

Ritual 'Getting closer to the reality of your soul'

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Materials

The Wheel of the four wind directions and the symbols for the qualities and the soul

- Each of the four wind directions is assigned a colour commonly associated with it: North is white, East is yellow, South is red and West is black. Sheets of paper in these colours are laid out on the floor. Sheets of paper bearing the names of the wind directions are also placed alongside them.
- In the centre of this, a round, gold-coloured sheet of paper is placed for the souls of those for whom the ritual is intended, in particular Sonja.
- On the morning of the ritual, fresh leaves are placed on this gold-coloured sheet.
- Forty symbols are arranged on a low table. Next to each symbol is a piece of paper indicating which quality that symbol represents.
- The 40 symbols are placed around and on top of the sheets of paper as the qualities are offered.
- There is space between the table with the 40 symbols and the Wheel of the four directions to walk in rounds, even once the symbols have been placed.

Other objects around the large circle

- 4 symbols for the protectors and guardians of the entire ritual + a slip of paper reading 'Protectors and guardians of the entire ritual'.
- 2 symbols for 2 dogs from Sonja's Earth life + 2 slips of paper with their names, Rondo and Trea.
- Symbol for acquaintances and loved ones from Earth lives + a piece of paper labelled 'Acquaintances and loved ones from Earth lives'

- 2 small candles with holders.
- Symbol for personal guides + a piece of paper labelled 'Personal guides'.
- Symbol for assisting shamans + a piece of paper labelled 'Assisting shamans'.
- A symbol for Sonja's ancestors and all others taking part + a piece of paper labelled 'Ancestors'.
- A symbol for others undergoing the ritual + a piece of paper labelled 'Others taking part in the ritual'.
- Symbol for all other energies and entities required to perform this ritual and a piece of paper labelled 'Unknown assisting energies and entities'.
- Symbol for other attendees and those silently involved + a piece of paper labelled 'Other attendees and those involved'.
- Dried sage in various places.

Sounds for the ritual

- Rattle, flute, drum. These are laid out ready to begin the ritual.

Notetaking materials

- Tablet for the file containing texts and instructions.

Creating the ritual space

1. Energetic cleansing of the entire space using palo santo and sage, scents, sounds and candles.
2. Arranging the objects.
3. Invoking guardians and protectors.

Text:

Today, I, (name), am calling upon guardians and protectors to watch over and protect the ritual space I have created in my home. I ask guardians and protectors to watch over and protect this ritual space and this entire house in connection with the ritual I shall perform tomorrow, for which this ritual space has been created. I shall perform this ritual for all those who feel that it may help them, particularly for Sonja. The four wind directions – East, South, West and North – will undertake the main ritual work.

Guardians and protectors, I ask for your help, your watchfulness and protection from this moment onwards for the ritual space, for this house, and for all those involved. I shall ask and invite you again tomorrow at the start of the ritual. I ask for your protection against

influences, beings and forces, great and small, which do not belong here or which might have a detrimental effect in any way whatsoever on the space, the ritual and those present.

I, too, will purify and support the ritual space with my attention, with herbs, with candles, with scents and smoke.

4. Purify the space energetically from time to time until the ritual begins. This may also include a night's interval.

Start of the ritual

The text to be read aloud is in normal typeface; the actions are in italics.

Opening

Light the candles.

Chant 'Ohm' three times, holding each sound for a long time.

Walk slowly round a few times, rattling.

Walk slowly round a few times, drumming.

Walk slowly round a few times, whistling

Introduction and purpose

Walk slowly round a few times, speaking the text below.

Today, I, (name), shall hold a ritual in my home for all those who are drawn to the ritual 'Getting Closer to the reality of your soul', and who feel that this ritual may be of help to them in their lives on Earth, the lives that have been and those yet to come. I would like to mention Sonja in particular. Sonja passed into the realms not long ago. She asked me to perform a ritual for her whilst she was already in the realms, once she knew that this was possible. Today's ritual, 'Getting closer to the reality of your soul', has been created especially for her. However, many others will also join in order to absorb the effects of this ritual within themselves.

To make this ritual possible, I call upon the four wind directions: East, South, West and North. The four wind directions—East, South, West and North—guide the soul's path through its many incarnations on Earth. They do this both as forces of nature and as higher beings who guide and inspire us.

The East, the South, the West and the North represent the great forces upon which the Wheel of the four wind directions is based. In this ritual, the Wheel of the four wind directions is set in motion like a Buddhist wheel, and it is propelled by the workings, forces and inspirations from the East, South, West and North.

The East is symbolised by the colour yellow.

Point to the paper of this colour.

The South is symbolised by the colour red.

Point to the paper of this colour.

The West is symbolised by the colour black.

Point to the paper of this colour.

And the North is symbolised by the colour white.

Point to the paper of this colour.

These colours are arranged in a circle in the direction of their respective wind direction:
The East faces east.

Point to this wind direction.

The South faces south.

Point to this wind direction.

The West faces west.

Point to this wind direction.

And the North faces north.

Point to this wind direction.

Together, these colours form the Wheel of the four wind directions.

