

# *Achieve Harmony with Yourself and the Universe*

Learn How with the Sacred Circle & Seven Directions Spiritual Practice

*Cheryl Bourget*

Intuitive Guide and Energy Coach



Let me introduce you to a powerful transformational practice...

*"Happiness, not in another place but this place...  
not for another hour but this hour."*

*- Walt Whitman*

I love how Walt Whitman inspires us to recognize that we have all we need right now to shape a beautiful and fulfilling life. I know it doesn't seem easy or necessarily even possible. Life is full of challenges.

Nonetheless, I agree with Whitman. We all have the power to find happiness within and with all around us.

That's why I am sharing with you the spiritual practice of honoring the Sacred Circle & Seven Directions. I find it an essential way for me to tap into the positive energy associated with the elements of air, fire, water, earth, sun, and moon. It is how I live in harmony with universal life force, express my true self, and reflect that truth in how I experience the world around me.

The Sacred Circle & Seven Directions process takes practice. When you start, you'll likely have an intellectual connection, but not yet a multi-sensory one. Be patient. It happens with time.

While this ancient practice has been used in many cultures for centuries, this e-book introduces you to my version of the ancient tradition. Many of my clients value the transformational power of this daily practice. They make it their own. I hope you do, too.

*Cheryl*

Cheryl Bourget  
Intuitive Coach



5  
*Above*  
*Sky - Relationship to Universe*  
 Element: sky & galaxy—  
 sun, moon, planets, stars  
 Influence: relationship to universe  
 Pay attention to: connecting to the rhythms  
 of the cosmos  
 Healing modalities: imagination

4  
*North*  
*Earth—Body*  
 Element: earth—rocks  
 Influence: physical body  
 Pay attention to: body sensations, physical  
 health, ancestor wisdom  
 Healing modalities: good nutrition &  
 hygiene, body awareness, rest

1 ... begin  
*East*  
*Air - Mind*  
 Element: air—wind & breath  
 Influence: mind—conscious & unconscious  
 Pay attention to: beliefs & words—  
 spoken & written  
 Healing modalities: meditation,  
 breath work, journaling

7 ... end  
*Center*  
*Divine Energy - Spirituality*  
 Element: divine energy  
 Influence: spirituality  
 Pay attention to: core essence,  
 intuition, heart center  
 Healing modalities: rituals,  
 chanting, prayer

3  
*West*  
*Water - Emotions*  
 Element: water - bodies of water,  
 precipitation, body fluids  
 Influence: emotions  
 Pay attention to: moods, self-esteem, transparency  
 Healing modalities: guided imagery, give &  
 receive comfort, express emotions

2  
*South*  
*Fire - Spirit*  
 Element: fire—flames, lightening & electricity  
 Influence: spirit-inspired action—behaviors  
 Pay attention to: how you chose to spend time,  
 quality of relations, sensuality  
 Healing modalities: play, exercise,  
 time management

6  
*Below*  
*Planet - Energetic Connection*  
 Element: planet—life on earth and at home  
 Influence: body—energetic connection  
 Pay attention to: engaging in the web of life  
 Healing modalities: see yourself as one  
 with Planet Earth

## Ritual Overview

Personal transformation and healing occur when we develop a deep connection to the universal elements of life. Too often we are stuck in one dimension—our mind—trying to force ourselves into a desired state of being.

The Sacred Circle & Seven Directions mapping practice engages us with the multiple dimensions of the universe, all of which have the power to support our best and higher self.

# Practice the Sacred Circle & Seven Directions Tool for Personal Transformation

## Engage in a Daily Practice

I start my day with the Sacred Circle & Seven Directions ritual. Most days, I map the directions from my office or outside in my yard where I have placed physical symbols of the directions. Other days, I visualize the directions in bed or a warm bathtub. And with a compass on my smartphone, I am in direct relationship with all elements of the universe even when I travel.

## Prepare

- Select a place where you will not be disturbed, outdoors if possible.
- Bring a compass to the location you select and mark each compass point and the central point with a stone and/or a symbolic object using the color associated with each point.
- Relax and center yourself however works best for you.
- Set an intention for the ritual, such as gratitude, clarity about an issue, or deepening your spiritual connection.

## Begin

### Face the East

- Recite: "I turn within to the east, the element of air, the power of the one mind, my mind – high, conscious, and subconscious -- to lift and inspire me with prosperous beliefs, thoughts, and words."
- Ask yourself: "What mental issues do I need to address in order to grow?"
- Receive then reply: "Thank you."

## Face the South

- Recite: "I turn within to the south, the element of fire, the power of my spirit, the one spirit to lift and inspire my passion, pleasure, transformation, and creativity."
- Ask yourself: What creative, sensual, playfulness issues do I need to address in order to grow?"
- Receive then reply: "Thank you."

## Face the West

- Recite: "I turn within to the west, the element of water, the power of my emotions, the one emotion to be flowing, flexible, and free -- to empower and inspire positive prosperous outcomes."
- Ask yourself: What emotional wellbeing issues do I need to address in order to grow?"
- Receive then reply: "Thank you."

## Face the North

- Recite: "I turn within to the north, the element of earth, the power of the one body, my body to be inspired and aligned with overall well being, health, people, places, and resources I need to succeed and receive the wisdom of my ancestors."
- Ask yourself: What physical, financial, material resource issues do I need to address in order to grow?"
- Receive then reply: "Thank you."

## Face Up

- Recite: "I turn within to the sun, moon, stars, galaxies, family, friends who are aligned with my most positive prosperous intentions to be lifted and inspired, and to lift and inspire, in the whole of my life's creation."
- Ask yourself: What guidance do I need to address in order to grow?"
- Receive then reply: "Thank you."

## *Kneel and Touch Earth Mother*

- Recite: "I turn within to the core crystal in Earth Mother, the planet, mineral, and animal kingdom and receive your most positive prosperous gaze to be lifted and inspired, and to lift and inspire, the most positive prosperous life."
- Ask yourself: "What guidance do I need to address in order to grow?"
- Receive then reply: "Thank you."

## *Stand with Your Back Facing North and Your Hands on Your Heart with Eyes Closed*

- Recite: "Connecting to the spirit within me, east meets west, west meets east, south meets north, north meets south. As above, so below. As within, so without. I am one, all one. I bring together the one."
- Receive then reply: "Thank you. So it is."

> Let Cheryl Guide You  
Through the Process

[Watch the video](#)

> Work with Cheryl via videoconferencing  
or at half  
or full day in-person immersions.

Explore the [Sacred Circle & Seven Directions](#)  
spiritual practice more deeply to create your own  
ritual for personal transformation

cherylbourget@gmail.com  
978.378.0506



*Cheryl Bourget*

Intuitive Guide  
and Energy Coach

## *Why I Chose to Assist Others*

Intense childhood trauma set me on a journey from sadness, confusion, and severe depression to spiritual healing that resulted in a deep connection to my essence, nature, and creation. I transformed from a victim to the architect of my own destiny.

## *How I Assist: Coaching and Intuitive Readings*

For 30 years I have been a dedicated practitioner of meditation, breath work, shamanism, muscular therapy, and yoga. These practices are my healing balm and transformational medicine. I offer them to others, guiding them to live in harmony with the universal energy of life. I empower people to express their own true selves, and in doing so, reflect that truth in how they experience the world around them.

*"What you seek  
is seeking you."*

*- Rumi*

*Find the path to your best self*

Please reach out

[www.cherylbouget.com](http://www.cherylbouget.com)

cherylbouget@gmail.com

978.378.0506