# Elemental Cross Spell

The worker faces each of the elemental pentagrams which they have cast in turn, Earth, Air, Fire, Water and draws the energy of the pentacle from it's center, first into their forehead, then into their womb/phallus, then into the right shoulder then into the left shoulder as a cascade of elemental energy, then finally each of these streams joining at the heart.

The energy is then sent through the workers body into a focus in the center of the circle representing the fifth element spirit. This can be visualized as a container into which the energy is poured ready to be used. Or the worker can go into the center and visualize the element spirit coming through his own body from above and below. This can be used to cleanse, exorcise, bless and purify or as a focus for scrying or sending of energy.