At the centre of the Wheel's axis, the colour gold has been placed as a symbol of Sonja's soul, Sonja's place in this ritual.

Point to the paper of this colour.

The other participants in this ritual are represented by a symbol.

Point to the symbol representing others for whom this ritual may be of help.

The qualities will also be offered at the centre of the Wheel of the four wind directions for their core essence and soul.

For each wind direction, three sets of three rounds will be performed around the Wheel of the four wind directions. Each round relates to one or more aspects of a wind direction. From each aspect of a wind direction, an experience or a part of the life path may be illuminated for all those taking part, and find its place within the greater whole of their existence.

Furthermore, for each wind direction, after three rounds, three qualities will be offered to the core of being, the soul of those taking part, so that, strengthened and supported by these forces and qualities, they may, through this ritual, continue on their life's path with new insights, new courage, new love and new confidence.

These qualities are symbolised by objects, which will be offered to their souls by placing these qualities, in the form of symbols, in or near the colour gold on the axis of the Wheel.

To make this ritual possible, and to guide, support, safeguard and protect it, other entities, beings and forces will also be required. These will be invited to the ritual.

I shall now express the intention for this ritual.

May the entire life story of Sonja and of all those taking part be incorporated into the movements of the rounds. May their entire life stories, with all the experiences they have gained on Earth and in between lives, find a place within the rounds so that they may find rest and peace. To this end, may their entire life stories be illuminated within the rounds that are made, circling round the axis of the Wheel. May the many incarnations they have already experienced, in the light of their soul, in the light of their core being, and in the light of the qualities and influences of the four wind directions, may all their many incarnations joyfully and humbly join the great path of self-realisation upon which they are journeying.

But may, above all, the great forces of the East, South, West and North grant them wings of light on their future life's journey, wherever this may take them, into times far ahead.

May this ritual make their life's path gentler, lighter, happier and easier. May this ritual ensure that their gaze remains fixed on their own centre, on their soul, on themselves as a divine spark, even during times of incarnation and earthly lives.

May the light of their soul and the core of their being always guide them and reach them in the choices they make, in the love they feel in their hearts, in the love they bestow upon people, upon everything and everyone. And may their souls draw them towards themselves in a joyful and glad ascent towards an ever fuller life, fulfilling and faithful.

May all who wish to benefit from this ritual feel supported, strengthened and guided by the workings, powers and qualities of the four wind directions, and may they attain true insight and love.

Welcome and invitations

The text below is spoken while standing still.

I shall now invite and welcome all those who can help to make this ritual and its purpose possible.

Ancestors of Sonja and ancestors of all those taking part, welcome. You are invited to be present here at this ritual for Sonja and all the others taking part, to stand by them, to help them open themselves up to this, and to absorb all the good and supportive qualities of the four wind directions. Ancestors, welcome. I thank you for your presence.

Point to the symbol representing the participants' ancestors.

I also welcome the dogs, Rondo and Trea. You too are invited. Your presence brings joy to our hearts. May you help Sonja in this ritual to embrace all her lives with joy and look forward to her new future with confidence.

Rondo, welcome. I thank you for your presence.

Point to the symbol representing Rondo.

Trea, welcome. I thank you for your presence.

Point to the symbol representing Trea.

For the performance of this ritual, I ask the shamans who wish to be here for all the help required in every respect, to support this work for Sonja and many others and to help make it possible. Shamans, welcome. I thank you for your presence.

Point to the symbol for assisting shamans.

I ask my own guides to help me in creating and carrying out this ritual. Guides, welcome. I thank you for your presence.

Point to the symbol for my own guides.

I hereby ask those present who, from the participants' own Earth lives, are needed to help clarify their life path for themselves, drawing on the workings, gifts and qualities of the four wind directions – East, South, West and North – to be here. Welcome to all of you present from the Earth lives. I thank you for your presence.

Point to the symbol representing the necessary acquaintances or loved ones from Earth lives whose help may be of importance.

I would like to ask the guardians and protectors once again to watch over and protect everything surrounding and within this ritual on all levels – physically on Earth, as well as astrally and spiritually. I would also like to ask the guardians and protectors to watch over and protect all those who are positively involved in this ritual. Guardians and protectors, those of you who were already present and those of you who are joining us now, welcome. I thank you for your presence.

Point to the four symbols representing the guardians and protectors.

I ask all energies and entities necessary for the successful execution and effectiveness of this ritual to apply their loving powers and gifts to this end. Helping energies and entities, welcome. I thank you for your presence.

Point to the symbol for the unknown helping energies and entities.

I would also like to ask the four wind directions – East, South, West and North – to be present here. Four wind directions, four great forces upon Earth, you exalted beings of divine essence

and origin, I ask you to offer your assistance on the life path of all those for whom this ritual may be of help today, particularly Sonja's. I would ask you to reinforce, with your inspiring breath of life, the qualities mentioned in this ritual during the rounds, and those qualities offered to the essence of Sonja's being and to the essence of all the other participants. I would ask you to supplement these qualities and gifts with those powers, influences and qualities which, being the four wind directions, reside in you and have not been named. O East, South, West and North, will you breathe all your powers, qualities and influences into them all, so that you may always accompany them and always stand by them? May they use the wisdom and love they thus gather for the benefit of all life, all beings and all that exists with which they come into contact. And may happiness fill them forever.

