Grounding And Centering Ritual

Face East and center yourself.

**"I am grounded in the center of my being."**

Visualize energy of below.

**"I am supported by the powers of below."**

Visualize the God/Goddess of above.

**"I am guided by the powers of above."**

Visualize the unity of self with center above and below.

"**I am balanced in the axis of my being."**

# Extend your hand to the East. Visualize and make contact with the powers of

the elemental forces. Visualize clarity.

**"I am inspired by the powers of Air."**

Visualize purifying/transforming.

**"I am enlightened by the powers of Fire."**

Visualize healing/cleansing.

**"I am renewed by the powers of Water."**

Visualize nurturing/stability.

**"I am nurtured by the powers of Earth."**

Establish the balance of axis and elements. Feel this to be true.

**"The forces are in balance within me and about me."**

Feel the Sphere of the Circle.

**"The Sphere is placed."**

Feel the Cube of the Temple within the Sphere.

**"The Temple is established."**

Feel the Temple within yourself.

**"I am the Temple."**