



## **RITUAL OF THE FIVE ELEMENTS**

### **FUNCTION**

Try to imagine a pile of plates one on top of the other, of different colours. Imagine that these plates need to be put in an ideal order, that will be ideal for you, in a way that will best suit you.

This is the function of this ritual.

All the materials need to be prepared, by charging them on your frequency (except for the Staff and Wand)

### **MATERIALS**

Your Staff

Your own FIRE (lighter, received during the course) - that you will collect at the end of this ritual and preserve it in the same lighter.

A bowl for the water

A bowl for the earth

A candle holder and a candle

WATER PREVIOUSLY COLLECTED

EARTH PREVIOUSLY COLLECTED

Black cloth, to isolate the elements

Simulacrum of element AIR (a little stick, with a small piece of paper or a small feather, hanging from a string)

Remember to exclude the use of metal containers

### **PREPARATION OF THE ELEMENTS**

Stand in silence, facing North if possible.

Put a black piece of fabric (ritual plane) under the elements you are about to prepare.

Prepare the elements (air, earth, water) one at a time and then put them into the circle (or if you prefer, in a small service circle).

You are the ether, the living element.

## **PREPARATION OF WATER AND EARTH**

Each element needs to be prepared separately.

Put some earth/water in a white bowl, on a table or shelf in front of you. With your arms straight, place your hands over the bowl containing the element, one palm down and the other palm up (respecting the symmetries of the body).

For about 1 minute, breathe deeply visualizing a colour of your choice that corresponds to that element and imagine that the parts of you connected to that element will be extracted and poured onto the water/earth in the bowl. Then invert the position of the hands and for 1 minute repeat the same preparation.

The energy engine for all this is the breath.

## **PREPARATION OF AIR**

Place your simulacrum of air between both hands, without touching it.

For about 2 minutes, breathe deeply visualizing a colour of your choice that corresponds to that element and imagine that the parts of you connected to air will be extracted and poured onto the simulacrum.

## **FIRE**

Element fire needs no preparation.

## **RITUAL OF THE 5 ELEMENTS**

Draw a first circle 3 times around you (draw – charge - stabilize), then a second larger circle around it, in the opposite direction.

Clean the circle.

A small service circle (\*) can be used, to place the elements after they have been charged (if you use the service circle, remember to trace the connection to the circle).

The other option is to put the elements directly in the circle, one after the other, as you prepare them – pay attention to open/close the figure.

So now you are in the middle of the more internal circle of the two you just traced and cleaned.

Holding the staff in front of you with both hands, breath and charge the circle with your potential.

Then, divide the inner circle into 4, drawing a cross with the staff, that will result in 4 quarters – each containing one of the four elements, it doesn't matter in what order (Falco suggested to codify a sequence, such as Fire Water Earth Air).

Stand in one of the 4 quarters, bring the staff near the element (it is also possible to lightly touch the element, paying attention not to contaminate the elements one with another).

As you breath, imagine an ascending spiral inside of you, with the colour of the element that you are contacting, for about 7 minutes.

As the spiral comes up, it colours you of that element and selects the parts of

you connected to the element.

Through your staff deposit these parts in the simulacrum.

For example, when you are on the quarter of fire, you accumulate the energies within you that are linked to fire, which you can imagine as a red colour inside of you. As the spiral gradually rises, you will collect all the red from within and transfer it to your fire in the simulacrum.

The time needed for this process is different for everyone – we can employ 7/8 minutes for each element. You can feel when the process is complete, that may vary from element to element.

It is possible to cross over the lines between the quarters, not on the circles.

Once completed this process with all your elements, you move to the centre cancel with the Staff the two lines that you had previously drawn and we call back to you all the parts that you had previously deposited in the simulacrums, **SO THAT THEY RETURN TO YOU.**

Time needed for the final part: approximately 7/8 minutes.