East, welcome. I thank you for your presence.

Point to the yellow paper.

South, welcome. I thank you for your presence.

Point to the red paper.

West, welcome. I thank you for your presence.

Point to the black paper.

North, welcome. I thank you for your presence.

Point to the white paper.

The time of strife and struggle is over.

Finally, I ask Sonja and all the other participants to join us.

Point to the gold-coloured paper.

Point to the symbol representing the others for whom this ritual may be of help.

All of you who are about to undergo this ritual, especially Sonja, welcome. I thank you for being here. We have all gathered here for you to illuminate your life's path together and to bring you closer to the reality of your soul. We hope that we may do this for all your lives – the lives you have already lived, and the lives you are yet to live.

The great forces of the four wind directions are asked to guide you, wherever you may go or stand, but above all to breathe their qualities into you now, in this ritual – qualities that illuminate your life's path, so that you may always make the choices that bring you closer to the reality of your soul.

To support you in this ritual, your ancestors have also been expressly invited – for Sonja, in particular, the dogs Trea and Rondo – as well as those from your own earthly lives who are needed to help clarify your life path through the workings, gifts and qualities of the four wind directions: East, South, West and North.

Participants, welcome; I thank you for your presence.

Point to the gold-coloured paper.

Point to the symbol for the others for whom this ritual may be of help.

Finally, I welcome other silent participants and those present. Welcome.

Point to the symbol for other silent participants and those present.

The Wheel in Motion

The text below is spoken whilst standing still.

Let us prepare to set the Wheel in motion. We shall prepare by making sounds. Let us colour the space that is created within us and around us in this way with the light of our gratitude, our trust and our surrender to the four wind directions: East, South, West and North.

Walk slowly round a few times whilst rattling.

Walk slowly round a few times whilst drumming.

Walk slowly round a few times whilst whistling.

The text below is spoken whilst standing still.

East, South, West and North, rejoice that your influences and gifts once again enlighten people's souls, assist them and guide them in their lives on Earth—those yet to come and those that have passed. May you breathe your influences and qualities into the spheres and apply them to the spirits who are open to you and who seek your help.

We shall begin the rounds. The Wheel of the four wind directions shall begin to turn.

I shall make three rounds for each wind direction and accompany each round with a text that embodies influences and powers of that wind direction. These rounds are intended to inspire the souls of all who take part, to help them integrate all their lives.

After three rounds, three qualities of each wind direction will also be offered to the soul.

This sequence of rounds and qualities will be performed three times, each time with new rounds and qualities.

In between, there will always be time set aside for integration. This time will be accompanied by sounds. During the rounds of a wind direction, the drum will be used for this purpose; when presenting the qualities of a wind direction, the flute will be used to create space for integration.

I shall begin with the South.

Walk a round slowly, drumming.

A Three rounds from the south

Walk a round slowly, reading the texts for the rounds.

Three rounds from the south!

1. Full of enthusiasm, you embark on a new path in life, filled with surprises, strokes of luck and setbacks. Anchor your choices deep within yourself, because you won't always see them as clearly as you did at the start. Perhaps you knew from the outset that this wouldn't be fulfilling for you; perhaps you'll realise it quickly, perhaps only gradually. The path of the South also involves hard work, falling into a routine and carrying on regardless.

Walk a round slowly, drumming.

2. Fire gives you the strength to go on. But often you find no counterfire. You want to, but otherwise it almost feels like the North. That is because the Earth is becoming empty. You are still going, but no longer know where to. It feels aimless. Look then deep into the heart of your soul and stay focused on the rays emanating from your centre. Deep down, you know whether this way, this path, is yours now. I'm not saying 'belongs to you', because perhaps it doesn't feel that way. But it is your path now.

Walk a round slowly, drumming.

3. Fire also means that sometimes you become completely fired up about something, almost intoxicated compared to how you used to be and how you used to view things. As if you've found the solution to all your problems. You can become so absorbed in it that you forget your own boundaries and those of others. Stay firmly focused on the main path you're following. It's lovely that such moments and events occur in your life, but don't treat them as the yardstick for everything else. These, too, are merely part of the path you're on – nothing more.

Walk a round slowly, drumming.

Offering the qualities of the South to the soul

When reading the texts on the qualities, stand still.

Three qualities of the South!

I offer the quality of 'building up' from the South to the soul of Sonja and to all who wish to receive it.

*The quality is offered to the soul in the form of a symbol.
Walk a round slowly, whistling.*

I offer the quality of 'vitality' from the South to Sonja's soul and to all who wish to receive it.

*The quality is offered to the soul in the form of a symbol.
Walk a round slowly, whistling.*

I offer the quality of 'enthusiasm' from the South to Sonja's soul and to all who wish to receive it.

*The quality is offered to the soul in the form of a symbol.
Walk a round slowly, whistling.*

A Three rounds from the West

Walk a round slowly, reading the texts for the rounds.

