

Entire ritual ‘From Sandor to Sander’

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*The name Sandor, Sandor’s age (87 years) and the names of the dogs are fictional.
Sandor died between 10 and 20 years ago.*

Requirements and preparing the ritual space

Two circles

- Physical space: a place to set out two circles, a place to arrange objects representing the five elements – air, fire, water, earth and ether (together, these five elements are known as the passage), and a place to arrange symbols around them. All of this is arranged on a table covered with a cotton cloth and a jute cloth, both of which have hardly been used before. This feels pure.
- The circles are made from two large sheets of gold-coloured paper.
- Fresh leaves have been picked from bushes in the garden for the circles, shortly before the actual ritual.

Inside or immediately around the circles

- 98 stones (92 stones representing the stages of Sandor's life (descent, time as a foetus, birth, 88 years of life – the last of which was not completed as he died in that year – and death) and, for one circle, 6 stones representing the letters of his name).
- 12 pieces of paper bearing the letters of the names Sandor and Sander
- The pieces of paper bearing the letters s-a-n-d-o-r are arranged around the right-hand circle. A stone is placed next to each letter.
- The pieces of paper with the letters s-a-n-d-e-r- are arranged around the left-hand circle. If a small stone lying next to a letter of the name 'Sandor' passes through the passage, it is then placed next to the corresponding letter of the name 'Sander'. S with S, A with A, N with N, D with D, O with E and R with R. Left and right are arbitrary; it could also be done differently.
- The 92 pebbles representing the 92 stages of Sandor's life lie within the circle bearing the name Sandor. Once a pebble representing a stage of life has passed through the passage, it is placed in the circle bearing the name Sander. But first, the six pebbles lying next to the letters of the name Sandor will pass through the passage. So when Sandor's first life segment passes through the passage, all six stones are already lying next to the letters of the name Sander.

Passage and use

- Palo santo, 2 pieces, shell, lighter. When purifying through the element of air, whilst reciting the text, hold the small stone by hand above the smouldering palo santo. Light the wood for each stone so that it gives off smoke.
- Candle and candle holder, small sieve to hold the stone above the flame. When purifying through the element of fire, whilst reciting the text, hold the stone in a small sieve above the flame.
- A bowl of water and crystal, cloth for drying, small sieve. The crystal is placed in the water shortly before the actual ritual. When purifying through the element of water, whilst reciting the text, the stone is placed in a sieve in the water. The stone is then removed from the water and briefly dried with a cloth.
- A bowl of earth and a crystal, a cloth for wiping, and a spoon. The crystal is placed on the earth shortly before the actual ritual begins. Using the spoon, a small hollow is made in the earth for each stone, into which the stone is placed, and the stone is then buried beneath the earth with the spoon. During purification by the element of earth, whilst reciting the text, the stone remains in the earth. Afterwards, the stone is removed from the earth and briefly wiped clean with a cloth.
- A bowl of sand, a leaf bearing the number 21 (the number of cosmic freedom) and a feather. For purification through the element of ether, the stone is placed

on the sand. A gentle stroking motion is made over the stone with the feather whilst it is being purified by the element of ether, whilst reciting the text.

Other items on the table

- 4 symbols representing guardians of the ritual space and the ritual, plus 4 pieces of paper labelled 'Guardian' to clarify what the symbols represent. The same applies to the other pieces of paper: this makes it clear what each one stands for. The guardians are placed at the 4 corners. The 4 dogs, the 4 candles and the 4 symbols for helpers and protectors are also evenly distributed around the ritual space, surrounding the circles.
- 4 symbols for helpers and protectors of the ritual + 4 slips of paper labelled 'Helpers and protectors'.
- 4 symbols for the 4 dogs + 4 slips of paper with their names: Eef, Bo, Tira and Max.
- 4 small candles with holders.
- Symbol for personal guides + piece of paper labelled 'Personal guides'.
- Symbol for assisting shamans + piece of paper labelled 'Shamanic assistance'.
- Symbol for Sandor's ancestors and piece of paper labelled 'Sandor's ancestors'.
- A symbol for all other energies and entities required to perform this ritual and a slip of paper labelled 'Unknown helping energies and entities'.
- A symbol for other attendees and those quietly involved + a slip of paper labelled 'Other attendees and others involved'.
- Dried sage and leftover pebbles have also been placed on the table.

Sounds for the ritual

- Items available at home: Tibetan bells, rattle, flute, singing bowl, drum. These are ready to be used to begin the ritual.

