

The Center for Balanced Living  
Blessings of the Seven Directions

(Facing the direction of the East say)

To the Spirit and the Energy of the East, the color of yellow, the color of the rising sun at the beginning of the day. The feeling of sadness, and the direction of the Eagle calling us to a new day. The direction of the Lover. The element of Water and the season of Spring. We welcome the energy of new beginnings as the Baby comes from the east, of connection with beauty and the richness of the world. East gate of the Morning and the temperature is Warm. With the gifts of Illumination and the purpose of Connection and the action of Feeling, We welcome and ask that the energies and spirit of the East to join us.

(Facing the direction of the South say)

To the Spirit and the Energy of the South, the color of Red. The feelings of Anger. The Mouse is the animal of the South and the direction of the Warrior. The element of the Earth and the season of Summer. We welcome the energy of the Teen and Mid-Day when the temperature is Hot. The gifts of Service and the purpose of Accomplishment. We acknowledge the action of Boundaries. We welcome and ask that the energies and spirit of the South to join us.

(Facing the direction of the West say)

To the Spirit and the Energy of the West, the color Black and the feelings of Fear. The animal of the West is the bear that goes into the cave to hibernate, to seek within the darkness the gift of renewal. The archetype of the Magician and the element of Air. The season of Autumn and the wisdom of the Mature person. West is the gate of the Evenings when the temperature is cool. The gifts of Healing and the purpose of Guidance. We acknowledge the action of Detachment. We welcome and ask that the energies and spirit of the West to join us.

(Facing the direction of the North say)

To the Spirit and the Energy of the North, White the color of the hair of the elders and the feelings of Joy. The animal of the North is the White Buffalo. The archetype of the King and the element of Fire. The season of Winter and the power of the Elder. North is the gate of the Night when the temperature is Cold. The gifts of Wisdom and the purpose of Motivation. We acknowledge the action of Acceptance and Blessings. We welcome and ask that the energies and spirit of the North to join us.

(Raise your arms and face to the Sky and say)

To the Spirit and the Energy of the Father Sky Above, The color Blue and all that is Masculine. The gateway of Divine energy and Creation. Of Spirit moving up. Home of the Star People, of the Non-Physical / Spiritual and energy of the Facilitator. With the bliss in Aloneness and acknowledgement of Separation, we welcome and ask that the energies and spirit of Father Sky to join us.

(Kneel and place your hands on the Earth and say)

To the Spirit and the Energy of the Earth Below, the color Green and all that is Feminine and Natural energy. We welcome the gifts of Nurturing and Support, the sustaining energies, the desire for abundant beauty, and the emotion of gratitude. We acknowledge the Soul moving down. Home of Mother Nature of the Physical and Material. Energy of the Container and bliss from Enmeshment and Connection. We welcome and ask that the energies and spirit of Mother Earth to join us.

(Place your hand on your chest and say)

To the Spirit and the Energy of Within, Great Spirit who's color is Gold. All that IS. Balance with all the 6 Directions combined. Welcome the energy and spirit of the Union, Self, Spirit and Soul. Welcome the gifts of balance, oneness, and the connection with all things, for all things are one and all things are related. The animal within is the human being, the desire is for serenity, and the emotion is humility. We acknowledge Principal, Mind, Soul, Spirit, Life, Truth and Love. We welcome and ask that the energies and spirit of the Within to join us.

To the Spirit and the Energy of our grandfathers and grandmothers. Welcome our ancestors, those who have gone before us, and on whose shoulders we stand. Welcome the spirits of the children yet to come, who will stand upon our shoulders. Invite into this circle the spirit and energy of those who guide, protect, and bless us to be fully who we are.

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