Three rounds from the West!

1. Whichever path you have taken in the South, there comes a time to let go. Remember that bad times may be even harder to let go of than good times. That is why you immerse yourself completely in water. Everything you carry with you, you submerge. You also submerge yourself completely. Water harbours within it the germinative power of new life. Water offers comfort as you let go. Water helps you to let go.

Walk a round slowly, drumming.

2. Water holds all the information it finds within you; it absorbs it. Therefore, keep renewing the water. Keep going through new immersions of letting go, time and again. Don't be too quick to think you're already done with it and can move on again. Letting go is a journey in itself that takes a long time, just as long as the building work in the south. You soak yourself in it for so long that at some point you're no longer quite sure who you are or what you've done. It's as if your whole existence has become one of soaking and letting go.

Walk a round slowly, drumming.

3. Much disappears. When it disappears, it means it is no longer needed in your existence. You yourself fade away a little along with it. Only those who can leave the old behind can slowly begin to open themselves up to something new. Therefore, come to terms with fading away and letting go. The West possesses the same power as the energy of creation. It is not an opposite. It is part of it. It fully obeys the cosmic laws of appearing and disappearing, of existence and non-existence. If you can experience this movement, you unite with significant creative forces.

Walk a round slowly, drumming.

Offering the qualities of the West to the soul

When reading the texts on the qualities, stand still.

Three qualities of the West!

I offer the quality of 'detachment' from the West to the soul of Sonja and to all who wish to receive it.

The quality is offered to the soul in the form of a symbol.

Walk a round slowly, whistling.

I offer the quality of 'detachment' from the West to Sonja's soul and to all who wish to receive it.

The quality is offered to the soul in the form of a symbol.

Walk a round slowly, whistling.

I offer the quality of 'renunciation' from the West to Sonja's soul and to all who wish to receive it.

The quality is offered to the soul in the form of a symbol.

Walk a round slowly, whistling.

A Three rounds from the North

Walk a round slowly, reading the texts for the rounds.

Three circuits from the North!

1. The Earth curls inwards and it becomes very still. The time of the great waiting has arrived. Everything that was once important loses its lustre here. The 'why' of things is no longer understood. It is empty. You stand empty-handed and are entirely left to your own devices. There is no movement, no excuse, no reason. You are just as everything around you is. You look around and see that everything is simply existing.

Walk a round slowly, drumming.

2. The path of life seems to come to an end here. But that is merely an illusion. Existence here is different from that in the other wind directions. Whilst there existence came to life or to an end, here it stands naked. It is not coming into being, not growing, not moving, not passing away. Can you cope with this silence? In this emptiness, your heart is retuned to the great cosmic vibrations that sustain and allow everything to exist. Make sure you remain firmly grounded.

The Earth carries you through this.

Walk a round slowly, drumming.

3. The path is so vast that it loses all sense of direction. The whole Earth is part of this and is in the same state of existence at this moment. This may give you a sense of aimlessness, of meaninglessness, of not being heard and, as a human being, of not being able to fulfil your potential. But here, nothing has to happen. Here, nothing is going to happen. It is a time for indifference, without expectation. In this emptiness, you know that you have no control over anything, not even your own existence.

Walk a round slowly, drumming.

Offering the qualities of the North to the soul

When reading the texts on the qualities, stand still.

Three qualities of the North!

I offer the quality ‘empty’ of the North to Sonja’s soul and to all who wish to receive it.

The quality is offered to the soul in the form of a symbol.

Walk a round slowly, whistling.

I offer the quality ‘still’ of the North to Sonja’s soul and to all who wish to receive it.

The quality is offered to the soul in the form of a symbol.

Walk a round slowly, whistling.

I offer the quality ‘indifferent’ of the North to Sonja’s soul and to all who wish to receive it.

The quality is offered to the soul in the form of a symbol.

Walk a round slowly, whistling.

A Three rounds from the East

Walk a round slowly, reading the texts for the rounds.

Three rounds from the East!

1. When you have become so vast and expansive that you no longer have control yourself, the first insights come to you like gusts of wind out of nowhere. Plucked from the air, just like

that, suddenly. When you then look ahead, things fall into place. You grasp the nature of existence. That gives you a sense of lightness.
The sky clears. You want to chase after the clouds of these new insights. You see them high in the sky. You want to get that far too.

Walk a round slowly, drumming.

2. A new understanding of life gives you the courage to view everything happening within you and around you in a new light, from new heights. ‘Wisdom’ is a word that fits here. Wisdom comes from the East. But it is still as elusive as the sky. You feel that you can start afresh. You may have thought you were already there before. No, you know for certain now: you weren’t there yet. A great longing to go further wells up within you.

Walk a round slowly, drumming.

3. When you look around you, you understand so much more. You thought everything was trapped in the same sort of existence as the one you were leading. Now you see that everything is smiling at you: ‘We’ve been here for ages. It’s lovely that you’re here now too.’ You wonder if this is really real. Can it be true? Like a coat that’s still too big for you, these new insights hang around you. They don’t fit quite right yet. Every now and then, you stand there looking at them in amazement. “Is this me?”

