

Yule Tide Rituals

Becoming Inner Strong

Simple Rituals to add more
soul to any season

RENEE

BARIBEAU

THE PRACTICAL SHAMAN

ThePracticalShaman.com

Table of Contents

Wind Invocation

Day One: Whistle a Wind Spirit

Day Two: Wind Clearing (Wind Bath)

Day Three: Caroling - Singing

Day Four: Soul Soothing Bath

Day Five: Artist Date; Assigned Play

Day Six: Restore Balance in Relationship

Day Seven: Candle Magic

Day Eight: Mirror Mirror Soul Self

Day Nine: Look Ahead Journey

Day Ten: Intention Setting Wind Walk

Day Eleven: Wind Out

Bonus Rituals: Suggestions



RENEE

BARIBEAU

THE PRACTICAL SHAMAN
ThePracticalShaman.com

Wind Invocation

TO OPEN UP SACRED SPACE (SACRED CIRCLE)

Make your reading a joyous occasion. Begin by laughing, "Haha-ha"

Then say out loud, "Outside is Better Still

I am calling on the divine winds.

Eurus of the east, Notus from the south, Zephyrus of the west, and Boreas in the north.

Come here today to help me navigate my life.

The wind feeds my life.

The wind renews.

The wind is prosperous.

There are many sacred gifts in the wind.

The wind reveals.

The wind expands.

The wind is generous.

The wind lives within me.

The wind offers a sweet melody.

I share my gifts to the world by offering them to the wind.

My body is borrowed from the earth while my spirit flies free like the wind.

I am grateful to the winds for this sacred life

Blessed be."

The sensation of a breeze indicates the presence of spirit.

Now you can begin.

Whistle a Wind Spirit

Suggestion is to call upon 1 Wind Spirit for this 10-day process

The Cardinal winds - Eurus, East, Notus, South, Zephyrus, West, and Boreas North - are major points on the compass rose developed by sailors. Fragments of text found on Mesopotamian cuneiform assure us that Cardinal winds were recorded in 14th Century BCE.

The Cardinal winds are enduring time-space markers found in oral traditions, compasses, and literature, and can provide a consistent structure for determining your life coordinates.

Wind is a constant in life from your first breath to your last. By focusing your awareness on these robust and formidable forces of nature, you will have the tools you need for reaching your goals.



Open Sacred Space: Invocation page.



Pick a Wind Spirit: Open to a Random Wind in Section 4 entitled "The Inner Wind Forces in WOS" (127-234), or use the wind spinner featured on the Wind Clan. Pull one from your Wind Sack or Download for free on any blog at Thepracticalshaman.com



Anchor Yourself in Mother Earth. Stand with your feet spread apart, about shoulder width, with knees slightly bent. Close your eyes.



With eyes closed, establish a steady rhythm with your breath. Allow yourself to pull in the energy from the wind on your in-breath, and release the same energy to the heavens on the out-breath. When you are calm, you are in your center point, a place where everything exists as a sacred potentiality.



With your wind whistle or your breath intention, call to the Wind Spirit you selected for this exercise. Work with this energy for a day, several days, or for the 10-day ritual.



Reminder: Thank and Send the Wind Spirit Home.



Wind Clearing

with Vēja Māte, the Latvian Wind Mother

- Go Outside in Nature or sit by an Open Window.

- Open Sacred Space by Calling to the 4 Cardinal Winds.

- Call to Vēja Māte

Wind Washing is nature's supreme cleanser that effortlessly strips away all excess energy from your body's energetic field. It can be done virtually anywhere - in the privacy of your home, or outside in the wind for faster results. With your inhale, invoke the Latvian Wind Mother, Vēja Māte, for comfort and divine intervention. She arrives as a gentle, emanating force that stimulates, expands, and nurtures your creativity. Her cleansing wind washes over you like a gentle Spring rain on a warm afternoon.

Stand with your knees slightly bent with arms extended out from your sides. Face the wind (real or imagined). As the wind begins to blow, whether gently or forcefully, visualize it unwinding and releasing tension in your body. Pay close attention to areas in your body where you notice anger, fear, sadness, or worry. Feel the wind capture these undesirable energies and carry them off into the sky. Whoosh!

When you sense your refreshment, express gratitude to the wind and set it free.



RENEE
BARIBEAU

THE PRACTICAL SHAMAN

Day 2

Caroling

○ Caroling brings back the community-feel of performing music from past generations.

○ Scrooges or Grinches cannot lower your enthusiasm when you are singing. A study, published in "Perspectives in Public Health," provided evidence to support choral singing as a means of improving wellbeing. Researchers studied self-reported data from 1,779 choir members around the world, and the findings were more than promising. The study's participants claimed that making beautiful music as a group fostered social connection, cognitive stimulation, mental health, enjoyment, and transcendence. ¹

Suggestions

- Find your favorite Songs of the Season, and Sing Along.
- Attend a Concert or Church Service where holiday music is being performed. If this does not suit you, a non-secular ceremony or evening in a musical environment will work as well.
- Stroll through a Mall or Venue that plays Holiday Music. You are there for the soul work, not the shopping.
- Street Music and Celebrations.
- Get a group together to sing.

