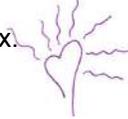


Spring Ceremony Opportunity ~ Elaina Geltner

Purpose: This is the time of planting the “seeds” of what you want to cultivate for the next year. It is an opportunity to get universal help! It is also a ceremony of transmuting the energy that is “in the way” of the growth of this seed.

When: The most auspicious time is at sunrise just preceding the Spring or Vernal Equinox. Time of the Equinox is available at <http://www.astrology.com/solstinox.html>.



Preparation:

A. **Decide what to plant.** This could be an energy, or something very tangible. Be sure you can call this energy up at will. (You need an energy template for this energy. Contact me if you need assistance!)

B. **Decide what to let go of/release/transmute:** What do you experience as keeping this seed from already manifesting in this. It's probably something you are quite attached to! Find an **object** (or symbol) that holds the energy that you wish to release.

C. **Prepare** your body-mind-spirit. Cleansing of any kind is a powerful preparation for ceremonial practice. It is a very individual process. Choose a plan that works for you. Some people adopt a Lenten-type practice of giving up certain foods. Sometimes a progressive fast is perfect. Remember that as you approach ceremony, you want to be as clear as possible. Fasting from TV, negative thoughts, or confusing energy is also a good idea. Nurture yourself!

E. **Choose a spot:** Somewhere you feel safe and connected to All-That-Is, Spirit, God, etc. Where energy moves. Nature is great, but you want to make sure you feel safe to let go. Privacy is important. Water energy: flowing, not stagnant. Ocean, lake, stream or even a fountain. (The bottom or mouth of a canyon are not recommended.) I have used my own backyard many times!

F. **Write your ceremony.** Personalize it however it makes sense to you! Suggestions below.

Ceremony: (take water and object to release)

- Go to your spot. If you are in Nature, ask the guardians of the land for permission to enter and do ceremony. Settle in and do your invocation. Prepare yourself in your own way. (I like to call in ‘the directions’).
- At the time of the sunrise, hold your object, facing the rising sun.
- *Speak: “I come to you in purity, honesty and light. I offer _____ [what you are releasing] to you as my only gift to you at this time.”*
- Listen: are you given any messages? Do you see any animals/birds? How do you feel? Ask what to do with the gift.
- Do these two things together:
 - Follow the instructions you receive.
 - *Speak: “I ask that you would join with me in transmuting this energy (of the gift you are releasing) into the energy of _____ [what you are planting], in the highest good of all, for the evolution of all life.”*
- Completion: express your gratitude. Drink water. Make journal notes.
- After: You will have many opportunities to continue letting go and transmuting the “old” energy. Dream journals, meditation, and gentle exercise may help you to integrate the experience.

Some FAQ's:

Alone or with someone? Alone is generally recommended if you are inexperienced at ceremonial practices. Take care who you invite to share this ceremonial space with you: it creates powerful bonds. You want to make sure you are doing this for yourself as well.

What if I can't see the sun? (clouds, etc) Determine the time of sunrise and use your imagination.

Where did this ceremony originate? From many time-honored traditions and my own experience.

May your Ceremonial practice connect you with the help you need to move forward on your Soul Path!