

THE 7 ARROWS RITUAL

Ceremony for Death & Life Arrows

Handed down through the centuries
Reimagined and edited by Paul Wagner (PaulWagner.com)

This ritual is for rebirth! You will focus on releasing the old and welcoming the new.

Feel free to make this ritual your own in subtle ways so that you feel empowered to complete it.

You will need:

- Blue Cloth (big enough to hold all of the items listed here)
- Candle
- Incense
- Flowers, Chocolate or an offering to nature
- Crayons
- Whittling knife
- Corn meal
- Tobacco (found in pouch form at many stores)
- 14 sticks (of any size and shape, although smaller is easier to work with)
- A private location in nature where there is a mountain or hill
- Journal

Before leaving your house, sit quietly somewhere and examine your life, revealing those aspects of self, the people in your life, thoughts and concepts in your mind and heart that you would like removed and those that you would like to welcome in. Make a list of 7 aspects of self, people, thoughts and concepts to remove and 7 to welcome in. Take the 14 sticks, of whatever size and shape you desire, and decorate them according to which aspect of self, person, thought or concept they represent. You may also decorate these sticks once you get to the ritual location and then do the ritual. It's up to you.

At all times during the ritual and its prep, keep a gracious and open heart so that you can shift according to concepts aligned with love and forgiveness. No blame, finding and releasing anger and sadness, uncovering joy, always. Joy is our intended state of mind and heart. We take trips in life to add things, people and thoughts to ourselves because we feel we need them. If we're not present or careful, this process often takes us away from who we are. Rituals can help us to get back to who we are.

It's about simplicity of mind and heart.

7 DEATH ARROWS

GO to the bottom of a mountain and make a circle of tobacco and corn meal with an opening to the east.

Enter the circle in the east and close the circle.

Sit facing east.

Place the arrows in the ground. Open the bundle and distribute contents.

Feel free to light incense now.

Sing: "Great Spirit, Mother Earth, Powers of the 4 Directions, Winged Ones, 4 Legged Ones, and my Medicine. All of my allies, all of my ancestors, all those who love me, HEAR ME NOW."

Speak the give-away of the DEATH ARROWS by stating what each arrow means to you and why you are releasing it.

Prayer: "Please help me and give me strength on my way."

Burn the arrows and bury them.

Thank Spirits for their presence. Take notes on the creatures who visited with you and the spirits you felt with you. Notice EVERYTHING around you, even the wind.

LEAVE with JOY through the eastern door.

7 LIFE ARROWS

For the Life Arrow Ceremony, go to the top of a mountain and repeat the above ceremony. This time leave your arrows right there as a give-away. Also leave chocolate or tobacco as a give-away.

Any questions, feel free to email me at paul@paulwagner.com,

With love,

Paul Wagner
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