

Ten Ceremonies To
BIRTH
The New
EARTH



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These ritual suggestions are designed for any creative process. If there is something you are desiring to vision, birth, bring forward, change, or begin, ceremony is an excellent way to physically enact your intentions and what you are seeing on the etheric planes.

As with any ceremony, preparation is key. Before engaging in any of the suggested rituals, take the time you need to center, clear and ground yourself. Activate your altar, invoke your spiritual team, light a candle, call in the directions, set a container of safety and love. Do the ceremony when you have plenty of time and will not be disturbed so you can be fully present. It is best to be in as high a vibrational state as possible, so you might choose to meditate, play singing bowls, chant or other practices to harmonize and raise your frequency.

1. Intention Statement

Though a common practice, it is a powerful one. For the universe to support you and manifest your vision, you must first be clear what your vision is. Intention statements help you organize your thoughts.

Once you have written down your intention statements, the second—and just as important—component is to read them aloud as a declaration. Create a ceremonial space, stand in front of your altar, or go to your favorite place in nature. Speak your intentions out loud, knowing that you are proclaiming what you wish to create so the forces of the universe can bring your vision into physical form.

When complete, place your intentions on your altar or bulletin board...some place where you can regularly read and interact with them to keep the vision alive and charged.

2. Infuse A Medicine Piece

Physical representations of ideas, concepts and visions serve as powerful talisman to help us bring our intentions from the realm of the unmanifest into the manifest. They serve as reminders and help hold the energy of our vision.

Hold your vision clearly in your mind and then ask your belongings (crystals, statues, artwork, jewelry, etc.) if there is a piece that desires to volunteer to hold these energies for you. When the piece makes itself known, pick it up and take it to your altar. Pray over it, clear it of any denser energies and previous programming. Anoint it with essential oils or sacred waters. Infuse it in some way with the energies of your vision. Blowing into it is one way to do this by crystallizing your intentions in your heart, then using your breath to activate your medicine piece.

When your ritual activation is complete, place your medicine piece where you will see it and interact with it frequently, such as your altar or desk.

3. Journal

Journaling creates the opportunity for brainstorming and inspiration to flow freely and unfiltered from the other dimensions of consciousness and from higher aspects of self. You can create ritual out of journaling by simply lighting a candle, calling in your guides, and any other ceremonial act to set the container of sacred space.

There are several specific exercises that especially support creative processes such as:

- ▶ Word Storm
- ▶ Word Association
- ▶ Mind Mapping
- ▶ Story Boarding

You can search for these terms on the internet to get familiar with what they are and how they work. Or, you can simply just open your journal and write. Give yourself permission that what you write does not have to run through the “is this possible” filter so that you don’t stop yourself before you even get started.

4. Create A Grid

Creating a physical structure to “house” your vision is a powerful way to call in the forces of the universe to support you. To create a crystal grid, you can use any sort of crystals or stones, even ones you pick up off the ground. You can create a grid inside, on your altar, or in your yard. There are grid cloths available for purchase with all sorts of sacred geometric designs if you would like to combine your grid with the power of sacred symbols.

There is no right or wrong way to lay out your grid. As always, do it deliberately and thoughtfully, calling in the energy of your vision with each placement. Once the grid is created, activate it in some way such as anointing it, playing drums, rattles or bells, praying or chanting. The grid is the physical manifestation of the vision and creates an anchor point for the unseen realms to focus their energies.

5. Crawl Through The Birth Canal

Sometimes we need a physical somatic experience to help us shift our energies. Crawling through a symbolic birth canal can be a potent ceremony to activate and anchor your new vision or intentions.

You can create a birth canal in many ways, depending on what supplies you have around. It could be a pile of planets and pillows to crawl under, some kind of chute (like a child's water chute) to crawl through, or a blanket or series of blankets hanging from a clothesline or tree. If you have a friend who is willing to assist you, they can create a birth canal by kneeling on one leg with the other leg up and you crawl through the hole. What's important is for the makeshift birth canal to have some kind of weight or pressure to it as the body is highly compressed during the act of actual birth.

You might choose to drum, rattle or chant ahead of time. You can choose to be naked or even do it in the water. Go through your birth canal slowly and deliberately. When you emerge, try to lay still for awhile and take in the experience before you complete with your ceremony.

6. Dream Seeding

Dreams are a powerful incubator and communicator of visions. Before bed, write down your intentions of what you would like to receive during your dreaming. Do this for a period of at least days if not weeks. If you are unaccustomed to dream seeding, it might take your subconscious mind a bit of time to catch on and get in a flow.