Noting materials

- A printout of the entire ritual and a pen. The texts are needed to recite the ritual words, and all the letters and life parts written down are needed to note, for each stone, which stone has been picked up. If this is not noted for each stone, things will get mixed up, and that is disastrous for the ritual. Should anyone ever make a mistake, they should go back to the moment when they are certain things were still going correctly, and start again from there. In that situation, this also means that extra stones must be placed in the circle bearing the name Sandor. That is not a problem. What is also of the utmost importance, especially if you are not doing this alone: the stones must pass through the passage in chronological order. That is an absolute must. So if a mistake is made here, or if you are in any doubt, you must go back to the point where you are certain it was still correct, and start again from there. It must be carried out precisely.

- A separate printout of the texts for use during the passage. This sheet of paper can be used throughout the ritual for the 98 stones.

All of this is set out the evening before the ritual.

Preparing the ritual space

The ritual space is prepared the evening before. Everything is in place except for the leaves, which are freshly picked the following morning and form the rim of both circles. Nor are the crystals placed in the water or on the earth the evening before. This is done just before the ritual begins.

During the time when the ritual space was set up but the ritual had not yet begun, five candles on a candlestick were lit, except at night. The candlestick was removed before the actual ritual began. A rose was placed in a small vase where the candlestick had stood.

On the morning of the ritual, I made sure I was ready to spend hours on it. I switched off the phone and the doorbell, and drew most of the living room curtains. I closed the windows as well. I placed the musical instruments near the ritual table. I set up a small table next to me on which all the texts were laid out, with a pen to note down every letter and every life part as it was picked up as a pebble. The four candles placed there were also lit. The unused piece of palo santo was burnt down to smouldering embers so that it would smoulder quickly during the ritual. The candle representing the element of fire in the passage was also lit.

Start of the ritual

The spoken texts are in normal typeface. The actions and explanations in between are in italics. I remain standing throughout the ritual.

The names of acquaintances mentioned have been replaced with 'shamanic assistance' in the website version.

Sounds

The drum, the rattle, the flute, the singing bowl and the Tibetan bells were used briefly. Immediately afterwards, the explanation began as noted.

Explanation

I, (name), am going to perform a ritual for Sandor here, where I am now, in my own home. The ritual is called: From Sandor to Sander. Sandor is the name he bore in the life he recently left behind. It was a difficult life. This ritual is intended to free him from the burden of that life, to lead him to a lighter existence. The new name he will be given is Sander. The name Sander is not burdened by the past that Sandor still carries with him. It is a new name for a new, happy life in which he feels free.

In this ritual, his life will undergo a cleansing process through the purifying and cleansing powers of the five elements of this planet Earth: air,

Touching the shell with the palo santo.

fire,

Touching the small candlestick with a burning candle.

water,

Touching the bowl with water.

earth

Touching the bowl with earth.

and ether.

Touching the bowl with sand.

In this ritual, this cleansing process is called the passage. This cleansing process takes place by dividing his life into small life-segments of years, whilst also including the life-segments relating to the descent of his soul, the time spent as a foetus, birth and death. Together with his 88 years of life – the last of which was not completed because he died in that year – this amounts to 92 life-segments.

By dividing his life into 92 segments, I hope that the forces of the five elements will have sufficient access to his entire life, so that Sandor, cleansed and purified of the burdens of his past, may continue to live as Sander. This division into 92 life segments is intended solely to ensure that, during the cleansing process through the passage, the forces of the elements can fully exert their influence across his entire life, so that all aspects of the baggage he still carries with him can be removed.

The help of all the energies and entities required to carry out this ritual and this cleansing for Sandor is also requested here, and I would now like to explicitly mention the help of shamans who are willing to assist with this and who are vital to its successful completion,

Touching the symbol for the shamans' help.

and, of course, Sandor's ancestors,

Touching the symbol for Sandor's ancestors.

and the dogs Eef,

Touching the symbol for the dog Eef.

Bo,

Touching the symbol for the dog Bo.

Tira

Touching the symbol for the dog Tira.

and Max.

Touching the symbol for the dog Max.

To represent his earthly life, 92 small stones are available, each of which will represent a part of Sandor's life. These 92 stones have been placed in the circle bearing the name Sandor.

Move your hand over the circle containing the stones.

Each stone will become the vessel for a part of Sandor's life. One by one, the stones will be passed through the passage of the five purifying forces of the five elements, just as Sandor's life has been. Once a stone has passed through the passage, it is placed in the new circle with the new name Sander.

Move your hand over the circle without stones.

Each letter of the name Sandor will also be assigned a stone; these too will pass through the passage and, once purified, reappear in the name Sander.

The S of Sandor.

Touching the stone representing the letter S.