Walk a round slowly, drumming.

Offering the qualities of the East to the soul

When reading the texts on the qualities, stand still.

Three qualities of the East!

I offer the quality of ‘light’ from the East to Sonja’s soul and to all who wish to receive it.

The quality is offered to the soul in the form of a symbol.

Walk a round slowly, whistling.

I offer the quality of ‘new’ from the East to Sonja’s soul and to all who wish to receive it.

The quality is offered to the soul in the form of a symbol.

Walk a round slowly, whistling.

I offer the quality of 'insight' from the East to Sonja's soul and to all who wish to receive it.

The quality is offered to the soul in the form of a symbol.

Walk a round slowly, whistling.

B Three rounds from the South

Walk a round slowly, reading the texts for the rounds.

Three rounds from the South!

1. You take up your task again and know that what you do is important. You reflect more on what you're doing. You think it through. You check carefully once more to see if everything is as it should be. Somewhere deep down, you begin to sense that things could actually be quite different from how they are now, but you don't yet know exactly how or what. The rigidity of existence makes itself felt once more.

There's work to be done, food to be eaten, sleep to be had. How can you find a place for your longing within this existence?

Walk a round slowly, drumming.

2. You'd like to go further than you can at the moment. But you seem to be the only one asking this question. Your desire to find a place for your insights within existence isn't recognised. "Just go with the flow, don't overthink things, do this and that." Everything seems to be set in stone. But that's not how you want it anymore. You want to be connected to things and to life from within. You're getting used to making space for your own questions and listening to yourself.

Walk a round slowly, drumming.

3. Meanwhile, you carry on with the tasks you've taken on. You're gradually becoming more aware that what you do is part of a bigger picture. That gives you greater acceptance of the fact that not everything works out quite as you'd actually have liked, and that sometimes you don't get any further than you'd have liked to go. That broader context of what you're achieving and the sense of connection with what others are doing – that's a lovely feeling that the South gives you.

Walk a round slowly, drumming.

Offering the qualities of the South to the soul

When reading the texts on the qualities, stand still.

Three qualities of the South!

I offer the quality of ‘task-oriented’ from the South to Sonja’s soul and to all who wish to receive it.

The quality is offered to the soul in the form of a symbol.

Walk a round slowly, whistling.

I offer the quality of ‘moving forward’ from the South to Sonja’s soul and to all who wish to receive it.

The quality is offered to the soul in the form of a symbol.

Walk a round slowly, whistling.

I offer the quality of ‘loyalty’ from the South to Sonja’s soul and to all who wish to receive it.

The quality is offered to the soul in the form of a symbol.

Walk a round slowly, whistling.

B Three rounds from the West

Walk a round slowly, reading the texts for the rounds.

Three rounds from the West!

1. Many expectations have not been fulfilled. Disappointments, things that didn’t work out, that never came to pass. Here, you allow yourself to feel your anger, your emotions. Everything you didn’t have time for before can surface here. The flashbacks hit you hard at first. It feels as though you’re reliving everything here. Good times, bad times. Then the

rumination on those memories begins. Your experiences find a place before you can let them go.

Walk a round slowly, drumming.

2. Once you realise this, you take another big plunge into the water. Just let it all go. You feel that you're not dependent on it, however much you might have wanted to hold on to certain things. What's more difficult is letting go of all those disappointments that have started to gnaw away at you.

The most important thing is to separate your true self from it all. It isn't you. It says nothing about who you are. That's why you can let everything go. It isn't you.

Walk a round slowly, drumming.

3. To let go even more, complete surrender is needed to break free from the constant pain. You commit to making letting go your life's work. Everything can be let go of at any moment. That realisation sinks deeper and deeper into you. Partly because everything follows its own path anyway and cannot be held onto. Here, you learn to look upon this with love as it fades away, whether quickly or very slowly. Sometimes you cannot imagine just how long the process of passing away can actually take.

Walk a round slowly, drumming

Offering the qualities of the West to the soul

When reading the texts on the qualities, stand still.

Three qualities of the West!

I offer the quality of 'processing' from the West to the soul of Sonja and to all who wish to receive it.

The quality is offered to the soul in the form of a symbol.

Walk a round slowly, whistling.

I offer the quality of 'breaking down' from the West to Sonja's soul and to all who wish to receive it.

*The quality is offered to the soul in the form of a symbol.
Walk a round slowly, whistling.*

I offer the quality of 'fading away' from the West to Sonja's soul and to all who wish to receive it.

*The quality is offered to the soul in the form of a symbol.
Walk a round slowly, whistling.*

B Three rounds from the North

Walk a round slowly, reading the texts for the rounds.

Three rounds from the North!

1. The emptiness you enter feels almost like a moment of relief, so much have you longed for acceptance.

The front and the back, the beginning and the end have vanished here. This is a void that speaks not a word, that refuses to awaken. For a moment, there is absolutely nothing; you simply shrug your shoulders at it. Why not? It's fine as it is. As if you're standing with only one foot in life. What was all the fuss about? It's not here.

Walk a round slowly, drumming.