Keep a journal by your bed so that as soon as you wake up you can capture your visions and messages.

7. Vision Board

Vision boards are exceptional ways to start bringing your vision into physical form. The mind creates with both hemispheres but our society often places more emphasis on the left-brain or rational, linear thinking. Vision boards engage the right-brain creative spatial side. Have fun going through magazines or printing images from the internet.

When your vision board is complete, activate it by anointing it with oils or sacred water and hang it where you will see it and interact with it daily.

8. Vision Quest

Depending on your experience and level of commitment, you could seek out an experienced vision quest facilitator for a full-on multi-day vision quest. Or you could create your own half-day or overnight vision quest experience.

Vision quests involve some form of isolation as well as naturally induced altered state of consciousness to help you connect with the unseen realms. You might choose your favorite spot in nature, or an isolated cabin to hold your vision quest. They are also designed to be "sparse" in that your sole focus is on clearing your mind and energy field to receive your guidance, vision or messages from spirit. Vision

questers often fast, or you could deliberately eat little or light food. You would not be watching TV, reading a book, or engaging in any other activities.

If you do your vision quest solo, it is highly advisable that someone knows where you are and what you are doing. And it is recommended that you have someone hold space for you by lighting a candle, placing you energetically on their altar, or praying while you are engaged in your vision quest. Listen to your intuition and guidance and prepare well so you don't create panic or distress in your body which could distract from your experience.

When your vision quest is complete, give yourself plenty of time to integrate and come slowly back into your life. Take time for self-care and be sure to journal or in some way capture the visions and messages you received during your time in communion with spirit.

9. Ritualistic Clearing

In birthing a new vision, it is often the case that we need to make adjustments in our outer world to reflect the new vibration we are carrying. This could translate into having a garage sale, taking things to donate, rearranging rooms, refreshing décor, simplifying your possessions, clearing out your wardrobe or any number of other activities.

In addition, energetically clearing your home space is important to release disharmonious, dense energies. If you are comfortable doing this yourself, you can combine prayer, intentions and smudging to clear your space. Or, you can call on someone who does professional house clearings. No matter what you choose, ritualistic space clearing is about bringing the inner and outer worlds into harmonious reflection of one another.

10. Collective Visioning

If your idea is big, involves multiple people, or you just need support in rounding out your full vision, consider a collective visioning process. Invite people to a dedicated sacred ceremony with the intention of calling your full vision into consciousness. Be sure to inform them of your intentions, what you know about your vision, and what role you want them to play. If helpful, you could ask someone to play the role of the scribe or you could record the session.

About Stephanie

Rev. Dr. Stephanie Red Feather is a divine feminine change agent and champion of empaths. An award-winning author of the #1 international best-seller, *The Evolutionary Empath* and *Empath Activation Cards*, her passion is to help fellow sensitive souls break out of energetic jail and fully embrace their soul's evolution as co-creators of new earth consciousness. As a shamanic minister, workshop facilitator, and prolific creator of spiritual tools, Stephanie has helped thousands to connect with their sacred self and heal their human wounds.

Stephanie is the founder and director of Blue Star Temple, an online resource for spiritual seekers to learn energetic skills, hone empathic abilities, access spiritual knowledge, and connect with cosmic consciousness. Her specialties include masculine-feminine balance, boundaries, energy hygiene, shadow work, shamanic consciousness, embodiment, and celestial mysteries. Above all, she honors her clients' and students' personal truth and experience while facilitating deeper initiation into their own inner mysteries.

Stephanie's life has been an unusual fusion of creativity, spirituality and hard science, first attending a performing arts school in adolescence, then earning a degree in applied mathematics before becoming an Air Force officer. She holds a Master's and Doctorate in shamanic studies from Venus Rising University and has been a mesa carrier in the Pachakuti Mesa Tradition of Peru since 2005. Her uncommon talent of bridging left- and right-brain worlds amplifies her ability to make esoteric concepts accessible and practical.

Stephanie is also a contributing author to the #1 best-sellers *Chaos to Clarity* and *The Ultimate Guide to Self-Healing Volume 2*. When she isn't writing or facilitating workshops, you can find Stephanie engaging her wilder feminine creative energy through making jewelry and medicine pieces, getting her hands dirty in the garden, riding horses, and nerding out over science documentaries.

You can find her books, courses, meditations and workshops at BlueStarTemple.org.

