

Elemental Balancing Ritual

This ritual is ideally suited to 5 participants only. It is conducted in a 'Round Robin' style, with participants moving around the circle to experience each element, with one person at each of the Quarter points and one in the centre.

Alignment:

The directions and elements are aligned as follows:

East - Air

North - Fire

West - Water

South - Earth

Centre - Spirit

Alignments can be changed according to personal preference and the ritual adapted accordingly.

The ritual moves in an anti-clockwise direction (Southern Hemisphere Deosil).

Purpose:

The purpose of the ritual is to balance the elements within each participant as well as to gain an understanding of each element from both a personal and an outside perspective. It also requires participants to work with both receptive and projective energies, visualisation and sensing.

Set-up:

Before the circle cast, each participant chooses an element as their starting position, usually whomever is leading the ritual will take the Spirit position. Elements can also be assigned by the leader or drawn from a cauldron randomly. It really depends upon the group's preference.

Each person will call in their respective Quarter Guardians during the creation of the sacred space. The person who starts in Spirit will usually be the caster of the Circle.

As the Quarter Guardians will all be called in silently, the group should decide beforehand which set of Quarter Guardians they will be calling and all be working from the same set of elemental alignments.

An altar is not really necessary for this ritual, unless tools are used for casting the Circle. If an altar is required it should be placed along the edge of the circle area rather in the centre, as a centre position will impede movement.

Elemental altars may be placed at the edge of each Quarter if desired.

The Ritual:

The Circle is cast.

Quarters are called by each person standing at their elemental cardinal point.

God and Goddess are invoked.

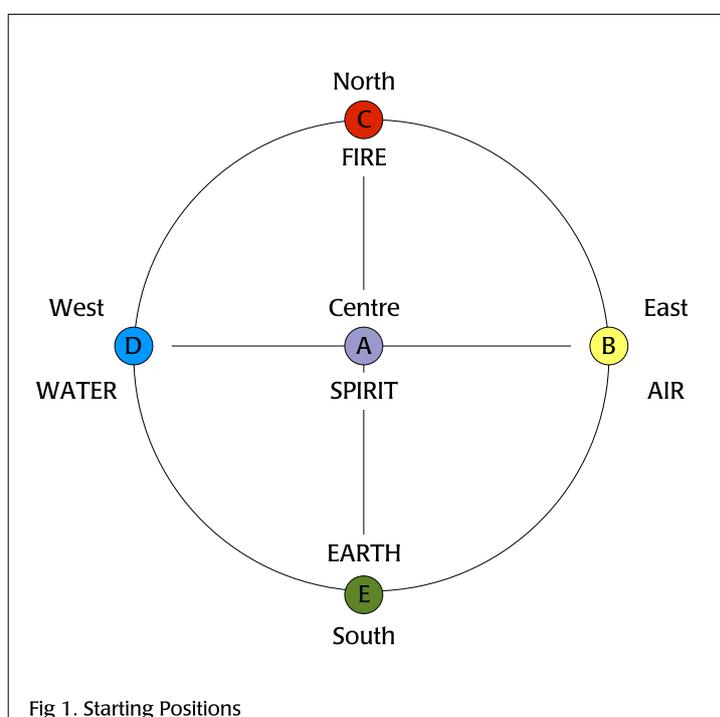
No cone of power is required for this ritual.

After the invocations, each person faces their Quarter point and concentrates on attuning with an aspect of their element (facing outwards).

Person A who stands in Spirit, faces the East (Air) and visualises a beam of energy, connecting to each element as well as above and below. This means that they will be standing in the centre of a six-rayed star.

If needed, they can softly utter to themselves:

“Before me is Air
Behind me is Water
At my left is Fire
To my right is Earth
Above me the Zenith
Below me the Nadir
And all around me shines the Six-Rayed Star.”



When all of the connections are established, each Quarter person turns to face the centre. They then direct their perception and experience of their element along the beam to Person A in Spirit. (See Fig. 1)

Person A receives a message of understanding of each element. This is the receptive part for the person in the centre. Each person that stands at a Quarter is projecting.

