



## **Four Directions Ceremony**

### **For the Southern Hemisphere**

Go into a place in Nature where you feel inspired and will be able to sit undisturbed for about thirty minutes. If you have less time available, just adjust the ceremony to suit this.

Sit or stand facing the East.

This is where the sun rises, the direction of spiritual birth and awakening. Place an offering of gratitude in the East for realignment with the true essence of you. Ask – what do I need to know now? Let whatever in Nature appears to you in this direction whether a tree, a bird, a boulder, represent the quality of that direction in that moment of time. Notice and contemplate exactly and truthfully what Nature Herself provides in that moment. Write it down.

Now turn anti clockwise to the North.

This direction is associated in the Southern Hemisphere with life force, the vitality that arises when the heart opens. Make your offering of gratitude, giving heartfelt thanks and love to all the beings who are helping you to experience and express the power of your own unique energy. Notice what Nature presents to you in this direction as a message about this. Write it down.

Turn to the west (anti clockwise).

This is where the sun sets, the place of letting go. Make an offering of thanks for transformation and metamorphosis. Give thanks to all that you no longer need in your life and let it go. Look in this direction for what Nature provides to you as information to guide and help you with letting go. Write it down.

Turn to the South (anti clockwise); in the Southern Hemisphere this direction is associated with universal wisdom, purity and clarity. Make an offering of thanks to the South for wisdom and clarity in your life. Look for what Nature offers you in this direction. Write it down.

When working in the Northern Hemisphere, travel this ceremony in a sunwise/clockwise around the circle as you call the directions eg. East, then South, West and North.

You can do this Four Directions Ceremony as often as you like, in fact the more you do it, the easier the messages will flow.