**Calling In the Directions Using the Tides**

 **(Autumn Equinox 2015)**

*A:* *(Hands down):*

* **We call in the power of Earth Tide-expanding and contracting under our feet. As Earth Mother moves, we are grounded and empowered. Her movements nurture our growth. Her heart pulses with ours. Her breath supports our breath.**

*D:* *(Hands up and moving):*

* **We call in the power of Air Tide; bringing life to all living creatures. With her breathe, we are breathed. Filling lungs, moving energy; She cleanses our atmosphere and our bodies. With her breath, Fire Tide is fueled.**

*B:* *(Moving hands up in a circle):*

* **We call in the power of Fire Tide. Lava, Heat, and Passion - She brings to us the molten power of change and renewal. When Fire meets Water, transformation occurs.**

*A:* *(Hands swaying with the tide):*

* **We call in the power of Ocean Tide. Waves pulling and pushing, cleansing us, bringing us into balance; allowing us to become one with Spirit.**

*D:* *(Hands on belly and heart):*

* **We call in the power of Spirit Tide. Earth, Air, Fire, Water, and Moon all swirl within You; resources to help You guide us on our journey. We give thanks that You are with us here now, when day and night are in balance, on this time of Autumn Equinox.**

*ALL:*

* **THE CIRCLE IS CAST.**