2. The endless expanse of the universe and existence makes itself felt. What on earth are you doing here? Why do you exist at all? This question begins to gnaw at you. Can you go mad from dwelling on nothing? The rhythm of the days seems to be the only sign of life you're given. You're not quite sure what this is doing to you. You try not to let it make you feel insecure, but in truth you've forgotten who you are.

Walk a round slowly, drumming.

3. You're starting to get used to the fact that you no longer have any answers. As a consolation, you sometimes still offer them to others, but in truth, life no longer interests you. Not that you're not at peace with it. That's precisely the point: you're learning to exist without questions. You perceive, see, hear sounds, feel, think, walk and stand. You've done this a hundred thousand times already. You could live with your eyes closed. No real turmoil takes place.

Walk a round slowly, drumming.

Offering the qualities of the North to the soul

When reading the texts on the qualities, stand still.

Three qualities of the North!

I offer the quality ‘enlightened’ of the North to Sonja’s soul and to all who wish to receive it.

The quality is offered to the soul in the form of a symbol.

Walk a round slowly, whistling.

I offer the quality ‘vast’ of the North to Sonja’s soul and to all who wish to receive it.

The quality is offered to the soul in the form of a symbol.

Walk a round slowly, whistling.

I offer the quality ‘peaceful’ of the North to the soul of Sonja and to all who wish to receive it.

The quality is offered to the soul in the form of a symbol.

Walk a round slowly, whistling.

B Three rounds from the East

Walk a round slowly, reading the texts for the rounds.

Three rounds from the East!

1. The soft red of a rising sun washes over you like a warm glow. Its love, its playfulness, vast and filling the horizon. A new existence seems possible once more. The day stirs you. Life calls out: “I want something with you, I want something from you, give me and embrace me, bring me home, help me ...” And you go. Deep down, you feel that you are needed and that you have something to give that is eagerly awaited. You say: “I’m coming.”

Walk a round slowly, drumming.

2. Like mist, the first stirrings of intention begin to awaken you. “Is it really true? Wasn’t I just dreaming that?” Your thoughts are stirred. You lie awake again at night. You don’t yet know what you want, but something is coming. You feel its gentleness, its tenderness, still unborn, yet very much alive. You’re the only one who can see it. It’s almost impossible to talk about it yet. But people still react positively to you. You receive encouragement, though you don’t quite understand why yet.

Walk a round slowly, drumming.

3. The contours of goals, as pure as gold, are slowly becoming visible. Something so beautiful can only come from within. It makes you happy. It gives you a sense of lightness. You know that everything matters. You don’t understand it, but you do feel it. You don’t need to explain anything. It’s beautiful. It’s good. It’s new. So much is happening, so much light is shining. Others might not see it. You know it. You’re in touch with it. Your heart speaks.

Walk a round slowly, drumming.

Offering the qualities of the East to the soul

When reading the texts on the qualities, stand still.

Three qualities of the East!

I offer the quality ‘stimulation’ of the East to the soul of Sonja and to all who wish to receive it.

The quality is offered to the soul in the form of a symbol.

Walk a round slowly, whistling.

I offer the quality ‘intention’ of the East to the soul of Sonja and to all who wish to receive it.

The quality is offered to the soul in the form of a symbol.

Walk a round slowly, whistling.

I offer the quality of ‘purpose’ from the East to Sonja’s soul and to all who wish to receive it.

*The quality is offered to the soul in the form of a symbol.
Walk a round slowly, whistling.*

C Three rounds from the South

Walk a round slowly, reading the texts for the rounds.

Three rounds from the South!

1. When you take your first steps on the journey of real life to bring your feelings into it, you'll be surprised by the reality you find yourself in. "Is this really right?" You wonder whether what you're doing now is in tune with what you feel. "Is this really what I want?" That takes quite a long time. Then you become so intertwined with this reality that the question disappears.

Walk a round slowly, drumming.

2. You learn simply to carry on. At some point, it happens naturally. The wisdom of the south is perseverance: keep going and carry on. This shapes you; you can feel it now. You're becoming someone, you are someone, you're forming memories. You have dreams that come true. Yes, it'll work out. Well done, really. Pride enriches you with real-life experiences. You've become a person of practical experience. You can handle it.

Walk a round slowly, drumming.

3. It's still tricky when things don't turn out quite as you'd like. When you've done your best and it doesn't really go the way you'd hoped. But that's all part of it. You've heard so many stories about that, at great length. You didn't always understand why others could get so worked up about it. But now that it's affecting you personally, you feel it: indeed, you'd love to rewind everything for a moment and try again, with different outcomes. Back or forward? Then you spot a new project, and off you go again.

Walk a round slowly, drumming.

Offering the qualities of the South to the soul

When reading the texts on the qualities, stand still.

Three qualities of the South!

I offer the quality 'reality' of the South to the soul of Sonja and to all who wish to receive it.

The quality is offered to the soul in the form of a symbol.

Walk a round slowly, whistling.

I offer the quality of 'perseverance' from the South to Sonja's soul and to all who wish to receive it.

The quality is offered to the soul in the form of a symbol.

Walk a round slowly, whistling.

