

Rite 3 - Harmony

Description:

In this rite you receive seven archetypes into your chakras. These seven energies help to clean the psychic sludge that has built up and to help you shed your past the way the serpent sheds her skin. You may also use the archetypes to bring you into balance by inviting the seven different voices to "talk" to each other, energetically realign, and reestablish harmony with each other.

The first four chakras receive the energy of the four principles of the universe: beauty, peace, joy, freedom.

1. Root chakra - **Serpent**; earth healer, primary life force, one who lives in the garden with the closest physical connection to Mother Earth, teaches the way to shed our past. She promises *Beauty*.
2. Sacral chakra - **Jaguar**; warrior, protector, reminds us to walk and speak with integrity, provides courage to do so, understands the life/death/renewal cycle, protects the center of our personal power. Promises *Peace*.
3. Solar Plexus chakra - **Hummingbird**; represents the ancestors and ancient wisdom, connects us with our past lives, and knows the value of our present life. The tiny one who follows inner guidance and takes an "impossible" and arduous migration - and who knows there is also a time to just hover and sip sweet nectar. Promises *Joy*.
4. Heart chakra - **Eagle**; visionary seer from the high perspective of clarity, flies in pure energy of synchronicity and miracles. Accesses the place of our becoming and encourages us to spread our wings and fly towards it. Teaches compassion for our self and others and to see with the eyes of the heart. Promises *Freedom*.



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

The upper chakras receive the energy of three Archangels

5. Throat chakra - Lower World - **Archangel Huascar**; keeper of the subconscious, is a shapeshifter and presents in all forms; brings shadows up from the underworld at opportune times for "a-ha" moments. Promises *Growth*.
6. Third-Eye chakra - Middle World - **Quetzalcoatl**; keeper of the conscious world where we live. Teaches that the real world is both seen and unseen, and helps us to both create order and energy flow. Promises *Order*.
7. Crown chakra - Upper World - **Pachakuti**; keeper of the upper world, of possibilities. Embodies the concept of circular time, bringer of heavenly order. Allows us to recognize what can be changed before it becomes manifest. Promises *Miracles*.

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 seven chakras, visualizing and greeting each of the archetypes as you do so.

Oracle Card (from Mystical Shaman Oracle):

I pulled the Blade card for this rite. When the 7 archetypes of your chakras are aligned and balanced, you embody the qualities of Blade: sharpness of mind, body and spirit. It becomes natural to draw your blade and use it to take decisive action. And to know when to sheath it.



THE ESSENCE

The Blade represents sharpness of the mind, body, and spirit. Pointing upward, it summons the power of heaven. When aimed down to the ground, it anchors the power of the heavens on Earth. The blade can be a healing tool or a weapon. Wield it wisely, and it will transmit power, bestow initiations, cut energetic cords from the past, or sever toxic relationships. Use it with anger, and it will slash, stab, and kill.

THE INVITATION

You are invited to draw your blade and use it. It is not auspicious to hesitate, to waste time in idle talk, or to hide from the inevitable. Heaven and Earth are aligned to support you in claiming your power, so take decisive action. Overcome your fear of hurting others, unsheathe the blade, and use it wisely!

THE MEDICINE

It's time to put down the sword and place it back in its scabbard. Do not offer your blade in service to toxic emotions! You will be faced with an even more disagreeable future with the people or situations you are attempting to banish. Put the blade to rest until your inner fire has mellowed. Then use your blade with impeccable intention to cut the energetic cords that are tying you to the drama at hand. Set yourself free!

Exercises:

The first exercise is to listen to the following guided visualization I found on YouTube. It's 7 minutes long and introduces you to each of the archetypes:

<https://www.youtube.com/watch?v=QDq6Pol5rxM>

The second exercise can be helpful when you have a decision to make or have been going back and forth about an issue. You can check in with your seven archetypes to gain their perspectives. Consider the issue at each level and ask what each of your advisors wants you to know. Notice that some may be in conflict with others. None is more important than any other, but the opinion of each is helpful to evaluate an issue from multiple points of view. As you bring your awareness and attention to each chakra and to each archetype, you may want to ask these types of questions:

1. Serpent

What are the facts of the issue (without emotion)?

