

Rite 7 - Earthkeeper

Description:

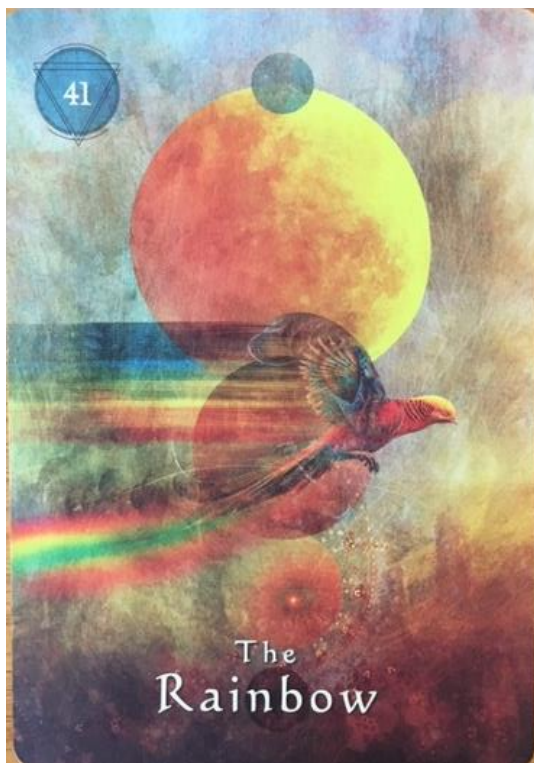
The Earthkeeper rite connects you to the archangels that are stewards of all life on Earth. This rite connects you to the stars, and to the sun - our local star. It helps you to experience your relationship with the galaxy and time/space beyond our earth home. The Earthkeepers will help you learn the ways of the seer and to dream the world into being.

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 all seven chakras.

Oracle Card (from Mystical Shaman Oracle):

The Rainbow card acts as a bridge between the physical and the spiritual worlds - and from planet earth to all that lies beyond.



THE ESSENCE

The rainbow symbolizes the seven steps of a true spiritual path, which manifest as the colors of the seven chakras. In the Himalayas, the rainbow body is seen as the full realization of our essence. The rainbow also represents the bridge between the physical and the spiritual worlds. At the end of our lives, we can journey across the rainbow bridge to the highest heavenly realms. When the rainbow appears, it is an affirmation that all is well and that you are in right relationship with Spirit.

THE INVITATION

The rainbow tells you that the end of the storm is near. Persevere, and remember that it is darkest just before the dawn. Do not give up hope; things are about to take a positive turn. Listen for the morning rooster that announces the coming of the dawn even while the night is still darkest. But do not claim victory yet or let your guard down fully.

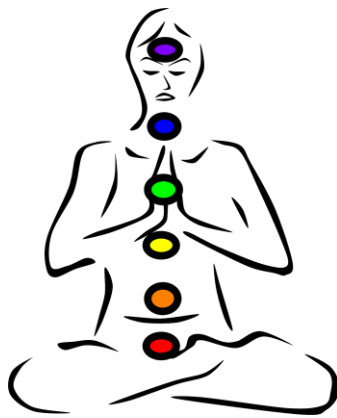
THE MEDICINE

Don't get caught in pursuit of the illusion of the pot of gold at end of the rainbow. Find the treasure now, in the moment, by coming into right relationship with those around you. All your gifts are at hand, so obvious you may have missed them. Be true with your intentions, and do not be led astray by daydreams.

Exercises:

1. Rainbow breath

Beginning with your root, breathe into each of your seven chakras three times, imagining its color in the rainbow (red, orange, yellow, green, blue, purple, white). When you reach your crown, breathe in iridescent white light until you feel your crown open and connect you to the stars. Then, move your breath back down your body, again breathing 3X into each chakra, until you once again fill the root with deep, vibrant red light. Take a few moments to feel yourself grounded to the earth from below and anchored to the heavens above.



2. Super-charged Rainbow Breath

This exercise combines the pranayama technique of alternate nostril breathing with the rainbow breath. The alternate nostril breath is wonderful for balancing the sympathetic and parasympathetic nervous systems. You simply take turns breathing out of one nostril, like the diagram below. You switch sides on the outbreath. Try it for a few breaths. Then, if you like, add in the rainbow visualization from the previous exercise. It's a bit tricky at first, but your mind is kept busy and can't wander too far. Your body will feel light, balanced, relaxed and yet energized at the same time!