The S stands for social in both names. In the S of Sandor, social is linked to a desire to be seen and personal insecurity. In the S of Sander, social stands for feeling at home with others and feeling connected to them.

The A of Sandor.

Touching the stone representing the letter A.

The A in Sandor stands for distance (in dutch: afstand). The A in Sander stands for Earth (in dutch: Aarde), a connection with the Earth.

The N in Sandor.

Touching the stone representing the letter N.

The N in Sandor stands for precision (in dutch: nauwkeurigheid), doing everything very precisely and thinking things through. The N in Sander stands for level-headedness (in dutch: nuchterheid), a much easier way of dealing with situations.

The D in Sandor.

Touching the stone representing the letter D.

In both names, the D stands for effectiveness (in dutch: doeltreffendheid), being able to achieve something well. In Sander, the D also stands for gratitude (in dutch: dankbaarheid).

The O in Sandor.

Touching the stone representing the letter O.

The O in Sandor becomes an E in the name Sander. In Sandor, the O stands for being unhappy (in dutch: ongelukkig zijn). In Sander, the E stands for honesty (in dutch: eerlijkheid) – being honest with oneself and others.

The R in Sandor.

Touching the stone representing the letter R.

In both names, the R stands for consultation (in dutch: ruggespraak). In Sandor, consultation is linked to thinking for oneself. The R in Sander also stands for consultation, but linked to discussing matters with others.

The passage is composed of the five elements:

air in the form of smouldering palo santo,

Touching the shell with the palo santo.

fire as fire,

Touching the small candlestick with a burning candle.

water as water,

Touching the bowl of water.

earth as earth

Touching the bowl of earth.

And ether as the atmosphere of the sand, with the number of cosmic freedom, 21, and the caressing movement of a feather to allow the ether to impart its energy to the stone.

Touching the bowl of sand.

All helpers and the four dogs are called upon

I ask the guardians for their help in watching over the ritual and all those involved on every level. Guardians, I ask you to be present here. A symbol representing your presence has been placed at the four corners.

Touching the four symbols for the guardians.

I ask for the help of the helpers and protectors of the ritual to guide and protect the ritual in its entirety. Helpers and protectors, I ask you to be present here. A symbol representing your presence has been placed in four locations.

Touching the four symbols for the helpers and protectors.

I ask for the help of my own guides to assist me in performing this ritual properly. Guides, I ask you to be present here. A symbol representing your presence has been placed.

Touching the symbol for the own guides.

I ask the shamans to help. You shamans who are willing to guide and assist with this ritual, I ask you to be present here. A symbol representing your presence has been placed.

Touching the symbol for shamanic assistance.

I ask Sandor's ancestors to help ensure that Sandor is present here immediately, and to support and guide him in every way through the process that follows. Sandor's ancestors, I ask you to be present here. A symbol of your presence has been placed.

Touching the symbol for Sandor's ancestors.

I ask all entities and energies necessary to perform this ritual to assist, and to free Sandor from the burdens of his past and lead him to a happy new life as Sander. Unknown helping energies and entities, I ask you to be present here. A symbol of your presence has been placed.

Touching the symbol for unknown helping energies and entities.

I ask the dogs Eef, Bo, Tira and Max to welcome Sandor shortly. Eef, Bo, Tira and Max, I ask you to be present here. It is wonderful that you are here, and I know that you will be a great support to Sandor. A symbol of your presence has been placed for each of you.

Touching the four symbols representing the four dogs whilst saying each dog's name.

I would like to welcome all the other attendees and those involved for being here today. I ask you to support and assist with the ritual through your loving attention and intention. A symbol representing your presence has been placed here.

Touching the symbol for the other attendees and those silently involved.

The stones representing the letters and the life parts are called upon

Circles: each of you has been given a name; one circle is Sandor's and the other is Sander's.

Circle named Sandor: stones have been placed beside the letters of your name, for the letters of the name Sandor will also be cleansed by the passage. Each stone represents a letter and will reappear in the name Sander. The S will remain an S,

Touching the stone representing the letter S.

The A remains an A,

Touching the stone representing the letter A.

The N remains an N,

Touching the stone representing the letter N.

The D remains a D,

Touching the stone representing the letter D.

The O becomes an E

Touching the stone representing the letter O.

And the R remains an R.

Touching the stone representing the letter R.

Circle named Sandor; within you lie the stones representing Sandor's 92 life parts.

Moving the hand over the 92 stones.

Sandor is called upon

Sandor, I ask you to be present here in this ritual, in which we are all working together to help you break free from a burdensome past. I ask you to open your life to this process. I offer you a passage through the purifying power of the five elements – air, fire, water, earth and ether – towards a new existence unburdened by the past, with the new name Sander. I ask you to take your place.

