

Healing for Mother Earth



Items needed:

incense: Jasmine to stimulate crown chakra, or Cinnamon to connect with Nature

smudge tools

stones: any that resonate...moonstone for Mother, agates and jaspers are good earth energy stones.

bowl of sand or dirt

blessed water

candles: brown for earth, white for goddess, black for releasing toxins from earth.

Ritual:

Smudge the room and your body.

Light incense and Goddess candle.

Place the stones on your altar.

Call your circle.

Prayer

Hold the bowl of dirt in your hands and say, "Bless the Earth, cleanse it and heal it."

Place a few drops of blessed water on it. Place it on your altar.

Light the black candle from the Goddess candle. Visualize the earth being cleansed and healed. Send energy to the dirt in the bowl as you meditate with the black candle.

Light the brown candle from the Goddess candle. Visualize the earth as healthy and filled with life and nourishment. Continue to send energy to the bowl of dirt as you meditate.

Take the bowl of dirt outside. Raise it to the moon and feel Her sending healing energy into the dirt.

Release it back to its source.

Open the circle.

Ground.

c- 5/2008 Danu Gray Wolf