

Rite 5 - Daykeeper

Description:

The 5th rite is the Daykeeper rite. It connects you to a lineage of masters from the past. Daykeepers are able to call on the ancient altars to heal and bring balance to the earth, call on the sun to rise each day, and bring humans into harmony with Mother Earth. They are the midwives, herbalists and curanderas. This rite helps you begin to heal your inner **feminine**, step beyond fear, and practice peace.

We all have both masculine and feminine energies. This isn't about gender, but about the way we hold these energies within ourselves. In these times, there is a tendency for all of us to have an excess of masculine energy and undeveloped feminine energies.



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 along the 2nd, 4th and 6th chakras.

Oracle Card (from Mystical Shaman Oracle):

The Hummingbird card offers the following wisdom to our inner feminine self: *"this mighty being comes to teach you stillness in motion and to trust your inner knowing that the sweetest nectar is assured."*



THE ESSENCE

Despite being so little, hummingbirds are great journeyers, migrating between North and Central or South America to feed from the summer nectar. This gentle creature can be fiercely territorial to protect its home. Hummingbird teaches us to be gentle to ourselves and protect our personal space.

Hummingbird invites you to embark on your epic quest, bypass the dung pile of old pain and hurts, head for the flowers, and learn to trust the calling you hear ever so softly.

THE INVITATION

The buzzing you feel is the sound of your hummingbird wings preparing you to say yes to a new adventure. This is not the time to linger on what has gone wrong, but to trust in the rightness of the moment and take bold action. Trust that success is assured, even if you must face tests and challenges to reach your destination. Know that all will be well because the All is in the small.

THE MEDICINE

This mighty being comes to teach you stillness in motion and to trust your inner knowing that the sweetest nectar is assured. Failing to act when the moment is right can spoil your journey. If you feel your safety, comfort, or day-to-day survival are more important than saying yes to the invitation to explore the unknown, you will have to work much harder to achieve what is being offered to you freely now. Still your mind, even in the midst of your very hectic schedule, and heed the gentle voice that calls to you to test new wings.

Exercises:

1. These are some of the traits of a wounded feminine: *emotionally reactive, isolated, anxious, manipulative, escapist, indecisive, secretive, self-absorbed, narcissistic, poor boundaries, co-dependent, vindictive, resentful, passive, self-destructive, lazy.*

Choose one of these traits that resonates for you. Then, connect in with your inner hummingbird, who resides in your third chakra or solar plexus. Pick up a pen and a blank sheet of paper and ask hummingbird to take you on a journey to heal your inner feminine. This is a free writing exercise - don't censor, don't stop, don't edit. Just keep writing until your hummingbird rests.

You may want to repeat this exercise for other wounded traits...

2. Walk a labyrinth near you. As you walk the path, feel your connection with the daykeepers who have come before you, tending the earth and restoring balance. If you don't have access to an actual labyrinth, take a virtual walk through one.

