

HOW TO CREATE *Ceremony* FOR PERSONAL TRANSFORMATION

What is Ceremony?

Shamanic ceremonies are immersive experiences that enable a person to be brought into direct contact with the healing spirits.

Every person has the innate ability to work in Ceremony with their Guides, Nature, Elements or any other form of Guide who resonates.

Intention

Hold an intention for your Ceremony - there are some ideas below.

Connection

What are you Connecting with? The Moon, the elements, trees...

Action

How will you carry out your Ceremony and what is your desired outcome?

Step 1: Intention

When we hold Ceremonies for our own Transformation an intention is key.

Here is a list of possible intentions to help you along:

- 🌀 I would like to let go of an issue
- 🌀 Please take my pain
- 🌀 Saying goodbye to a relationship
- 🌀 Receiving healing from nature



In shamanism, intention is everything. It is the fuel that drives our journeys.

Having a clear intention is crucial when given the vast latitude and potential that will quickly appear as we head into non-ordinary reality. Even if one's 'goal' is to head over to the upper or lower worlds with a general intention to let the spirit teachers and power animals there show us something we need to see, teach us something we need to know, or in other ways work with us in the manner they best see fit, this is still a pre-established clear intention for the journey before embarking.

Try to avoid 'fortune telling' - base your intention on your current life and healing goals.

Think about responsibility.

Say to yourself, 'I take full responsibility for my own Journey and my own healing, but am also ready to accept help and healing from the Universe.'

Step 2: Designing your ceremony

If you Journey then go on a Journey and ask your Guides to help you design your ceremony.

If not, you can think about the following elements:

- 🌀 Indoor or outdoors
- 🌀 Props, costume, sacred objects
- 🌀 Paper and pen for writing
- 🌀 Drums, rattle, music or the sounds of nature



CEREMONY IDEAS WITH THE 4 ELEMENTS

Make sure you complete all the steps in this guide before performing your ceremony.



Fire Ceremony

Creating an object using things you have found in Nature and asking it to take from you any blocks you are experiencing. Bless the fire and ask it to transmute to light what you are releasing. Burn your object and feel the release. Thank the fire.

Water Ceremony

Using rice paper, write a letter to your past self talking about all the memories you have when you wish you had acted more honourably and how you wish you might have acted. Ask the water to accept your letter and watch as the rice paper melts away, taking your apology through time to your past self. Feel the weight lifted and the forgiveness settle into your heart.



Earth Ceremony

Create a small Hope & Dreams Talisman out of natural materials. As you create your Talisman (can be sticks tied together with leaves, for example), think about your vision for the future. See yourself as the wonderful human that you are destined to become! Bury your Talisman with the Earth like a seed to grow and be held by the great Mother.,

Air Ceremony

Go for a walk in nature on a windy day, perhaps on top of a hill. As you stand facing the wind, ask the wind to sweep around you and take away the cobwebs, to cleanse and strengthen you. If you have any thoughts you would like to release, shout them into the wind, asking the wind to transmute the energy to light and transform the thought to Love.



Step 3: Preparing for your Ceremony

To prepare for a Ceremony, it is important to set sacred space.

Here are some steps to help you remember how to set up a sacred space. Remember, these are just guidelines and not rules - your own way will develop over time.

IDEAS TO SET SACRED SPACE

Light a candle - connect with the light and the intention that you are setting up safe space for yourself;

Smudge your space - you can use sage, incense, or rattling around the space moving through any energy and ensuring a dynamic and clear space for your ceremony;

Call in the four sacred directions - North, East, South and West;

Call in the Sky and the Earth - this will complete your 3D circle;

Fully connect with your guides or use your breath to centre yourself and let go of any concerns of the day;

State that you are not available for any other work. You are only available to work on yourself for your best and highest good. You can also think about the following list of beings you can call on. This list can help you develop how you set up your space:

Four sacred elements - Earth, Air, Fire and Water

Your Ancestors

Tree Spirits

Hidden Folk

Giants

Spirit of the Land where you are

The Spirit of the room where you are journeying in

The Sun, Moon and Stars

The Galaxy, Universe, Star Systems

I have written to 'call on' as this is a traditional way - however, you can use any language that you are comfortable with:

I acknowledge

I thank

I call on



Step 4: Grounding and Completing

It is important to finish your Ceremony with Intention and to ground after your work.

Give your Gratitude to Nature, The Beings you Worked with and your Gifts is also important.

Hold your Gratitude in your Heart for your blessings.

IDEAS FOR GROUNDING

State your intention that the work has ended. Blow out candles, open the door, sage the room or make any small physical statement that your journey is complete.

If you feel that you need more grounding:

Go outside and allow the air to sweep through you

Walk barefoot on the grass

Have a hot bath or shower and ask the water to tether and ground you

Sing/shout

Slap your thighs or click your fingers around you

Sit with a tree

Do some physical exercise

Drink a warming cup of clack or herbal tea

Take time to write down your reflections from your Ceremony and think about any transformative action you can put in place in your life.

The MAIN thing about working in Ceremony is that we do so in connection with Nature and from a place of Love and Acceptance.

Surrender to the outcome that the Universe knows what is best for you.