I offer the quality 'courage' of the South to Sonja's soul and to all who wish to receive it.

The quality is offered to the soul in the form of a symbol.

Walk a round slowly, whistling.

C Three rounds from the West

Walk a round slowly, reading the texts for the rounds.

Three rounds from the West!

1. When the first great blow strikes, you are completely unprepared for it. This is not letting go; this is being killed, being trampled underfoot; your soul is shattered. You would never want to go back to how things were if this is what follows. But you also never want to recover, because you no longer want to live like that. You want out. This is impossible. You feel as though your breath has been cut off.

Walk a round slowly, drumming.

2. You begin to see how this came about. You see what has been lost to you, not gradually but suddenly. You realise that others are in shock too. Recognition follows. This grief, this pain, is shared. How can you bear these wounds? Time drags on. You take stock of what remains. You try to stay with it. In your heart, the fire of burning still smoulders. Water!

Walk a round slowly, drumming.

3. In the water, the pain mingles with memories you do not yet want to let go of, but which will not return either. “Give me a little more time, memory; I want to slip back into you just once more.” That is no longer really possible. You come to live with the remnants of what was. Even a shattered life is still a life.

Walk a round slowly, drumming.

Offering the qualities of the West to the soul

When reading the texts on the qualities, stand still.

Three qualities of the West!

I offer the quality ‘decay’ of the West to the soul of Sonja and to all who wish to receive it.

The quality is offered to the soul in the form of a symbol.

Walk a round slowly, whistling.

I offer the quality ‘mourning’ of the West to the soul of Sonja and to all who wish to receive it.

The quality is offered to the soul in the form of a symbol.

Walk a round slowly, whistling.

I offer the quality ‘digestion’ of the West to the soul of Sonja and to all who wish to receive it.

The quality is offered to the soul in the form of a symbol.

Walk a round slowly, whistling.

C Three rounds from the North

Walk a round slowly, reading the texts for the rounds.

Three rounds from the North!

1. It burns less now, however empty it may be here. How is that possible? The silence slowly washes over you. Very slowly but steadily, and of a calibre whose authenticity cannot be surpassed. Even you must believe in it now.

The silence...

The silence...

The silence speaks...

to you.

Without words.

So quiet.

Walk a round slowly, drumming.

2. You welcome them, all the gods, all the ancestors, all the beings of death and life, of good and evil, who once existed, who have been forgotten, or who still linger somewhere, half-decayed, half-existing in a remnant of the universe. You are now one of them too. You have become equals. Equal to the gods. With this gaze of yours, everything looks around. The same gaze sees through everything. Empty? That word doesn't matter.

Walk a round slowly, drumming.

3. Transcending the cycle of coming into being and passing away, in a realm of being that does not think in terms of time. Coming and going are unknown here. You are. And what is, is here. And beyond that, there is nothing. As the totality of being, absorbed into the eternal now. The temporary dwelling of your body allows itself to be carried along willingly by the movements somewhere out there in time. For they make no difference any more. You accept everything.

Walk a round slowly, drumming.

Offering the qualities of the North to the soul

When reading the texts on the qualities, stand still.

Three qualities of the North!

I offer the quality of 'transcendence' of the North to the soul of Sonja and to all who wish to receive it.

*The quality is offered to the soul in the form of a symbol.
Walk a round slowly, whistling.*

I offer the quality ‘one’ of the North to Sonja’s soul and to all who wish to receive it.

*The quality is offered to the soul in the form of a symbol.
Walk a round slowly, whistling.*

I offer the quality ‘unspoilt’ of the North to Sonja’s soul and to all who wish to receive it.

*The quality is offered to the soul in the form of a symbol.
Walk a round slowly, whistling.*

C Three rounds from the East

Walk a round slowly, reading the texts for the rounds.

Three rounds from the East!

1. Once again – you knew this was coming, for nothing stays the same – this step towards a new consciousness presents itself. Your mind seems attuned to vibrations that give form to creation. As part of creation, you move in harmony with the greater whole, and you are aware that you are being called upon. You check whether your body can respond well to this. You attune yourself to what you feel inside.

Walk a round slowly, drumming.

2. You are free to dream. You are free to go wherever you wish. You won’t get very far, but that’s not necessary. You feel free. It is as if you are slowly being prepared to give a new impulse. It doesn’t matter exactly where it ends up. What matters is that this is who you are now. This is your purpose in life.

Walk a round slowly, drumming.

3. You look around and begin to see where you can go, where your dreams might lead you. You know that insights will come when they choose to, but they don’t have to. If they choose to appear, fine, they’re welcome. You feel close to the source of your existence. You look younger even though years have passed. It feels like a new beginning.

Walk a round slowly, drumming.

Offering the qualities of the East to the soul

When reading the texts on the qualities, stand still.

Three qualities of the East!

I offer the quality ‘awareness’ from the East to Sonja’s soul and to all who wish to receive it.

The quality is offered to the soul in the form of a symbol.

Walk a round slowly, whistling.

I offer the quality ‘impulse’ of the East to Sonja’s soul and to all who wish to receive it.

The quality is offered to the soul in the form of a symbol.

