



# Calling In the Directions



**Casting the circle—or setting the field as I prefer to think of it—creates a potent space vibrating with cohesion, connection, and collaboration. This powerful field of intention serves both to contain and protect. Traditionally known as calling in the directions for a ritual circle, this version calls in the spirit of the Five Rhythms along with the cardinal directions that they are associated with. It's nice to turn and face the direction that you are addressing as you call it in.**

**Hail, Spirits of the East**, home of the dawn, season of spring, Rhythm of Wood. We invite you to join our circle and lend us your attributes of innocence and enthusiasm, and the gift of your bold and assertive spirit. Welcome!

**Hail Spirits of the South**, home of high noon, season of Summer, Rhythm of Fire. We invite you to join our circle and lend us your attributes of joyous fruition and the gift of your passionate and discerning spirit. Welcome!

**Hail Spirits of the West**, home of evening dusk, season of Autumn, Rhythm of Metal. We invite you to join our circle and lend us your attributes of gracious surrender, and the gift of your allowing and appreciative spirit. Welcome!

**Hail Spirits of the North**, home of midnight, season of Winter, Rhythm of Water. We invite you to join our circle and lend us your attributes of stillness and introspection, and the gift of your wise and courageous spirit. Welcome!

**Hail, Spirits of the Earth**, home of the present moment, season of transitions. We invite you to join our circle and lend us your attributes of deep presence and centered connection, and the gift of your generous and compassionate spirit. Welcome!

**Hail Spirits of the Cosmos**, home of myriad stars, galaxies, and planets. We invite you to cradle our circle and lend us your astrological influence to amplify the potency of our intention. Welcome!

**Hail, Center of the Universe**, home of the Infinite Presence living inside each of us, we invite you to stir yourself and shine forth, imbuing this circle with your divine intelligence and supernal love. Welcome, and thank you.