A brief silence, followed by the resumption of ritual sounds. The voice may also be used.

The powers of the five elements are called upon

I now ask the powers of the five elements – air, fire, water, earth and ether – to join in. Air, fire, water, earth and ether, be present here with your cleansing and purifying powers. Together, you form a passage. Sandor's entire life will pass through this passage. I ask you to purify his life of the burdens of the past. You, the elements of air, fire, water, earth and ether, can accomplish this together with the help and powers of all the entities and energies present.

I now call upon the powers of the five elements to stand ready:

May your purifying forces cleanse every letter of Sandor's name as it passes through you.

May your purifying powers cleanse every aspect of life that passes through you.

May the purifying power of the element of air heal and cure Sandor's life in body, soul and spirit.

Touching the shell with the palo santo.

May the purifying power of the element of fire heal and cure Sandor's life in body, soul and spirit.

Touching the candle holder with a burning candle.

May the purifying power of the element of water heal and cure Sandor's life in body, soul and spirit.

Touching the bowl of water.

May the purifying power of the element of earth heal and cure Sandor's life in body, soul and spirit.

Touching the bowl of earth.

May the purifying power of the element of ether heal and cure Sandor's life in body, soul and spirit.

Touching the bowl of sand.

Using the passage

I shall now guide the letters of the name Sandor through the passage.

The palo santo is lit so that it smoulders by holding the wood briefly in the flame.

Pick up the stone lying next to the letter S of Sandor and make a note of it on the paper.

Letter S, you are now passing through the passage.

Hold the stone in the smouldering smoke of the palo santo and recite the text:

May the element air purify you and restore you to your original happiness.

Place the stone in a sieve, hold it over the fire, and recite the following:

May the element fire purify you and restore you to your original happiness.

Place the stone in a sieve, place it in the water, and recite the following:

May the element water purify you and restore you to your original happiness.

Dry the stone briefly, use the spoon to make a small hollow in the earth, place the stone in it, cover the stone with earth, and recite the following:

May the element earth purify you and restore you to your original happiness.

Wipe the stone briefly, place it on the sand, pick up the feather and make gentle stroking movements over the stone with it, and recite the following:

May the element ether purify you and restore you to your original happiness.

Place the stone next to the letter S of the name Sander in the other circle.

Take a quick look at the ritual table to check that everything is in order and calm.

Pick up the stone lying next to the letter A of Sandor and make a note of it on the paper.

Letter A, you are now going through the passage.

Hold the stone in the smouldering smoke of the palo santo ... and so on, right up to the ether, performing the movements and reciting the texts.

Place the stone next to the letter A of the name Sander by the other circle. Cast a quick glance at the ritual table to check that everything is in order and calm. Pick up the stone lying next to the letter N of Sandor and make a note of it on the paper.

(This is repeated exactly the same way, time and time again, for all 6 stones of the name and all 92 stones of Sandor's life aspects.)

Letter N, you are now passing through the passage. May ...

(The stone for the letter N travels via the passage to the N in Sander.)

Letter D, you are now passing through the passage. May ...

(The stone for the letter D travels via the passage to the D in Sander.)

Letter O, you are now passing through the passage. May ...

(The stone representing the letter O travels through the passage to the E in Sander.)

Letter R, you are now passing through the passage. May ...

(The stone representing the letter R travels through the passage to the R in Sander.)

I shall now guide Sandor's 88 years of life, the descent of his soul, his time as a foetus, and his passing through the passage.

(All the stones representing the stages of life are placed within the circle bearing the name Sander after they have each passed through the passage.)

Descent of Sandor's soul, you are now passing through the passage. May...

Foetus, you are now passing through the passage. May...

Birth, you are now passing through the passage. May...

First year of life, you are now passing through the passage. May...

Second year of life, you are now passing through the passage. May...

Third year of life, you are now passing through the passage. May...

4th year of life, you are now passing through the passage. May...

5th year of life, you are now passing through the passage. May...

6th year of life, you are now passing through the passage. May...

7th year of life, you are now passing through the passage. May...

8th year of life, you are now passing through the passage. May...

9th year of life, you are now passing through the passage. May...

10th year of life, you are now passing through the passage. May...

11th year of life, you are now passing through the passage. May...

12th year of life, you are now passing through the passage. May...

13th year of life, you are now passing through the passage. May...

14th year of life, you are now passing through the passage. May...

15th year of life, you are now passing through the passage. May...

16th year of life, you are now passing through the passage. May...

17th year of life, you are now passing through the passage. May...

18th year of life, you are now passing through the passage. May...