What's involved in terms of resources; time, people, place?

How does it affect Beauty in my life?

Does the issue take me closer or further from nature?

2. Jaguar

What are my emotions around this issue, especially my fears?

What are my beliefs? What would others say about it?

What is "dying" that I may want or need to release?

Am I walking with integrity?

Which choice energizes me? Which depletes me?

3. Hummingbird

How does the issue serve my life path, my journey, my deepest values?

Is there Joy when I work with this issue?

Does this issue or decision require hard work (like a hummingbird's migration) or a time for rest and drinking the sweet nectar?

4. Eagle

How does this issue look from the highest perspective?

What synchronicities have occurred with this issue?

What choice brings freedom? Which a sense of being trapped?

5. Huascar

What old stuff might be coming up to work through with this issue?

What have my dreams shown me about this issue?

Do I feel lost or in the dark?

What a-ha moments have occurred?

6. Quetzalcoatl

Does the issue affect order in my life or create disorder?

What are the issues in both the seen and unseen world?

7. Pachakuti

How does the issue want to unfold in my future?

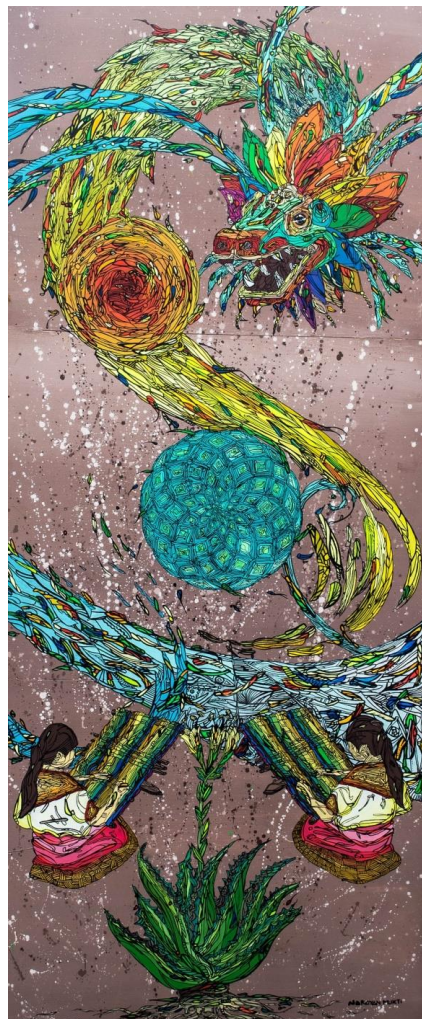
How does my connection to Source affect the issue?

After checking in with each advisor, it can be fun and helpful to start back with the serpent and ask for a number from 0-10 on her reaction to a decision, with 0 = not happy at all, 5 = ambivalent, 10=very happy. Then, ask the same question of the rest of your advisors.

For example, if I'm thinking of taking a workshop in Peru, my serpent may say 2. When I ask hummingbird, she may give me a 9. Why the difference? My serpent is considering the expense, the physical rigors of travel, not having someone to care for my mother-in-

law in my absence, etc. My hummingbird is excited about how this trip will connect me to my past lives as a shaman and further my healing journey. I can place a hand on each chakra and ask them to talk to each other.

I've occasionally coached clients with this exercise when they are struggling with a major decision. It's been fun to watch a couple of them forgo the 0-10 approach and instead look at the behavior of the archetype. If Jaguar is pacing and agitated, then there's a sense of danger and feeling unsafe. If Jaguar is lazing about in the sun, then she's more at ease and positive about the issue.



Quetzalcoatl - winged serpent, firmly planted on the ground while at the same time able to take flight