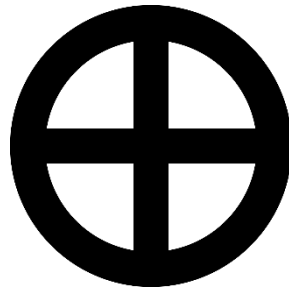




CONNECTING WITH SPIRIT – THE BODY ALTAR

Imagine an equal armed cross. A circle with a cross like this:



Draw it on the ground, either in your imagination or with your finger in the dirt or a piece of chalk or whatever suits you and is at hand. If you learn to do this in your imagination, you can perform this rite anywhere.

Each arm of the cross points to a compass point –
North South East West

A practice to work with spirit is, in the very beginning, to
see in your mind's eye the horizon.

Do this with your eyes closed at first to use your imagination.

See a dot on the horizon right in front of you, right out there on the horizon.

That is the **Spirit Energy**.

You're asking it to come to you.

This is really good training when you don't know how to do this yet, when you don't know how to see the helping spirit.

Let it start as a dot and invite that dot that's off on the distant horizon to come to you.



It will take its own form - Someday. Doesn't have to do it today.
Someday it will finally be in its true form.

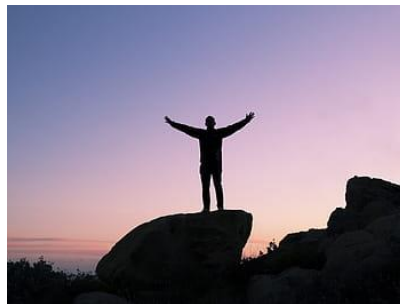
You're going to use that dot on the horizon to call in the helping spirits.

Be aware, the head and the heart and the belly are three energy centres.

Now have a sense of your circle and your cross on the ground
When you're ready to begin, you step into it. Be aware, you're stepping into the centre of that orientation in your life.

Now, turn to face east.

And then make this gesture and open up.



This is a **gesture of acceptance**.

Open up then, and say (spoken words are in blue):

Spirit of the east, be with me here today.

Guide me.

(touch your temples and feel that in your head)

Teach me.

(put both hands over your heart and feel that in your heart.)

Protect me

(put both hands over your belly and feel that in your belly)

Enter my life and enter my heart.

(And then the hands come to Prayer Hands)



Thank you.

And if you have the time, you say:

Spirit of the east, what message do you have for me today?

Wait silently; there may be a message, and there may not. Depends on the day.

When you're done, just bow and make a quarter turn to the right.

Now you're facing south.

Make the **Open Up Gesture** and say:

Spirit of the south, be with me here today.

Guide me (touch head) **teach me** (touch heart) **protect me** (touch Belly)

Enter my life, enter my heart.

(Hands go to Prayer Hands)

Thank you.

Spirit of the south, what is the message you have for me today?

And you wait. And when you feel done, you bow, then take another quarter turn to the west.

So now you're facing west and make the Open Up Gesture and say, touching the points on your head and body and so on:

Spirit of the west, be with me here today.

Guide me, teach me, protect me.

Fill my life and fill my heart. Thank you.



Spirit of the west, what message do you have for me here today?

And you wait. And when you feel done, you bow, then take another quarter turn to the north.

As you face north, say:

Spirit of the north, be with me here today.

Guide me, teach me, protect me.

Fill my life and fill my heart. Thank you.

Spirit of the north, what message do you have for me here today?

And you wait. And when you feel done, you bow, and say **thank you.**

Then turn all the way back round to the east and look up to the sky, making the **Open Gesture**, and say.

Spirit of the sky, be with me here today.

Guide me, teach me, protect me.

Fill my life and fill my heart. Thank you.

Spirit of the Sky, what message do you have for me today?

And you wait. And when you feel done, you bow.

And then to the Earth.

If you can, go down to the Earth, kneel down, put your hands on the Earth and touch the Earth.

If you aren't able to do that just open up your feet, open up your hands and just extend them down to the Earth as far as you can without strain.

Then say:

Spirit of the Earth, be with me here today.

Guide me, teach me, protect me

Fill my life and fill my heart.

This time, instead of asking for a message from the Earth, give



gratitude by saying:

Spirit of the Earth, thank you for everything that has been in my life, that has brought me to this moment.

Thank you for this moment and thank you for all that is to come.

And then (if you've knelt down, you rise) put your hands on your belly, and just close your eyes and...

Visualize the east and the west connecting through your belly.

The north and the south connecting through your belly.

The above and below connecting through your belly.

And where the six sacred directions cross that point in the centre of your belly is

The 7th sacred Direction - your centre.

And now take a moment and

feel into the 7th sacred direction, your own centre.

Closing your eyes,

visualizing the spirits of the east, the south, the west, the north, the sky, the Earth. They're taking that sphere around you and you are feeling into your centre.

It becomes a real place inside of you. You're breathing into sacred space inside of you.

Take a nice deep breath when you're ready and say out loud:

I claim the sacred space of my own centre.

And then when you're ready, think the words

be here now.

Then step, **with your centre from the sphere of energy you've created around yourself**, out of the circle into your day.

That is **The Body Altar.**