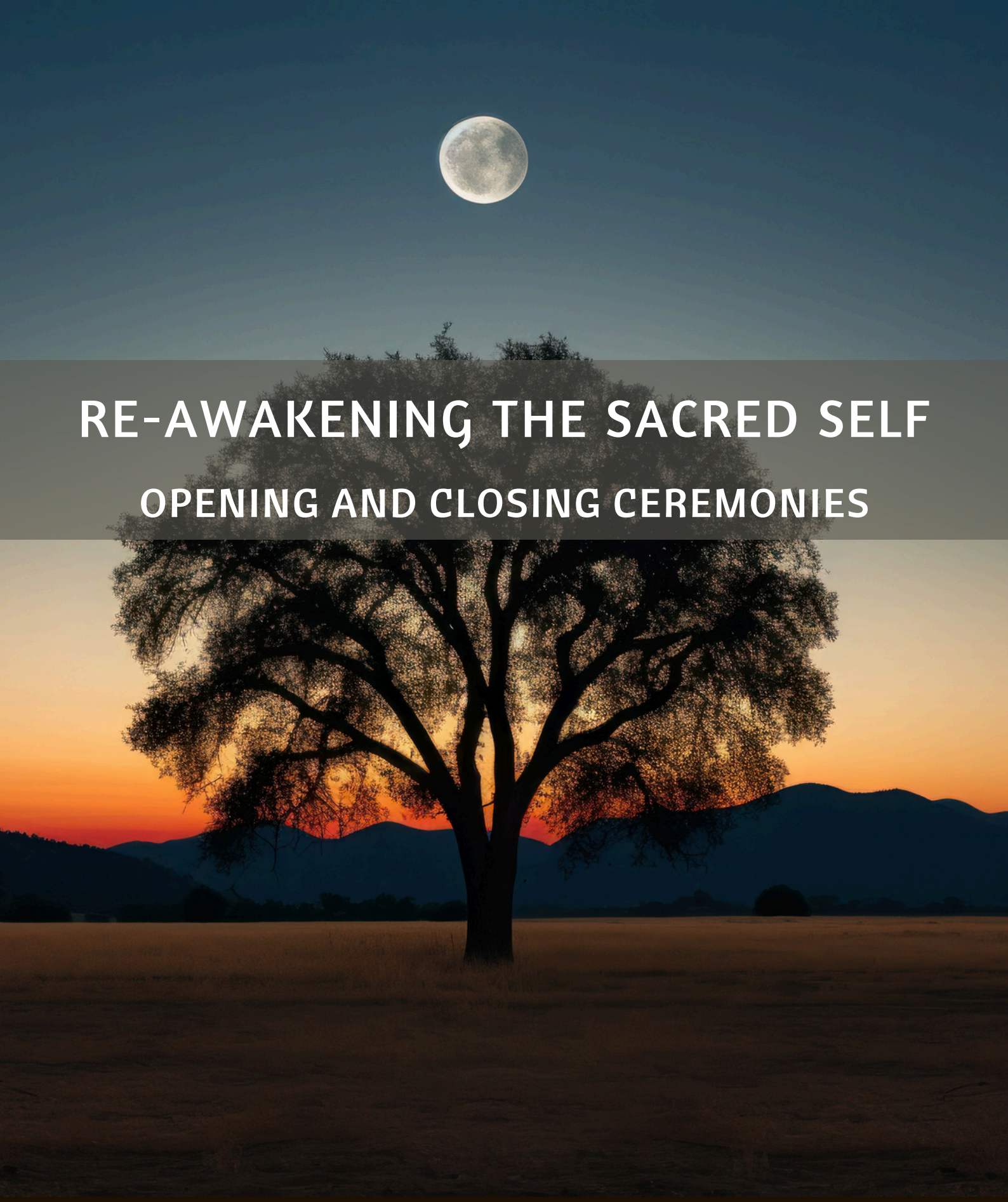
