

Ritual for the WEST-The “Look Within” Place

“You cannot see enlightenment until you have faced your own death. The white man on the spiritual path only glances at death, for he comes from a culture that takes a great deal of trouble to keep death hidden from him.”-Don Eduardo Calderon, Inca Shaman



How do you feel about your own death? Look at death not as the enemy but as an advisor. Look death in the face and it will tell you what you have to change, for death IS change-from one state to another.

Sacred Transitions Death Doula Course

Think about your death and write down the story of your death in two ways: the death you fear but which is a likely outcome of the way you have been living and the society in which you live, and the death you would like to have.

When this task is completed, spend time considering what parts of your past are holding you back from being what you want to be in your heart. List these things on a separate sheet of paper. Include on this list all the things in your life you are willing to change in order to have what you truly want.

Ritual:

Smudge yourself and the area around you to disperse unwanted influences. Set up your Medicine Wheel, call in the Four Directions and seat yourself comfortably in the West.

1. Light a central candle as a symbol of your own inner light, as a representation of the Divine Source.
2. Light a candle in each of the Four Directions, acknowledging that their light comes from Source (God) and that each direction represents the energy of the elemental powers.
3. Read through the account of your “programmed” or least desired death. Include the circumstances of the past which affect you now and present circumstances that need to change in order to have what you truly want and be who you truly are.
4. Visualize the death that ‘would have been’ being taken away. You no longer fear death because you have confronted it and transformed Death from an enemy to an advisor. You have claimed your power and are no longer powerless in the face of Death.
5. Ask the element of Fire to consume all aspects of your past that were leading you to your “programmed” death.
6. Take everything you have written that needs to be released and offer it to the fire. Watch and feel that old energy burning away.
7. Pass your hands gently through the flame of each candle and gently place your hands on your forehead, then heart, then solar plexus.
8. You have now symbolized bringing the Divine Flame into your mind, heart and body.
9. The divine gift of freedom has been given and accepted.
10. Save the paper containing your new death plan in a sacred space or offer it to the earth by burying it. Your death ritual is now complete.