

Sweet Summer Spell for a Soulful Sunny Will:

Good will is certainly a concept to ponder, How many of us can truly say we have it? In Summer when warm colors and blazing vitality evoke the power of the will, we can align ourselves with our deepest best selves.

You will need 2 cups of birdseed:

Go to a place where wild birds are known to congregate (pigeons will do, for city dwellers) Stand facing the sun. Close your eyes and imagine that the golden sunlight is streaming into your solar plexus, your will center. Now visualize that you are beaming the golden light back to the sun as you say:

My will be like the sun.
Golden Light
For the Good of All
Shine Bright, Shine Light

Now carefully sprinkle the bird seed around yourself in as perfect a circle as you can and say:

Lighten my will to feed the world, Now it is done for the greater good,

Step outside the circle and find a place to sit quietly and observe. Watch as the birds discover and feed themselves with your gifts. As each bird takes flight after its meal, visualize your will center growing more light and generous. Give some thought as to what you wish that bird to be flying away with, imagine ways that you can harness your immense fiery will in order to give something unique and meaningful to the world. When we do the things we most love to do, we nourish ourselves and others for the good of all.