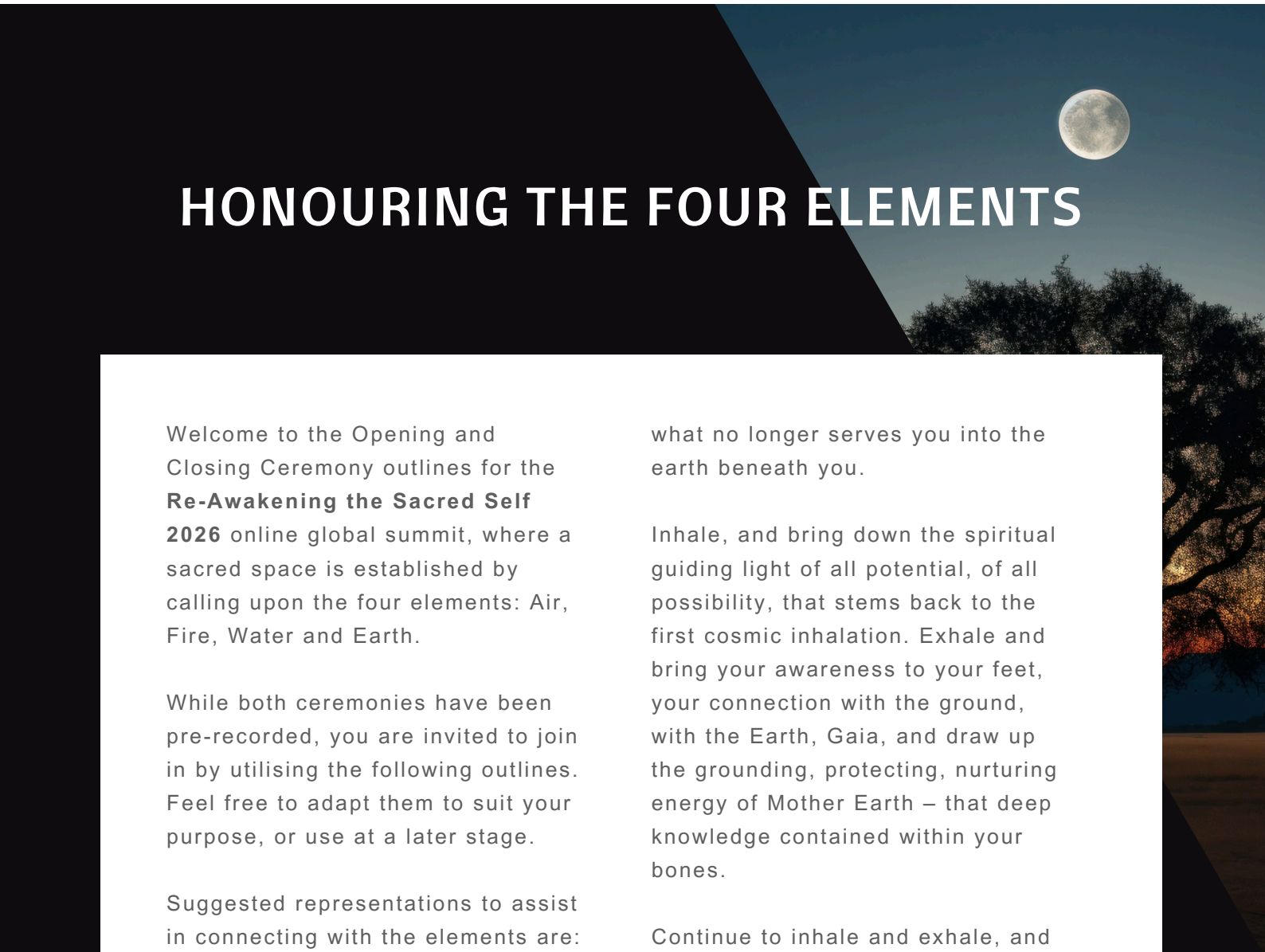


