physical, so get hands on with these craft activities and challenges.



Create an altar dedicated to Spirit or Aether. What items will you put on it? Note them in your journal.



Create a Spirit or Aether picture and use it as a focus for meditation.



Divination is associated with Spirit or Aether. Have a go at different types of divination. Which did you try? Which did you like best? Write about it in your journal.



Many believe Spirit talks to us through dreams. Dreams can talk to us in symbols. Keep a dream journal; write down anything you remember from your dreams. What are the symbols suggesting? Are there any patterns you can see? What are your interpretations of your dreams.



Spiders are associated with Aether. Have a go at some weaving. This could be on a loom, a paper plate, or other yarn craft.



The spiral is a symbol of Spirit. Have a go at meditatively walking in a spiral. Alternatively watch a video of whirling dervishes and carefully have a go. Note anything in your journal that comes to you during your movement meditation.



One of the symbols of Aether is an egg shape. Decorate eggs and place them on your altar to represent spirit.



In some traditions, the top point of the pentagram is usually associated with the fifth element of Spirit. Draw a pentagram and decorate each point for the elements.



Have a go at making a Spirit or Aether themed sun catcher.



One way to connect to spirit is through practising gratitude. What are you grateful for? What small acts of gratitude could you do? Don't forget to write it in your journal.