1. Moss H, Lynch J, O'Donoghue J. Exploring the perceived health benefits of singing in a choir: an international cross-sectional mixed-methods study. Perspectives in Public Health. 2018;138(3):160-168. doi:10.1177/1757913917739652

Soul Soothing Bath



1 Cup Epson Salts



1/2 Cup Coarse Sea Salt



4 Tbs Baking Soda



6 drops of essential oil(s)

Lavender • Orange • Eucalyptus • Frankincense
• or your favorite soothing scent



Method

Mix all ingredients in a bowl.

Pour in a clean glass jar with a lid. Store in a cool, dry place. Use 1/2 cup per each hot bath.

Ritual

Fill up your bath, light a candle, turn off the lights, and soak. When you pull the plug, visualize any negativity or stress flushing down the drain.



RENEE

BARIBEAU

THE PRACTICAL SHAMAN

Wonder Date* Assigned Play

Take an hour or more to devote to your creative self

Ideas for a Solo Date to experience awe and wonder

- + What did you find enjoyable as a child?
- + Art Class
- + Window Shopping Stroll
- + Art Supply Store or Craft Store
- + Museum
- + Cooking Class
- + Walk in Nature

Artist Date: By Julia Cameron . "The Artist Date is a once-weekly, festive, solo expedition to explore something that interests you."

Restore Balance in a Relationship



Identify the prevailing issue with a business partner, love interest, family member, or friend.



Write your concern in the air by being direct, and take sweeping broad strokes with your hand as you write.



Summons the Chinese Wind Goddess, Feng Po Po. Visualize the old crone, Madame Wind, swooping down on the back of her tiger, collecting your writing and stuffing it into her wind sack.



Watch as she tightens the neck of her bag with a taut rope.



Turn away, and as she ascends, feel your burden lifted. Ask that everything in her bag gets transmuted by love and light.



Candle Magic

Diffusing Oil & Wax Melts

- Make your own Wax Melt or add oil to the liquid of your burning candle.
- Put the wax on the diffuser. Light a candle underneath.
- While burning, focus on your intention for protection.



Making Your own Wax Melt Ingredients

- 8 ounces Soy or other wax.
- 1.5 ounces of essential oil. Suggestions: Peppermint, Tree Tea Oil, Bergamot, Sage,
- Silicone or plastic mold. Small cupcake liners work well too.

Method

Melt the wax in the microwave or over a double boiler, add the essential oils, and pour into the mold to harden.

Store and Use as Needed for Protection.



Mirror Mirror

Soul Meditation

- Anchor Yourself in Mother Earth. Stand with your feet spread apart, about shoulder width, with knees slightly bent. Close your eyes.

- Put a lit candle between you and a mirror. Bathroom Mirror works well.

- Gaze into the mirror and watch yourself transform.

- To deepen the experience repeat, "I love you exactly as you are."
Or choose your own mantra.

- ⊕ **Once you feel complete, create a soul picture. Begin with a blank piece of paper or canvas. You can use mixed media colored pencils, crayons, paints, magazine, yarn, or..... Feel into this exercise. Take as long as you need. Enjoy**

Day 8

Look, Ahead Journey



Plan 30 minutes for this Ritual



You can drum by yourself or use this link for Renee's Drum audio (9:22)

https://windwork2022.s3.amazonaws.com/Drum_Journey.mp3



Journey with Your Wind Spirit Guide from Day 1 or with Boreas the North Wind.

Ask to Visit the Upcoming Spring Equinox.

Ask to See what you will Plan.

Move to the Summer Solstice.

Ask to See what you are Tending.

Move to the Fall Equinox.

Ask to See what you are Harvesting.

Move Ahead One Year to the Solstice.

Ask to See what you are Cherishing.



Journey



Record your findings onto a slip a paper.

File in a envelope to open one year from today.



RENEE

BARIBEAU

THE PRACTICAL SHAMAN

Day 9

Intention Setting

Walking the Talk

- Go to the Door. Tell the Wind Spirits about your "Look Ahead Journey"

- Expect a Wind Kiss, or look/listen for a sign that you have been heard.

- Take a Walk at a speed/distance that pushes you forward one more step.

- Pay attention to Signs and Clues. What is Different? What is the Same?

+ When you arrive home, make a change to your outdoor altar, and if you do not have an outdoor altar, pick a special place. Add something sacred there, as you commit to return often.

Un-Wind

Sending the Wind Spirits Home

Review the time spent with your Wind Spirit

○ Go outside in Nature, or sit by an Open Window.

○ **Reverse Wind Spin**

Counter Clockwise Release of the Winds of Spirit. Blow your Wind Whistle or Deeply Exhale in each direction. Take as much time as you need in each quadrant.

Begin in the North with Boreas

Thank your Wind Spirit for the Spiritual teaching.

Spin to the West to face Zephyrus

Thank your Wind Spirit for the Physical lessons, for your altar, and for the end of the year.

Spin to the South to face Notus

Thank your Wind Spirit for the Emotional Strength to tend for your altar, and for all of your feelings.

Spin to the East to face Eurus

Thank your Wind Spirit for New Beginnings, and the seeds that you have planted.

Blow your Wind Whistle or Exhale Deeply.

Other Rituals for New Cycles



Prayer Flag Ceremony



Wind Knots



Vision Board

List Your Own

