

Soul Star Crafting

Direction Stones

Materials Needed:

- 5 stones/pebbles/rocks/crystals
- Yellow, Red, Green, Blue and White paint
- Small paintbrush, water & rags
- Ceremony carry bag for your stones



East –
Air / Thought : Wind / Move : Dawn / Sunrise
 Birth Youth : Spring : Tarot / Swords
Curiosity
 Father Sky : **Yellow**



South –
Fire / Heart : Burn / Heat : Light/ Sun
 Early Adulthood : Summer : Tarot / Wands
Purpose
 Grandfather Sun : **Red**



West –
Earth / Body : Solid / Material : Sunset / Dusk
 Mid Life : Autumn : Tarot / Pentacles
Courage
 Mother Earth : **Green**



North –
Water / Emotions : Liquid / Fluid : Twilight / Nightfall
 Senior Elder : Winter : Tarot / Cups
Wisdom
 Grandmother Moon : **Blue**



Above/Below –
Aether / Soul : Avatar / Consciousness : Dark / Night
 Death : Beyond 3D
Transformation
 Great Spirit : **White**



Direction Stones

So why Direction Stones? What is the purpose and connection to Winter?

These Direction Stones may be used as conduits for the directions for protection, direction and clarity.

By placing them on your altar, in a room, in a home, around the boundary. Placed and used when working in ceremony as a way to connect to their aspects for personal healing, integration and balance. Their purpose is multi layered and multi-purposed.

Winter is the time of the void. The time when are gifted with to set the scenes for the coming wheel of the year and the initiates path. And a tool that may be utilised any time of the year.

We begin to realise the 7 Universal Principles when we charge each stone with intention and prayer, we begin the journey of applying these principles by conscious awareness, choice and application.

Right View assists in establishing the underlying intent not only for this Sabbath, practice and Soul Star Crafting but as the basis for the initiate's path.

By imbuing, charging, intending for each direction stone we create a tool that will help us find our True North, no matter what stage or where we are in life.

True North is living from the inside out. In living your authentic self. It is being lead and guided by your purpose and mission. Your True North is unique to you, and a tool to know yourself, be yourself and back yourself.

True North happens when we live with all our elements and cardinal points in balance. Then throughout the Wheel of the Year, check in with yourself to reflect back on this moment and remind yourself of your intent and purpose, to facing your True North.

My direction stone to hold me steady to my north star is the aether stone, so I have added my own prayer I am imbuing my stone with so that during the year, if I ever feel lost or challenged, I will hold it and recite my prayer and intention for all the stones and come back into awareness and remembrance.

Direction Stones Intent & Prayer

Firstly, lay your stones in an imaginary circle in front of you on the table, in the direction/cardinal point that is relevant for that stone.

Next, sit for a moment contemplating the words, images, emotions and sounds that came up for you during the meditation. Make a note of them down below next to the prayers for the relevant direction. To incorporate into your prayers and intention, personalising your Direction Stones to your True North.

NB: After you have painted each stone, lay it back down in the direction it was in on the table in front of you



East

Begin with your stone for the **East**, hold it in your hands near to your heart centre and recite the following prayer, three times quietly in your head, focusing your thoughts, energy and intent into the stone, the symbol, the words.

When finished the third recitation of the East prayer below, paint the symbol you choose for air on it in **yellow** while contemplating the prayer and intent for your year ahead, what new direction could be calling you from the winter void for you to follow, embody and experience?

East Prayer:

With the power of love, I reach to the furthest East of existence.

I call upon the keepers of the East.

I am ready to cleanse and purify my thoughts, emotions and actions.

I let go of any negativity or fear that arises from me so that I may remain purified by my meditations and my connection to great spirit. I know the divine is everywhere within me and around me I seek to focus my attention on love and to emanate the light within that my vision may be clear.

(add some words of your own....)

Fill me, keepers of the East with wisdom that I am I learn and grow

I bring this everlasting light now to illuminate Love into my world.

As I cleanse my hands I reach out to pure light.

