

Hygeai's Healing Garden Spell

candle, lighter, ribbon, ink pen To be performed OUTSIDE:

Ground, light the candle, breathe, center.

Visualize yourself within Hygeia's garden. Flowing waters into crystalline ponds. Soft blooms, reaching upwards, stand on their stalks.....

On a blue ribbon, write your name in blue ink 3 times

:: chanting as you write::

"In Hygeia's garden all is well. Healing blue, healing blue.. I am well, through and through"

Locate nearest shrub or tree and tie ribbon around a branch.

3 knots. chanting 3 times. "Healing blue, healing blue.. I am well, through and through"

~ Visualize your healing, your wellness, your centered and balanced self.

Exhale deeply as the outside breeze flutters your ribbon. It is not yours any longer...

It belongs to the healing winds of Hygeia's garden that blow healing to you..~

*Allow the candle to burn till all, or let the healing breeze extinguish it for you.

You may relight and perform this spell as often as you like. Hygeia's garden adores assisting you and loves to be decorated :-)

Nessa CrescentMoon 9/09