

I'd like to share a four step sequence that can be used for entering into most/any ritual space or just starting your day. *And each of the four steps of this practice can be expanded into if you wish. If you're using the recording, you could pause it, take your time with them, and know that the practice drops off at the end in the sense that there was not a transition out. That's intended so that it could be played. And then seamlessly used to be a kind of launching point for another practice.* So the four basic steps are Centering and grounding, Resourcing with trusted or known powers, Clearing your personal energy, and then affirming Protection and ritual safety. So: being in your body, being resourced, being clear in your energy, and being protected. I'll talk you through it now. 5 sec

Start by doing whatever helps you to center your personal energy in your heart, your belly, your hips, your feet. All the way through your full physical body. That might be through bringing your awareness to your breath, letting your breath be deep in your body, whatever it is, take a moment with that and let your own essence fill your physical space. 30 sec

You may in the process notice a sense of attunement to or groundedness with the Earth where you're at. And it's up to you if that includes really bringing your attention down down into the earth. For me, I'll tend to notice my heart or belly or abdomen as I like a place of center. Whatever helps you to be all the way present in your body. That's the intent now. 15-20 sec

When you feel present in that way, the second step is to call closer to you call into your awareness At least one trusted power, force, guide, helper in spirit however it is for you. One that you already have relationship with. This can be a wiser kind of ancestor, the big spirits of plants and animals, places deities, God directly. However it is wherever you resource with love and wisdom as big forces. Call something that's not only you, they s benevolent and trusted to be present with you. 15

And while that's happening, notice how it is to sit in this embodied place and also feel and have available to you the resourcing with this other trusted power or powers that are present with you. 30 sec

Next, ask, with those trusted powers and with your own intent that your personal space be cleared or cleansed from any harmful negative, intrusive, unhelpful energies at this time .its possible that's a visualization of a washing or a cleansing wind or however you experience it. Scan your own energy and space for anything that's not helpful, is able to shift and invite the powers you called in and your own intent together to affect that change. Clear your space in whatever way works for you. 30s

And While that's happening, Stay aware of how it is to be rooted in your body. How it is to be resourced by the powers you called in and notice the quality of clarity and spaciousness around you that you're affirming here. 10 sec

Finally, from this place of being embodied, resourced and clear in your own energy, ask that there be a layer of protection around your personal space. Not from a place of fear not in a really heavily boundaried and constrictive way. But just that only powers that are kind wise and welcome are allowed in, that you have some boundaries, you have some energetic skin. So affirm that boundary and whatever distance around your personal space really feels right to you at this time. 40 sec

Before closing *proceeding to wherever your intent brings you after this practice.* Notice how it feels to be rooted in your body, resourced, with kind and trusted known powers. Clear in your personal energy and protected, appropriately boundaried. and that that feeling be something you can orient to return to and reaffirm as needed...