

A ritual of healthful transformation



By: Nessa CrescentMoon

1. Light Sanctuary candle
2. Sage to cleanse and create sacred space.
3. Cast circle
4. Light Altar candles
5. Light a series of candles: 1 blue one in center with green surrounding it [long distance in this instance; I will have about 4 green candles to symbolize this].

Blue → symbolizing self, and intent

**"Hygeia, keeper of healing dreams,
I call on you. To heal me: mind, body and spirit.
Bless me with good health.
Cleanse me of my addiction.
Free me from all dis-ease.
Teach me how to embody health and wholeness."**

Green → for my field of support

"Hygeia, these symbolize the women who support me in the healthy choices I make."

7. Chant~ "Mother love me. Mother heal me. Mother free me. From all things worldly , that do not serve me...Mother love me, mother heal me, mother free me; from all things worldly – that do not serve me.." (credit for song is Kelliana from her CD Lady Moon)

8. The making of a necklace, which is thickly beaded.
The necklace does not have to be worn be worn, but will be shaken in honor of Goddess. This is much like an Egyptian Menat. Hygeia's sacred animal is the serpent, it holds the secrets of the causes and cures for all illness. The necklace I make will be serpent –like.

9. Give honor to Hygeia [drink + offer libation]

10. Make personal offering to Hygeia, Goddess of healing, for blessing me physically and spiritually to aid in my healing process. [I will leave this outside]

11. Open circle