RE-AWAKENING THE SACRED SELF

OPENING AND CLOSING CEREMONIES

Created and Hosted by
Frances Billinghurst

Re-Awakening the Sacred Self
Online Global Summit
15 November to 19 November 2026
www.reawakeningsacredself.com



HONOURING THE FOUR ELEMENTS

Welcome to the Opening and Closing Ceremony outlines for the **Re-Awakening the Sacred Self 2026** online global summit, where a sacred space is established by calling upon the four elements: Air, Fire, Water and Earth.

While both ceremonies have been pre-recorded, you are invited to join in by utilising the following outlines. Feel free to adapt them to suit your purpose, or use at a later stage.

Suggested representations to assist in connecting with the elements are:

- **Air**: Incense or a feather.
- **Fire**: A candle (i.e., a tee light).
- **Water**: A glass of water or a seashell.
- **Earth**: A stone, a crystal or small bowl of dirt.

At the beginning of both ceremonies, after lighting your candle and incense (if being used), close your eyes and take a few slow, deep breaths into your diaphragm to still the mind. As you inhale, breathe in the light from the cosmos through the top of your head, your crown chakra. As you exhale, release what no longer serves you into the earth beneath you.

Inhale, and bring down the spiritual guiding light of all potential, of all possibility, that stems back to the first cosmic inhalation. Exhale and bring your awareness to your feet, your connection with the ground, with the Earth, Gaia, and draw up the grounding, protecting, nurturing energy of Mother Earth – that deep knowledge contained within your bones.

Continue to inhale and exhale, and sense into the feeling that you are a earth-based cosmic being.

When you are ready, bring your awareness back to your physical self.

OPENING CEREMONY

Face the **East**, the direction of **Air**. It is represented by the feather, the incense. Inhale and exhale. **East** is the place of the rising sun, of inspiration, and the new dawn as the first rays of the sun sneak across the land, leaving the shades of the night behind.

What is shining deep inside of you, waiting to be brought into potentiality?

Breathe in the air. Feel it move down your throat into your lungs and then exhale. Feel the freshness of the wind on your face, and then say:

I welcome the element of Air into this sacred space, asking that it illuminates my mind, bringing into my consciousness all that is meant to be revealed.

Inhale and exhale. Turn to face the direction of **Fire** for you.

(***Fire*** *will be in the* ***South*** *if you are in the Northern Hemisphere, or in the* ***North*** *if you are in the Southern Hemisphere.)*

Fire is represented by the candle. Inhale and exhale. This is the place of the sun at its zenith, its peak in the sky, of determination and passion of our very life force pulsating through our veins.

What is the deep desire that is pulsating through your veins, the strength and courage that becomes increasingly alive as you inhale and exhale, connecting to with the heartbeat of Mother Earth?

Feel the warmth of your beating heart, and then say:

I welcome the element of Fire into this sacred space, asking that it stimulate me into soul conscious action that is in alignment with my deep soul's desire.

Inhale and exhale. Turn to face the **West**, the direction of **Water**. It is represented by a seashell or a glass of water.

West is the place of the setting sun, that luminal space between today and tomorrow, reality.



and dreams, where our perceptions of challenged or find the freedom to be shaped with the ebbing and flowing nature of the watery cosmos, as the sun's light retires shining its light on the conscious, and allowing the unconscious to come forth.

What has been hidden deep inside of you, the messages that our deep soul self has been sending us in our dreams?

As you inhale and exhale, allow the hold of your conscious mind to loosen, allowing the sensation of the mystery of the psychic, the intuitive, the unseen to be felt, and then say:

I welcome the element of Water into this sacred space, asking that it remind me of my intuitive nature which is in alignment with the mysterious deep soul wisdom that connects back to the watery womb of the Universe.

Inhale and exhale. Turn to face the direction of **Earth** for you.



*(**Earth** will be in the **North** if you are in the Northern Hemisphere, or in the **South** if you are in the Southern Hemisphere.)*

Earth is represented by the bowl of dirt, a crystal, a stone. Inhale and exhale. This is the place of the sun at midnight, the dark quarter, the very place where our soul is birthed and rebirthed, incarnation after incarnation, the very creation of our cosmos, of our own selves, the very foundation upon which our soul is formed.

