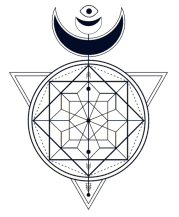


# Casting a circle



## You will need

- Five candles
- Representations of the elements if you wish (e.g. something that represents air, fire, water, earth and space to you)
- Something pointy – even if that's just your finger.

## Practice

- Place a candle in each of the four directions – North, South, East and West, and another in the centre. If you have representations of the elements, place air to the East, fire to the South, water to the West, Earth to the North and space in the centre
- Turn first to the East and say – mentally or out loud – something along the lines of “I call to the East and to Air and ask you to join me, work with me and bless my circle”. As you do imagine winds, birds, butterflies and anything else that represents air to you. Sit in that space for a moment.
- Now turn to the South and say something along the lines of “I call to the South and to Fire and ask you to join me, work with me and bless my circle”. As you do imagine dragons, volcanos, bonfires and any other representations of fire that feel right to you. Again, sit in that space for a moment.
- Next, turn to the West and say something like “I call to the West and to Water and ask you to join me, work with me and bless my circle”. See waves, waterfalls, whales, dolphins and anything else that resonates with you and sit in that energy for a moment.
- Now turn to the North and call in the North and Earth in the same way, visualising mountains, rocks, trees and animals as you sit in that energy for a moment.
- Finally come to the centre and call out to Space and to Spirit, and imagine the cosmos – a place of complete potential and possibility as you sit in that space for a while.



## Continued

- Coming back to the East hold out your pointer and turn in a clockwise fashion as you imagine a beam of light drawing a circle around you. Do this three times as you say (again, out loud or mentally) something along the lines of:

*"I cast this circle of pure truth, power, wisdom and potential. This is a circle of protection, into which only good may enter and only good may leave. I cast this circle with the highest intentions."*

- After the third say "it is done" and trust that you are in a safe space.
- Carry out your ritual.
  
- Once your ritual is complete remember to close the circle simply by thanking all of the elements:
  - To Space and to Spirit thank you and goodbye
  - To the North and to Earth, thank you and goodbye
  - To the West and to Water, thank you and goodbye
  - To the South and to Fire, thank you and goodbye
  - To the East and to Air, thank you and goodbye.
- Now facing the East one final time turn in an anti-clockwise direction as you give thanks for your protective space and see the light being sucked back up into your pointer. You need only complete this circle once, and once you do just say: "The circle is closed – thank you and goodbye."

Know that a circle isn't necessary for your ritual workings, but can be a great way to create a safe and sacred space in which to work.