

WATER CLEANSING RITUAL

August 2015

(Ritual written by Rayvensclaw and presented in Sydney by Janine and in Nowra by Samantha, on Friday 28th August 2015.)

Air: Sage Incense.

Fire: A Silver or Grey Candle.

Earth: Sea Salt. (Or ordinary salt)

Water: Chalice filled with water

Create your circle, bring in your power animals or guardians and then light the incense and the candle.

Meditation: Close your eyes and breathe deeply, deeper than you have before. You are standing on the shore, breath the salty air, feel the gentle breeze on your face. The birds are flying overhead; they seem to be calling a name. Is it a name you recognise, is it your name or another. Take some time to gather your thoughts, relax and feel yourself.

You feel as if another is with you, you look around and discover that a lady with long brown hair and wearing a long white dress is approaching you. But she is coming out of the water, her hair and clothes are dry. This does surprise you; she stands about 3 meters away and raises her hand to beckon you to join with her. It only takes a moment but you move forward, the water feels warm and inviting, but you are not wet, more surprises for you.

She turns and heads deeper into the water, you follow. The fish make a path and you go deeper. But wait, you can still breathe, but how is this possible. The mysterious lady keeps walking, you sense her energy radiating out and a feeling of release overcomes you. Is this death you wonder, at this time the lady turns to you and shakes her head? (No this is not death, it is freedom.) A freedom of what I thought. (A freedom of what is stopping you, now is the time to feel this freedom, come and sit by me, and together we will help you find a way out of any difficulties that surrounds you)

Take the time now for your thoughts, and when you are ready, come back to the now.....

OK now is the time to come back to yourself, you are standing on the shore as you were before. Was this a dream you think, if so why you tingle all over. You look around and see written in the sand. (Remember you are not alone; share yourself with the ones you love) You breathe deeply and slowly move away,

you now know the birds are calling your name, but not the name you have now but the name you had before you were born. (Remember this name).

Open your eyes and be aware of where you are, and where you want to be. Today is the first day of another time; enjoy it as if it is your last.

Calling in the quarters is simply calling in the element. A representation of each element is handed around the circle and each person within the circle simply states what that elements means to them.

The intent of this ritual is to use the energy of the pisces moon for releasing something that no longer serves you; or letting go of something that you no longer need in your life; or an opportunity to let go of an aspect of yourself that you have outgrown.

Step 1: Element cleanse

Hold your hands over the incense and say, *“with air I cleanse myself.”* Let the smoke twirl around your fingers for a few moments. Feel the cleansing properties of sage immerse you.

Then hold your hands above the candle (at a safe distance) and say, *“with fire I cleanse myself.”* Visualise the flame burning away anything unwanted within you.

Now take the sea salt and crumble it between your fingers, gently rubbing it on your hands, and say, *“with earth I cleanse myself.”*

Then dip your hands in the water, again gently rubbing your hands, and say *“with water I cleanse myself.”*

Sit in silence for a moment while you let the elements do their work.

Step 2: Releasing negativity

The most effective way of releasing negative entities and energies (unless they are unusually powerful) is to firmly ask them to leave.

Go inside yourself, become completely aware of your body, and say the following:

*“Any energy that no longer serves me, please leave now.
Thanks for your presence. Now I am sending you home.”*

Say it with conviction, like a firm but loving parent. Keep repeating it, and pay attention to any feelings in your body. As you say these words, negativity will shed from you like the skin off a snake. If you're sensitive you may be able to feel a pulling sensation or a feeling of suddenly becoming lighter.

Repeat until you feel it is right, this can be done as many times as you wish,

It has to feel right for you.

Step 3: Filling with light

This step is vital: after releasing the negative energies you will have holes in your aura which must be filled with light. Otherwise other negative energy will easily latch on to you and you'll have to start the process again.

Visualise your crown (the top of your head) opening up, like a funnel going from the heavens into your body. Visualise pulling down divine light that will fill every gap in your aura as you repeat the words:

During the rest of the evening, whenever it comes to mind, visualise your open crown and the light flowing into you.

“I ask that my body is filled with pure healing light.”

Each person takes it turn to express gratitude for some aspect of their life.

Share your thoughts and feelings with those around you, now is not the time to be closed within.....Thank your power animals or guardians, Close the circle.