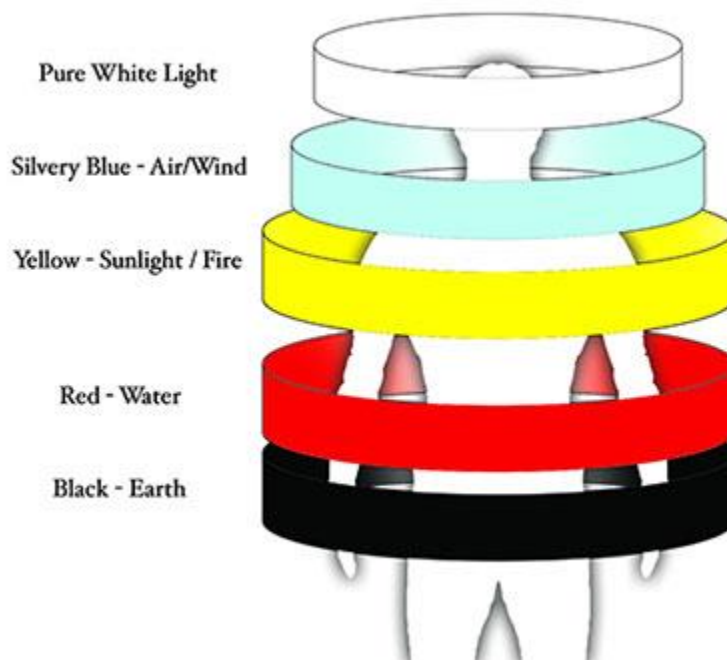


Rite 2 - Bands of Power

Description:

This rite consists of protections installed into your luminous energy field. There are five energetic bands that act as filters, breaking down any negative energies that come your way. The bands are woven into your energy field from bottom to top:

- Black band - the band of **Earth**; your foundation, soil, the garden, the Mother who never leaves you
- Red band - the band of **Water**; oceans, rain, the blood of humans, the flow of nutrients
- Gold band - the band of **Fire**; the sun, lightning, electricity, the fire in your cell's mitochondria, the father who builds what you dream
- Silver band - the band of **Air**; winds that blow away chaff, the breath of life, the moon
- White band - the band of **Spirit**; pure energy, the mind of God, consciousness, unconditional love (munay), vision to see beyond what is obvious to what is possible.



(image from <https://blog.sivanaspirit.com/walking-with-protection-bands-of-power/>)

The bands take 3-4 weeks to fully integrate into your field. During this time, these bands are working with the energies of the other rites to clear your field of old, accumulated stress and bring you a clean slate. Once activated, the bands are always "on".

To Download Rite:

- Follow instructions on the [Fire Ceremony Handout](#) to create sacred space and to perform the fire ceremony.
- For this rite, sweep the fire into each of the five bands

Oracle Card (from Mystical Shaman Oracle):

I pulled the Vision Quest card for us to contemplate with this rite. I love this image of the energy field that is bright and clear and free of sludge!



THE ESSENCE

In the vision quest, you face your fear, embrace your mortality, and then meet face-to-face with Spirit. When we feel stagnant, a vision quest brings our lives into perspective. We realize our flaws, our potential, and the opportunities life is now offering us. We remain on a vision quest until we find the key to open a new door or write a new chapter in our lives.

THE INVITATION

Find clarity by spending time alone in nature. If you live in a city, go for walks in a park. If you live in the country, make sure that you spend time outside, in contemplation. Get off the couch, get away from your desk, go outside! Spirit helps those who help themselves, so set your intention and ask nature for a guiding vision for your life.

THE MEDICINE

Spirit has been trying to contact you but received no answer. You are too busy with your life, and there is too much noise inside your head. Do not miss the call again! Make room for quiet time this evening, allow yourself to become bored for a little while, and you'll be able to hear the important message trying to get through.

Exercises:

1. Breath of fire - to energize yourself for the day and to enliven the Bands of Protection. It would be great if you could do this daily for the next 3 weeks or so. I like this youtube video by Adriene to teach you this pranayama breath if you don't already know it:
<https://www.youtube.com/watch?v=jbtLH-3DfLc>
2. As the Vision Quest card suggests... get out in nature as much as you can. As you are walking, running or sitting in contemplation, tune into each of the 5 bands and how they flow with elements in nature.