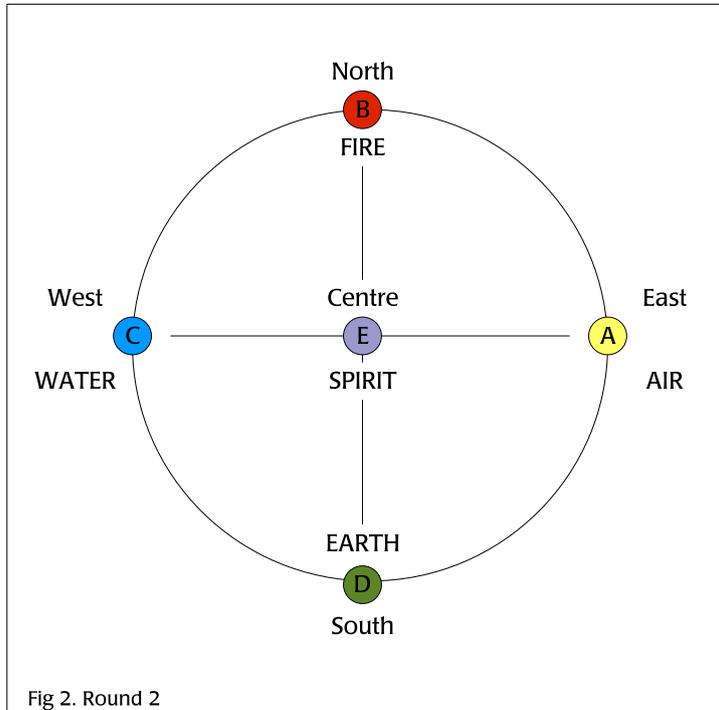
Person A absorbs the understanding and energy of each element and then moves to speak privately with each person at the Quarters - starting with Person B at Air, then moving around to Person C at Fire etc. Person A describes to each Quarter person what they have felt or understood of that element and the aspect being projected. They gift their new perspective to each person. (Depending on how deep the trance, Spirit may have an elemental message for some of the participants).

Person A returns to the centre after they have spoken to Person E in Earth.

Ritual Phase 2

Everyone then takes a moment to absorb what they have just experienced and then the next phase - the Round Robin - begins.

Everyone moves one position Deosil around the Circle.

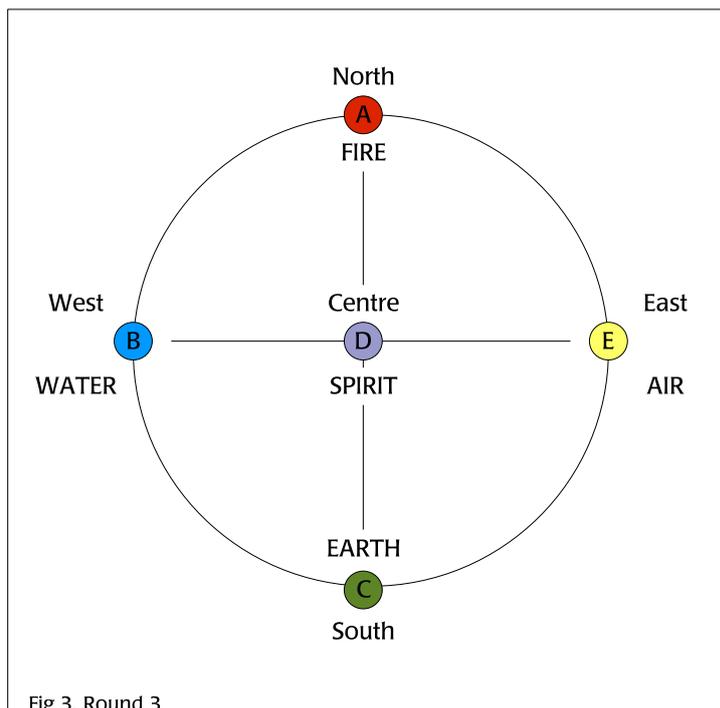


Person A goes to Air, Person B to Fire, Person C to Water, Person D to Earth and Person E to Spirit. Spirit always moves to Air and Earth always moves to Spirit. (Fig. 2).

The connecting and projecting is repeated for each phase.

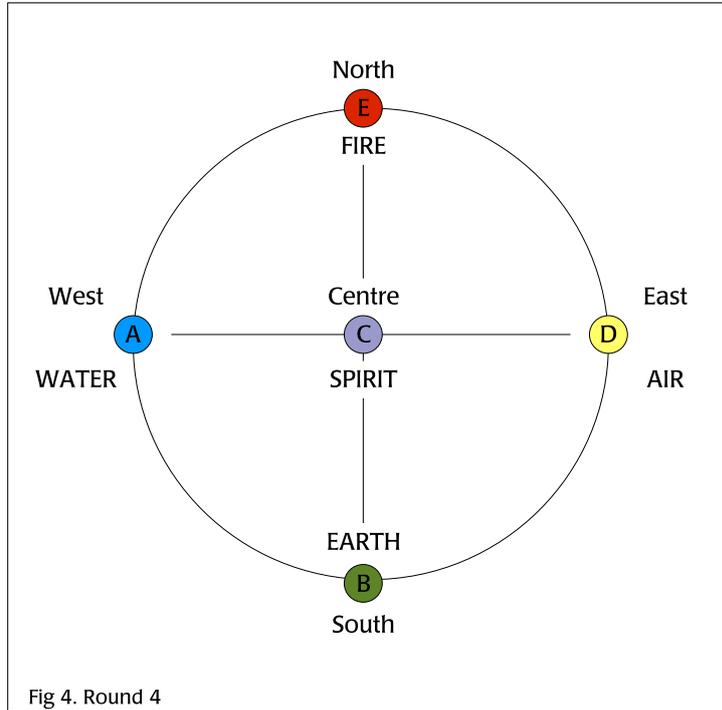
Ritual Phase 3

When the second phase is complete all participants move one place deosil again. (Fig. 3)