Walk a round slowly, whistling.

I offer the quality ‘wisdom’ of the East to Sonja’s soul and to all who wish to receive it.

The quality is offered to the soul in the form of a symbol.

Walk a round slowly, whistling.

Offering the general qualities of the four wind directions

When reading the texts on the qualities, stand still.

Finally, I offer a general quality from each of the four wind directions to Sonja’s soul and to all who wish to receive it.

From the South, I offer the quality of action.

The quality is offered to the soul in the form of a symbol.

Walk a round slowly, whistling.

From the West, I offer the quality farewell.

*The quality is offered to the soul in the form of a symbol.
Walk a round slowly, whistling.*

From the North, I offer the quality tranquillity.

*The quality is offered to the soul in the form of a symbol.
Walk a round slowly, whistling.*

From the East, I offer the quality of inspiration.

*The quality is offered to the soul in the form of a symbol.
Walk a round slowly, whistling.*

Conclusion

When reading the remaining texts, stand still.

The ritual of the rounds and the offering of the qualities of the four wind directions to Sonja's soul and to those of others is now complete. We shall now prepare to conclude the ritual.

First of all, I would like to express a wish for Sonja and for all those whom this ritual has helped.

To all who are now filled with the gifts, energies and qualities of the four wind directions – East, South, West and North – to all who have received them, and especially to Sonja, I wish you every happiness on your life's journey.

May all your lives, strengthened by the four wind directions, be filled with light and find peace. May all your lives accept who and what they are and take their place in the whole, joyful, wise and grateful for what has been given, and full of love for all life.

Walk a round slowly, whistling.

Thanks

I would also like to express my thanks to everyone who helped organise and support this ritual.

First of all, I would like to thank the four wind directions – East, South, West and North – for their help and dedication to Sonja's life and to those whose lives were open to them today. East, I thank you for your gifts and wisdom which you have shared with all the participants today.

Point to the yellow paper.

South, I thank you for your gifts and influence which you have shared in the lives of so many today.

Point to the red paper.

West, I thank you for your gifts and wisdom which you have breathed into the souls of those who were open to you today.

Point to the black paper.

North, I thank you for your gifts and wisdom which you have breathed into the souls of all who have undergone this ritual today.

Point to the white paper.

Four wind directions, I thank you very much. I hope you will allow me to call upon you again in the future.

Ancestors, I thank you for your unwavering help and support, and especially for your involvement and support during this ritual, for the participants of whom you are the ancestors. Thank you very much.

Point to the symbol for the ancestors.

Rondo and Trea, you lovely dogs whom Sonja had in her earthly life, I thank you for your presence, which brings light and playfulness and gives so much love. Rondo, thank you.

Point to the symbol for Rondo.

Trea, thank you.

Point to the symbol for Trea.

Shamans who have supported this ritual for so many and helped make it possible, thank you very much. Thank you to all of you.

Point to the symbol for the assisting shamans.

I would like to thank my own guides for their constant support and help, especially in carrying out this ritual. Thank you very much.

Point to the symbol for my own guides.

To those from the participants' own Earth lives who were needed in this ritual to help clarify their life paths for themselves, through the workings, gifts and qualities of the four wind directions – East, South, West and North – I thank you for your help. Thank you very much.

Point to the symbol representing acquaintances and loved ones from the participants' Earth lives.

Guardians and protectors of the ritual as a whole – in its planning, the time of waiting, the time of its performance right up to the very last moment – thank you for making this possible, thank you for your loyalty and support, thank you for your protection. Thank you very much.

Point to the four symbols representing the guardians and protectors.

To all the energies and entities that have been necessary for the successful performance and effectiveness of this ritual: thank you for your special help and for the powers you have brought to bear. Thank you very much.

Point to the symbol representing the unknown helping energies and entities.

Sonja, thank you for requesting this ritual and for wishing to receive it today. I wish you every happiness with the insights and gifts you have received. Thank you very much.

Point to the gold-coloured paper.

To all others who felt that this ritual, “Getting closer to the reality of your soul”, would be meaningful for them, who have come to this ritual and who have received their share of the

powers, effects, gifts and qualities of the four wind directions, thank you for coming towards this light and for opening yourselves up to the East, the South, the West and the North. Thank you very much.

Point to the symbol for others for whom this ritual might be of help.

To all who were present here and who, through your loving presence, contributed to this ritual, I would like to thank you for your presence and involvement today. Thank you very much.

Point to the symbol for other silent participants and those present.

Walk a round slowly, drumming.

Closing

I release all the symbols and representatives who have physically helped to shape this ritual from their duties. You are now just your physical forms again.

Finally, for those who wish, I will perform the heart connection as our last moment together.

Conclude with the heart connection. Extend your right arm, holding it slightly forward and at an angle, pointing towards the ground. Place your left hand over your heart.

Use your voice to produce a calm sound or sounds for a few minutes.

If there are two or more people: do not place your left hand on your own heart area, but on that of the person opposite you (if there are two people) or to your left (in a circle, with three or more people).

Leave the candles to burn for a little while longer.

Take a photo, if you wish.