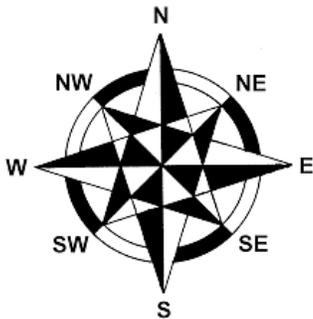


THE FOUR DIRECTIONS

Welcome to planet Earth the material manifestation of spirit and life! In the alchemical tradition, the material world is made from four elements, and when in balance with the centre point, divine accordance exists providing abundance, and growth with peace and harmony. Represented in the four directions or cardinal points; North, East, South and West, these four elements connect us to the forces of nature dividing the year into four seasons and once established, the building of a temple can begin!



**BEFORE YOU CAN
KNOW WHERE YOU ARE
GOING
YOU MUST
FIRST KNOW WHERE
YOU ARE!**

Orientation:

The determination of the relative position of something or someone, especially oneself.

Pro Tip! Magnetic Declination: True North versus Magnetic North – For your temple to align to the proper celestial orientation, you must know the magnetic declination, which will either be a negative (towards the west) or a positive (towards the east). This means, on a compass, you would move the needle to reflect the degree of the declination. For example, Banff has a declination of +14 degrees (east). So true north sits 14 degrees to the west of the needle. To discover the magnetic declination of your location, first, go to google maps enter your location and record your longitude and latitude then enter those numbers in the calculator at this link <https://www.geomag.nrcan.gc.ca/calc/mdcal-en.php>.

	COLOUR	ELEMENT	ANGEL	ANIMAL
△ EAST	_____	_____	_____	_____
△ SOUTH	_____	_____	_____	_____
▽ WEST	_____	_____	_____	_____
▽ NORTH	_____	_____	_____	_____
⊕ CENTRE	_____	_____	_____	_____

Honour the teachings and lineages that you are initiated in to. When working with the four directions, it is essential to remain within the tradition you identify with. Once you have chosen a specific colour, implement, and or animal etc. to represent a direction, stay with-in its designated purpose. You want to be setting a pattern that will allow you to identify, receive and bridge access to the other realms!

THE DOORWAYS

THE FOUR CARDINAL POINTS ARE GUARDIANS OF GATEWAYS INTO OTHER DIMENSIONS, EACH ONE PROTECTING ITS PURPOSE, ENERGY AND POWER!

NORTH

WEST

EAST

SOUTH

Before working sacred space, it is paramount to set the four cardinal directions and open the doorways, thereby creating a stable environment to ground-in the energy flowing from heaven to earth, this is where the balancing and harmonizing between the elements from with-in and with-out take place honouring all that flows through life. By merely working and acknowledging the four directions in a daily or weekly practice begins the alchemical process of awakening to the subtle powers that flow through the greater cosmos and all of us!

ACTIVATING SPACE

AS THE SUN RISES IN THE EAST SO SHOULD WE

You have taken the time to prepare and set the space carefully and consciously, yet with-out activating it, it's merely a construct. You must now open the doorways and call in the powers to welcome the energy in. We first light our way by starting in the centre of our hearts. Once you are centred, it is time to move to face the East opening the first direction, then we move clockwise (following the path of the sun) opening the doors in the South, West and North, returning to the centre to activate the final light in the center.

It is beneficial to work with candles to assist your mind in envisioning the doors of the four directions, opening and closing.

A - Close your eyes, and centre yourself in the middle of nothingness, the void, the place where all things are formless. In the stillness, gaze with your inner eye at the centre of your heart and see it connected to the divine spark of All that is. See, its essence and light expanding all around you. Now, imagine taking a spark of this light and igniting the candle in the East before you. As you imagine the candle being lit, envision a column of light reaching far into the heavens and far into the earth. Now physically light the candle before you.

Follow the same with the other directions ending with the central candle. Moving clockwise (East), South, West, North and Centre.

B - Face each direction and again see the flame with-in you and imagine taking a spark of the light with-in to ignite the candle before you. As you imagine the candle being lit, envision a flash of light expanding up and down like a column. Now physically light the candle before you. As you set fire to each candle, recite a welcoming prayer to the activated direction, calling on its powers. Once complete, return to the centre and see the energy from each direction flowing into the centre column before you and light the final candle. You have now activated the temple!

ONCE YOU CAN CLEARLY OPEN THE DOORS WITH YOUR MIND CANDLES AREN'T ALWAYS NECESSARY



**CLOSING THE TEMPLE!
Move-in reverse order, counterclockwise starting from the north to the west, then the south to the east. Close the centre lastly. Before you close each door, remember to recite prayers of thanksgiving, sending the energies back.**

APPLICATION

Set up an altar with your altar cloth and five candles and start working with the four directions!

Week 1

Working with the power of the East

Working directly with the power of the EAST each day, connect with its energy and flow. Ask that you will become acquainted with the power of the Air and for synchronicities and tools or gifts to show up for you. If you do not have an implement to hold the power of the east on your altar yet ask that you receive one this week.

Week 2

Working with the power of the South

Work directly with the power of the SOUTH each day, connect with its energy and flow. Ask that you will become acquainted with the power of the Fire and for synchronicities and tools or gifts to show up for you. If you do not have an implement to hold the power of the south on your altar yet ask that you receive one this week.

Week 3

Working with the power of the West

Work directly with the power of the WEST each day, connect with its energy and flow. Ask that you will become acquainted with the power of the Fire and for synchronicities and tools or gifts to show up for you. If you do not have an implement to hold the power of the west on your altar yet ask that you receive one this week.

Week 4

Working with the power of the North

Work directly with the power of the NORTH each day, connect with its energy and flow. Ask that you will become acquainted with the power of the Fire and for synchronicities and tools or gifts to show up for you. If you do not have an implement to hold the power of the north on your altar yet ask that you receive one this week.

Should you receive new tools or implements, be sure you strip them in salt and then consecrate them to their purpose, offering blessing of smoke!