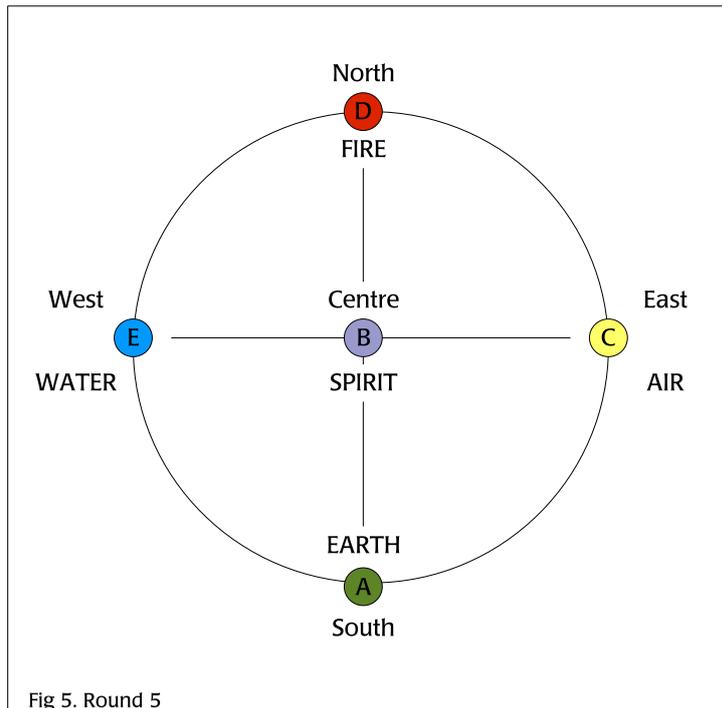
Ritual Phase 4

When the third phase is complete all participants move one place deosil again. (Fig. 4)



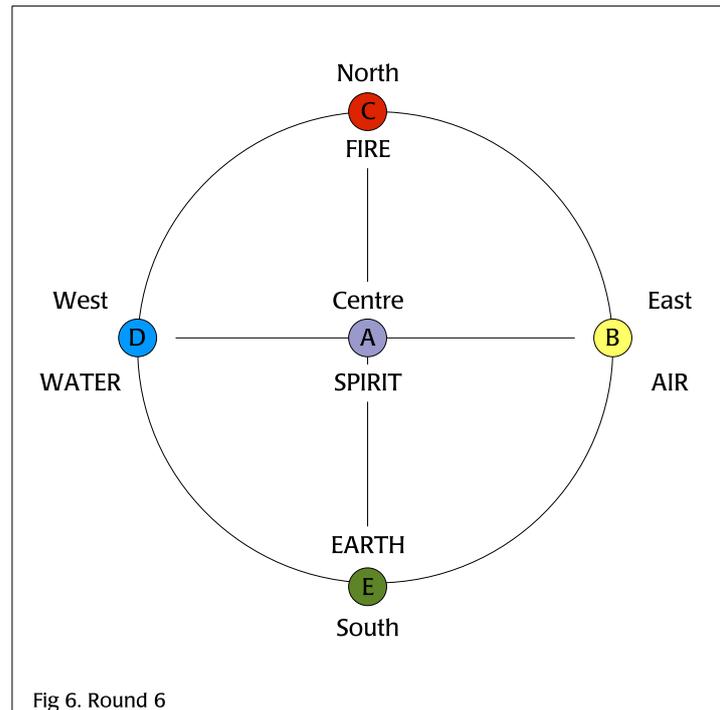
Ritual Phase 5

When the fourth phase is complete all participants move one place deosil again. (Fig. 5)



Ritual Phase 6

When the fifth phase is complete all participants move one place deosil again. The round robin is then complete as everyone returns to their original places. (Fig. 6). They will have all experienced both the reception and projection aspects of each of the elements and gained different perspectives by connecting with each element from the Quarter points and from Spirit.



Everyone should now feel very balanced and relaxed.

Closing The Ritual

Cakes and Ale can now be performed if desired. Quarters are farewelled and the circle is closed. Participants can discuss their experiences of the ritual if they wish.

Conclusion

This is a good ritual to repeat at least monthly or if participants are particularly stressed and in need of balancing.

Participants should start from a different elemental point each time the ritual is performed so that they experience each element with each fellow participant.

This ritual can also be used as a prelude to deep trance work as each person will begin the trance work in a balanced and relaxed state.

One participant described feeling an 'absence of desire' after completing this ritual and most participants tend to agree with this assessment.

The basic format of the ritual can be used with many layers of elemental correspondences.

This ritual is suited to those who don't have or don't wish to use props. It can also be a useful learning exercise for an established group as it incorporates a lot of fundamental skills and provides a forum for practice.