South

Next your stone for the **South**, hold it in your hands near to your heart centre and recite the following prayer, three times quietly in your head, focusing your thoughts, energy and intent into the stone, the symbol, the words.

When finished the third recitation of the South prayer below, paint the symbol you choose for fire on it in **red** while contemplating the prayer and intent for your year ahead, what new direction could be calling you from the winter void for you to follow, embody and experience?

South Prayer:

With a power of love, I reach to the further South of existence.

I call upon the keepers of the South.

Too long I have walked in the shadow of my thoughts and pain.

I have mis-created my world by following my fear. I now take responsibility for creating my world in a better way. I will live in the now. I will use my arms to hug, my heart to determine, my mind to receive, my emotions to give through love.

(add some words of your own....)

Fill me, keepers of the South with determination to grow in my love light.

I am determined to grow in love.

As I cleanse my hands I reach out to pure light.

West

Next your stone for the **West**, hold it in your hands near to your heart centre and recite the following prayer, three times quietly in your head, focusing your thoughts, energy and intent into the stone, the symbol, the words.

When finished the third recitation of the West prayer below, paint the symbol you choose for earth on it in **green** while contemplating the prayer and intent for your year ahead, what new direction could be calling you from the winter void for you to follow, embody and experience?

West Prayer:

With the power of love, I reach out to the furthest West of existence.

I call upon the keepers of the West.

Before me is a stone. The stone I have chosen to find the true gift of spirituality.
Today, I start my journey back to source within me to the place of introspection.
To the place of self-healing. Ever mindful of great Spirit within me.
I allow my inner journey to reflect in my outer expression of strong love.
(add some words of your own....)

Fill me keepers of the West, with mindfulness towards fellow humans.

I am mindful towards my fellow humans.

As I cleanse my hands I reach out to pure light.

North

Next your stone for the **North**, hold it in your hands near to your heart centre and recite the following prayer, three times quietly in your head, focusing your thoughts, energy and intent into the stone, the symbol, the words.

When finished the third recitation of the North prayer below, paint the symbol you choose for water on it in **blue** while contemplating the prayer and intent for your year ahead, what new direction could be calling you from the winter void for you to follow, embody and experience?

North Prayer:

With the power of love, I reach to the furthest North of existence.

I call on the keepers of the North.

I know you are everywhere for all time I come now for spiritual comfort and strength.
May I be surrounded with only my pure thoughts and actions may I tend to my holy temple with in,
bless my intentions as I evolve into divine love, wisdom and power in the oneness of life.
(add some words of your own....)

Fill me keepers of the North, with a consciousness of one.

We are one in consciousness

as I cleanse my hands I reach out to pure light.

AboveBelow

Next your stone for the **AboveBelow**, hold it in your hands near to your heart centre and recite the following prayer, three times quietly in your head, focusing your thoughts, energy and intent into the stone, the symbol, the words.

When finished the third recitation of the AboveBelow prayer below, paint the symbol you choose for aether on it in **white** while contemplating the prayer and intent for your year ahead, what new direction could be calling you from the winter void for you to follow, embody and experience?

AboveBelow Prayer:

With the power of love, I reach to the furthest AboveBelow of existence.

I call on the keepers of the above/below.

Keep me grounded and connected, steady and true to my path.

Remind me I am here now to make a difference in my life.

Remember the truth, old ways new and I am part of mother earth and father sky.

(add some words of your own....)

To walk and work with spirit, my team, my soul family and animal guides.

To walk in grace and ease, integrity and the sisterhood of the light.

To walk in peace and purpose, fun and family.

Fill me keepers of the AboveBelow, with peace and purpose.

I am/We are part of the ALL

As I cleanse my hands I reach out to pure light.

When finished painting the symbol for AboveBelow on your stone. Place in the centre of your direction stones and recite the following:

It is done. It is done. It is done.

Then imagine/visualise sealing the ring of Direction Stones with protective energy. When the stones are dry you may wish to place them in a special carry bag.

Blessings,

Mim WhiteWind

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