[illegible]

[illegible]

81th year of life, you are now passing through the passage. May...

82th year of life, you are now passing through the passage. May...

83th year of life, you are now passing through the passage. May...

84th year of life, you are now passing through the passage. May...

85th year of life, you are now passing through the passage. May...

86th year of life, you are now passing through the passage. May...

87th year of life, you are now passing through the passage. May...

88th year of life, you are now passing through the passage. May...

All aspects of life have gone through the passage, have come together as one again, and collectively bear the name Sander, which symbolises a new era of happiness, courage and togetherness with others.

Closing

Sounds

Closing sounds using a rattle (brief), drum (brief), flute, singing bowl and Tibetan bells.

Thanks

The ritual is now complete. I am deeply grateful for all the help provided during this process. First and foremost, I thank the five elements—air, fire, water, earth and ether—for their purifying and cleansing effect on Sander's entire life.

Purifying power of the element air, thank you.

Touching the shell with the palo santo.

Purifying power of the element fire, thank you.

Touching the candle holder with a burning candle.

Purifying power of the element water, thank you..

Touching the bowl of water.

Purifying power of the element earth, thank you

Touching the bowl of earth.

Purifying power of the element ether, thank you.

Touching the bowl of sand.

I thank Sander's ancestors for their help and dedication.

Touching the symbol for Sander's ancestors.

I thank the dogs Eef, Bo, Tira and Max for their help and dedication.

Eef, thank you.

Touching the symbol for Eef.

Bo, thank you.

Touching the symbol for Bo.

Tira, thank you.

Touching the symbol for Tira.

Max, thank you.

Touching the symbol for Max.

I thank the guardians for their help and dedication.

Touching the four symbols for the guardians.

I thank the helpers and protectors of the ritual for their help and dedication.

Touching the four symbols for the helpers and protectors.

I thank the shamans for their help and dedication.

Touching the symbol for the shamans' assistance.

I thank the unknown helping energies and entities for their help and dedication.

Touching the symbol for the unknown helping energies and entities.

I thank my own guides for their help and dedication.

Touching the symbol for the own guides.

I thank all other attendees and those involved for their help and dedication.

Touching the symbol for the other attendees and those involved behind the scenes.

I thank Sander for his openness and courage in following in the footsteps of his ancestors, for being here and for embarking on this process.

Releasing the stones and the heart connection

Finally, I release all the stones from their task. Stones representing the different parts of Sander's life and stones representing the letters of Sander's name, you are now simply stones once more. Thank you very much for representing these aspects and for making this ritual possible. Thank you so much.

Finally, I make the heart connection for all of us.

Concluding with the heart connection. Right arm outstretched and pointing slightly diagonally forwards towards the ground. Left hand on the heart area. For a few minutes, make a calm sound or sounds with your voice. If you are not alone: place your left hand on the other person's heart area. If there are more than two of you, this creates a circle. The right arm remains in the same position, as do the

sounds. Everyone makes their own sounds; these do not need to be in tune with one another.

The heart connection is a powerful technique that connects, deepens, heals, comforts, brings peace, and gives strength.... A crop circle being taught this technique to Ferry and Margrete (see 'References' on the website).

A photograph of the arrangement may be taken.

Passage text with actions

Ensure the palo santo smoulders by holding the wood briefly over the flame.

Take the stone ... (name the letter or the specific aspect of life) and make a note of it on the paper.

.... (name the letter or the aspect of life), you are now going through the passage.

Hold the stone in the smouldering smoke of the palo santo and recite the text:

May the element air purify you and restore you to your original happiness.

Place the stone in a sieve, hold it over the fire, and recite the text:

May the element fire purify you and restore you to your original happiness.

Place the stone in a sieve, place the sieve in the water, and recite the text:

May the element water purify you and restore you to your original happiness.

Dry the stone briefly, use the spoon to make a small hollow in the earth, place the stone inside, cover the stone with earth, and recite the text:

May the element earth purify you and restore you to your original happiness.

Wipe the stone briefly, place it on the sand, take the feather and make gentle, caressing movements over the stone, and recite the text:

May the element ether purify you and restore you to your original happiness.

Place the stone in the correct spot (as a letter next to the correct letter and as a part of life within the Sander circle).

Take a quick look at the ritual table to check that everything is in order and calm.

Passage text without actions

.... (name the letter or the aspect of life),
you are now going through the passage.

May the element air purify you
and restore you to your original happiness.

May the element fire purify you
and restore you to your original happiness.

May the element water purify you
and restore you to your original happiness.

May the element earth purify you
and restore you to your original happiness.

May the element ether purify you
and restore you to your original happiness.