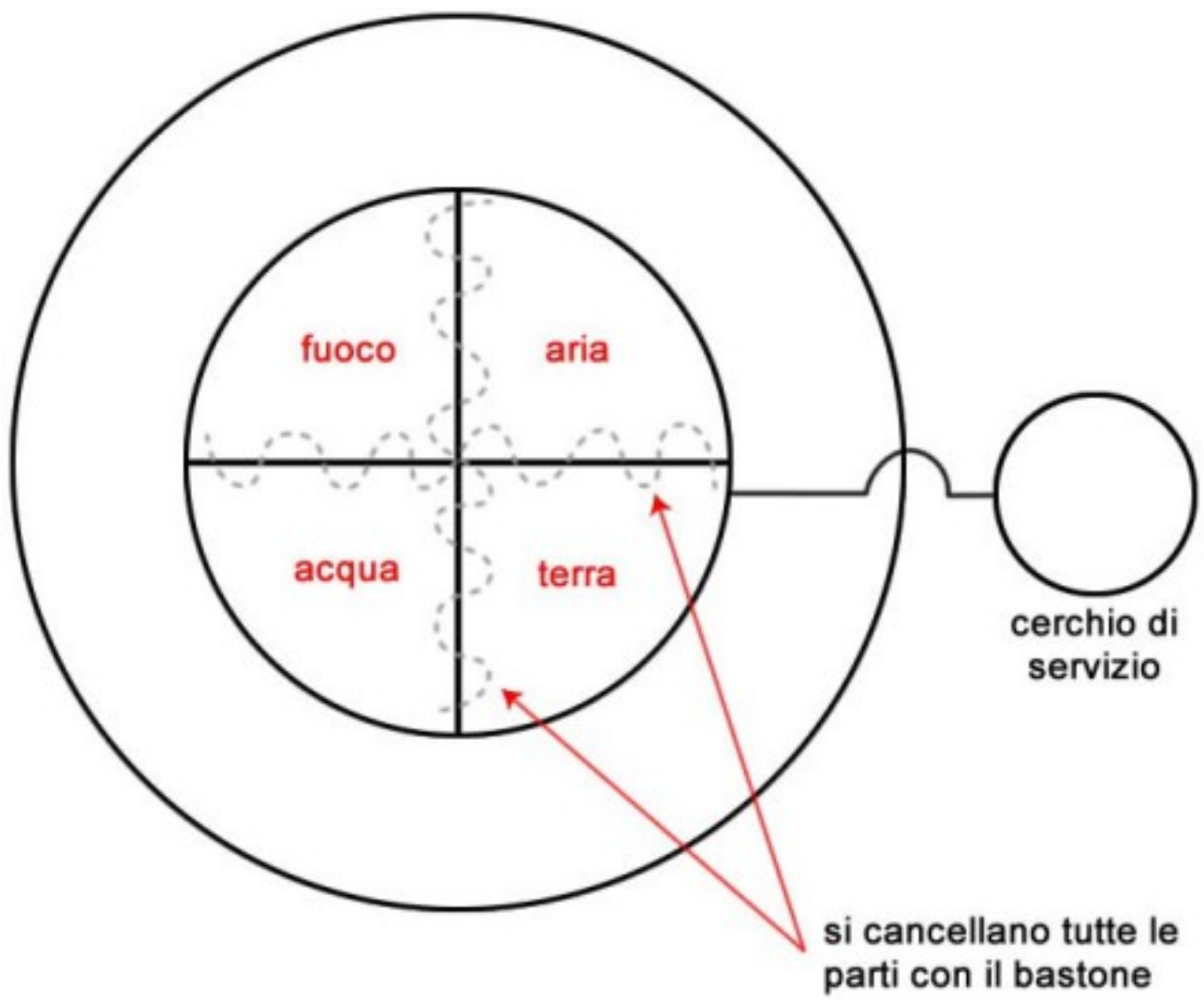
Once completed the ritual, cancel the circles.

Take notes of your experience.

This ritual can also be done on a table with a specific procedure, but it would be less effective since it would not involve all the body.

#### (\* ) SERVICE CIRCLE

If you use the small service circle, there is no need to open/close to move the elements into the larger circle – once you are inside the circle, you can simply take them with your hand and place them in the quarters.



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