



FOUR VISIONS

Four Visions

A GUIDE TO SPIRITUAL PAYMENTS

Spring is the perfect time to clear heavy energy brought forward from the colder months. Making a Spiritual payment is a wonderful way to renew your vitality for the season ahead.

Spiritual payments are a beautiful ritual of giving back, a way to make an offering to the Creator, with the intention of also receiving. They can activate the energy required to make the changes we know (deep within) are necessary for our highest good.






Reasons to Make a Spiritual Payment:

- Receiving clarity on a situation;
- Activating a prayer or desire;
- Reconciling or forgiving;
- Healing for relationships.

Ways to Make a Spiritual Payment:

- Creating an altar of flowers, fruits, crystals, water, & honey (if making an altar, we recommend doing so in nature, so the offerings are giving back to the animals and the earth);
- Offering herbs such as tobacco, rosemary, lavender, or sage to the spirits of Nature;
- Burning copal, blessing yourself with the smoke, and giving prayers to the lands and to all of Life;
- Lighting a candle and committing to keeping a candle lit on your altar throughout the next 30 days;
- Praying and meditation;
- Fasting.





Our recommendations for fasting are:

- Choosing a day when you have fewer responsibilities;
- Taking the day in silence and prayer;
- Avoiding (for 12-24 hours) technology, food, and other sources of distraction (you may drink water, tea, or broth if needed);
- Maintaining a clear intention in your prayers throughout the day.



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