At hot tub: "This is a time of cleansing and surrender. You are held lovingly in a generous world."

Calling Directions:

Whispering Wind of the East we stand in stillness, listening, knowing no harm can come to us as we are intent on hearing you.

Spirit of the Wind, carry me, Spirit of the wind carry me home, Spirit of the wind carry me home to myself.

Bright holy Fire of the South we stand in the beauty of your transforming power. We are held safely in your flames to be reborn again.

Spirit of the Sun, basking and fun, Spirit of the Sky, spread my wings and fly, Spirit of the Sun carry me home to myself

Cleansing Water of the West we drink from your flow knowing all is right as rain. We can dive deep and still be safely held by you.

Spirit of the Rain. Wash away my pain, Spirit of the storm, help me be reborn, Spirit of the rain carry me home to myself

To the North, Mother Earth on which we stand, you have witnessed our journeys and always been here for us with wisdom and vision. We are held firmly and safely in your abundant presence.

Spirit of the Earth, mother of birth, Spirit of the land, hold me in your hand, Spirit of the Earth carry me home to myself.

As above, so below, what is in reflects out, Spirit of the One we have called to you, we surrender and trust. Our circle is cast.