

SACRED SELF RITE

Daily Practice

With all visualizations below, see the symbol/pentagram and feel the energy radiating from it
Spoken parts in bold

GROUND – stand facing North

Visualize the pentacle on the ground below your feet.



EAST – turn and face East

Visualize the Fire symbol in red. Draw it with your hand or wand.

Fire, I honour your elementals through my spiritual being

Visualize the pentagram. Draw it with your hand or wand.

Pentagram in the East, hallow and hold my path today



SOUTH – turn and face South

Visualize the Air symbol in yellow. Draw it with your hand or wand.

Air, I honour your elementals through my mental being

Visualize the pentagram. Draw it with your hand or wand.

Pentagram in the South, hallow and hold my path today



WEST – turn and face West

Visualize the Water symbol in blue. Draw it with your hand or wand.

Water, I honour your elementals through my emotional being

Visualize the pentagram. Draw it with your hand or wand.

Pentagram in the West, hallow and hold my path today



NORTH – turn and face North

Visualize the Earth symbol in green. Draw it with your hand or wand.

Earth, I honour your elementals through my physical being

Visualize the pentagram. Draw it with your hand or wand.

Pentagram in the North, hallow and hold my path today



SOURCE – Goddess above and below

See and feel the pentagrams all around you.

See and feel the pentacle below your feet...then see and feel it rise through you and overhead.

Hail to the Goddess Above and Below

Hail to the Goddess the Source and the Flow

In Spirit, in Body, in Mind, and in Soul

Together we're one, together we're whole