



North

Winter Night

Cold

Dark

Stripped bare

Waiting

Helplessness

Hunger

Emptiness

Exhaustion

Vulnerability

Weakness

Death

Fear

Failure

East

Spring Dawn

New Life

Beginnings

Renewal

Hope

New shoots

Inspiration

Fresh energy

Birth

Initiatives

Resurrection

South

Summer Noon

Coming into strength

Power

Authority

Leadership

Using gifts

Maturity

Affirmation

Recognition

Pleasure

Relaxation

Rest

Sabbath

Enjoyment

West

Autumn Evening

Twilight
Waning
Diminishing
Pruning
Letting go
Gathering in
Harvest
Burning
Cleansing
Discernment
Judgement
Reflection
Commitment

I was given this prayer exercise by the Spirit some years ago, and I have used it myself ever since. I have found it very helpful, and have often shared it with others, who also say that they have found it good, so today I share it with you.

Each of the four compass points, north, south, east and west, represent a different energy: symbolised by the condition of The Tree of Life pictured here.

My life always seems to have something in it in each of the four directions:

There is always some part of my life that is in winter, where it is empty and dark.

There is always some part of my life that is in spring, where there are new beginnings, and fresh hope.

There is always some part of my life that is in summer, where I am powerful and able to relax and enjoy life.

There is always some part of my life that is in autumn, where there are things that need to be let go of, and new commitments to be made.

One of the energies always seems stronger than the others, but if I search my life there are always also

bits of it that are in the other directions.

So, I stand upright, with my feet a little apart, and face north. I open my arms out wide, and ask the blessing of The Angel of the North on all those parts of my life that feel as if they are symbolically in the north, and I name them out loud to God.

I then turn 90degrees to face east, and perform the same ritual action, only this time I ask the blessing of The Angel of the East on all those parts of my life that are symbolically in the east, and I name them out loud to God.

Continuing to turn to face south and then west, I repeat the action with

The Angel of the South and then The Angel of The West.

My experience with this prayer exercise is that it helps me in a number of ways:

It helps me to stay in touch with all that is going on in my life, not just the dominant bits of the moment, and by naming them to own them to myself.

It helps the whole of my life to be better integrated.

It gives me a way of offering the whole of my life up to God.

It seems to make it less likely that I stay stuck in any one direction. Life is circular or better spiral, not mainly linear. Things do move on, like the seasons and the daily rhythm. Using

**this little ritual seems to help oil
things, and keep them in movement.**

I cant explain why!!

Why not try it?

Maybe you'll tune it to suit you better?

**If you don't find it helpful, then forget
it.**

If you would like to talk with me about this
exercise,, do ask at the desk

Henry Morgan