

# Divinaturist Daily Practice

In the rising of the sun there are new beginnings, like the seed that roots in the darkness I reach toward light. Blessings of the east I honour the gifts of communication, inspiration and harmony. Be with me as the voice of awareness. (Light east candle)

In the brilliance of the midday sun there is fullness, like flowers that form and fruit that grows I recognize my strength. Blessings of the south I honour the gifts of purification, sensation and courage. Be with me as the spark of transformation. (light south candle)

In the setting of the sun is the bounty of the harvest . Like the seed that will soon settle into the earth I know there is a time of return. Blessings of the west I honour the gifts of wisdom, endurance and foundations. Be with me as the roots that connect me to sacred spaces.(light west candle)

In the midnight sun is the quiet limbo between the ending and the beginning. I rest in the darkness . Blessings of the North I honour the gifts of reflection, emotion and intuition. Be with me as the cleansing rains of renewal.(light north candle)

Beginnings and endings (move hand from east to west)  
Fullness and emptiness (move hand from south to north )  
Ebbing and flowing with the tides of life and ever spinning around the sun  
We are spirit and earth (Light  
single white candle)

Divinus and Natura,  
Spirit that moves within all  
And Earth with all the creations we are one with,  
Bless me with wisdom and open my heart to the truth which begets understanding. (Light  
incense from central candle)

~Begin any meditation or reading or study. ~

Closing  
(When you are done, sit quietly for a moment and breathe slowly inward, and then exhale.)

Within me and all around me is the sacred.  
(Blow out white candle, and give any additional thanks or words to spirit, god/goddess if you feel moved to do so)

May I seek awareness, embrace transformation, honour sacred spaces and find refuge in renewal.  
May I be mindful that we are all connected to one another and to the world around us. Like many waves in one ocean, like infinite notes from one flute, we are each connected by the Divine Spark.  
Peace  
(Bow your head slowly, respectfully and carry the day/evenings work in your heart.)