

Four Directions, Spring Ceremony

Remember that the best ceremonies are the ones you and your group create, out of your own lives, your own needs, your own observations, your own talents. Here are some suggestions. You can do this alone or with a group.

If possible do this outside, create a circle you and others can walk into using stones, dried corn, petals, dried tobacco or sage. If you are doing this indoors, get creative about what you use to make the circle. Perhaps you have silk flowers, or small stones. Any items that remind you of mother earth. Also have an altar in the middle of the circle. Have at least one candle on it, and you can have several if you choose. You will bring important object to put on the altar. Anything that is special to you, has spiritual meaning or significance.

Leave an opening in the eastern section of the circle for entry. Symbols you might want to carry into the circle include gold-colored gems like Citrine or Topaz, Spring herbs or Greenery you have picked from your environment, feathers, hard boiled eggs (eggs of any kind), palm leaves, etc., yellow candles, etc.

If you are going to light candles, take proper precaution, and have candle holders safely in place before starting. Enter the circle ceremoniously from the East and walk around the circle until you return to the East, and affirm your faith in Beginnings...in Birth, in Childhood, in Healing, in Seeds Growing, in Inspiration and Creativity of ideas and solutions, in the sun rising.

START IN THE EAST

It is best if you spend some time deciding ahead of time what you want to say, although some people like to be spontaneous and let the words flow as they will. If you are stuck, you might say something like this:

"I honor the spring season by renewing my faith in Beginnings, birth...etc. I renew my commitment to bringing myself into harmony with nature's re-birth by taking the following actions: (planting seeds, washing in rain-water, creating a safe haven for birds, renewing my affection for the Child Within, doing a favorite childhood activity, singing every morning, watching the sunrise, etc.). I am at peace with all beginnings in my life. I affirm my faith in life. I affirm my stewardship of all living things on this planet. I take my place in the Sacred Circle of Life. I have faith. So be it."

Possible reflection questions:

The East: The Visionary -- Power of Illumination

Connecting with the power of new life, cutting through darkness reminding us of our true nature--illumination. Being a light-bearer.

- * How do I honor truth in my life?
- * How do I dishonor truth in my life?
- * What vision or purpose do I follow in my life now?
- * How am I, or how can I be, a visionary bringing inspiration of expanded possibilities?

MOVE TO THE SOUTH, LIGHT CANDLE

(just as you did when standing facing East, speak words around. The idea of what facing the South means)

"I honor the spring season by renewing my trust in _____. I renew my commitment to bringing myself into harmony with nature's re-birth by taking the following actions: _____ (speak actions that pertain to the energy of South-see below). I am at peace with all beginnings in my life. I affirm my stewardship of all living things on this planet. I take my place in the Sacred Circle of Life. I have faith. So be it."

Possible reflection questions:

The South: The Healer -- Power of Faith and Trust

Task: To shed the old that no longer serves healthy living, and surrender to the new, the unknown, with the faith and trust of the innocent young child. Attunement with feelings. Healing with love.

- * What do you have faith in?
- * What do you trust?
- * What do you need to shed?
- * What needs healing in your life?
- * How are you a destroyer in your life?
- * How are you, or can you be, a healer?

MOVE TO THE WEST, LIGHT CANDLE

(just as you did when standing facing East, speak words around. The idea of what facing the West means)

"I honor the spring season by renewing my commitment to self-reflection in _____. I renew my commitment to bringing myself into harmony with nature's re-birth by taking the following actions: _____ (speak actions that pertain to the energy of West-see below). I am at peace with all beginnings in my life. I affirm my stewardship of all living things on this planet. I take my place in the Sacred Circle of Life. I have faith. So be it."

Possible reflection questions:

The West: The Warrior -- Power of the Looks Within

Task: To enter the place of introspection to face and befriend your fears, shadow forces, and eventual Death, turning them all into allies and advisors, thereby mining the treasures they guard

- * What are your worst fears?
- * What kind of relationship do you have with your Death?
- * Your shadow?
- * With relatives and friends who have died?
- * What do you need to face in your life?
- * How are you, or can you be, a warrior in your life?
- * What gives you courage?

MOVE TO THE NORTH, LIGHT CANDLE

(just as you did when standing facing East, speak words around. The idea of what facing the North means)

"I honor the spring season by renewing my opening to my Higher Self and Divine wisdom. I renew my commitment to bringing myself into harmony with nature's re-birth by taking the following actions: _____(speak actions that pertain to the energy of North-see below). I am at peace with all beginnings in my life. I affirm my stewardship of all living things on this planet. I take my place in the Sacred Circle of Life. I have faith. So be it."

Possible reflection questions:

The North: Elder-Leader-Teacher -- Power of Wisdom

Task: Communion with Higher Self, Wisdom Grandmothers and Grandfathers, Guides, living and in Spirit. Bringing through their guiding wisdom for the benefit of the community healing and growing the people.

- * What are the wisdom teachings that you follow in your life?
- * What does wisdom mean to you?
- * Who are the wisdom teachers of your life?
- * How do you close off to wisdom, ignore or dishonor it?
- * How do you act out the fool?
- * What are the wisdom teachings of your own historical-cultural, tribal past?
- * How are you, or can you be, a wisdom leader and teacher in your own life?

CLOSING PRAYER – STAND IN THE CENTER

In the center of the sacred circle is the Great Mystery, the Holy Spirit, the Christ. Everything emanates from the center and everything eventually returns to the center. It is the Source. It is present in all things, all places, all people, all situations, all the time. It has been always, it will be always. Its essence is unconditional love, infinite wisdom, peace and illumination. At the deepest core of our being, we are one with the Center and all of creation that births from it. We are all related. May we remember well.