What is your deep soul self trying to tell you, the foundations upon which you build your life?

What is the deep aching in your bones that connects you back to your connection with your soul?

Feel the nurturing darkness of Mother Earth around you, as a seed planted deep in the underground, awaiting to be reborn anew, and then say:

I welcome the element of Earth into this sacred space, asking that it nurture my soul as it transforms through its many awakenings.

Inhale and exhale. Return once more back to your original direction, thus sealing the circle.

Above you is the spirit of the cosmos. Below you is the soul of the Earth. Inhale and exhale, opening yourself up to be a conduit for the energy from the starry skies above and from the deep soul Earth below. This energy flowing through you, around you, within you.

Air, Fire, Water and Earth - the four building blocks of the universe, and you are at the sacred centre with the cosmos above and the Earth below.

Continue inhaling and exhaling, breathing in the four elements that are surrounding you and you as a conduit of the cosmic and earth energies until you feel an inner peace and connectiveness, returning you back to your place in the Great Cosmic Web.

Inhale and exhale, and when you are ready, bring your awareness back to your breath, back to your physical body, and back to the here and now.



CLOSING CEREMONY

Face the **East**, the direction of **Air**. It is represented by the feather or incense.

Inhale and exhale. As you do, feel the freshness of the wind on your face, and then say:

I give thanks to the element of Air for coming into this sacred space, for illuminating and expanding my mind, and bringing into my consciousness all that is meant to be revealed.

As you inhale, feel that expansion and as you exhale, release what no longer serves you. Turn to face the direction of **Earth** for you.

*(**Earth** will be in the **North** if you are in the Northern Hemisphere, or in the **South** if you are in the Southern Hemisphere.)*

Earth is represented by the bowl of dirt, a crystal, or a stone. Inhale and exhale. As you do, feel the solidity of your connection with Mother Gaia, the Earth beneath your feet, and then say:

I give thanks to the element of Earth for coming into this sacred space, nurturing my soul as it continues to transform me through its many awakenings.

As you inhale, feel that expansion and as you exhale, release what no longer serves you. Face the **West**, the direction of **Water**.

Water is represented by a seashell or a glass of water. Inhale and exhale. As you do, feel the rise of your intuition, your psychic awareness, your deep soul self coming into your conscious awareness, and then say:

I give thanks to the element of Water for coming into this sacred space, reminding me of the mysterious deep soul wisdom that connects me back to the watery womb of the universe.

As you inhale, feel that expansion and as you exhale, release what no longer serves you. Then turn to face the direction of **Fire** for you.

*(**Fire** will be in the **South** if you are in the Northern Hemisphere, or in the **North** if you are in the Southern Hemisphere.)*

Fire is represented by the candle flame. Inhale and exhale. As you do, feel your passion, your desire, your very life force

pulsating through your veins, and then say:

I give thanks the element of Fire for coming into this sacred space, stimulating my mind and aligning me with my deep soul's desire.

As you inhale, feel that expansion and as you exhale, release what no longer serves you.

Finally, return back to your original direction, sealing the circle. Inhale and exhale. Above you is the spirit of the cosmos. Below you is the soul of the Earth.

Inhale and exhale as you acknowledge that you are forever connected with these energies, being souls made up of stardust incarnated in this earthly realm.

Inhale and exhale once more. When you are ready, bring your awareness back to the here and now.

If you have had your eyes closed, you can open them if you wish. Have a stretch, something to eat or drink to ground yourself.



The **Re-Awakening the Sacred Self** online global conference is brought to you by the Mystical Soul Academy
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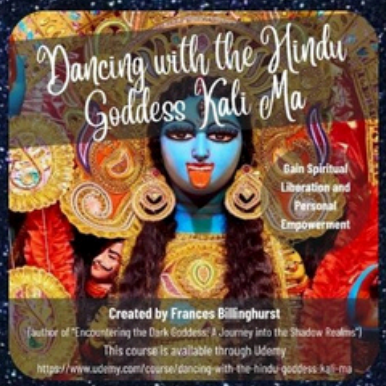
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