

Shamanic Earth Ritual

What you need:

4 rocks, candle, matches, paper, pen, salt, pepper

The purpose of this ritual is to identify all those to whom you give your energy and release yourself from them while integrating the Mother (Earth) who has always been here for you. You are the Mother and the Mother is you.

Find 4 rocks from the 4 corners of a place that is particularly meaningful for you like your home, a certain meditative park, etc. Gather them up and thank them for assisting you.

On your piece of paper, list every person you can think of where you have invested your energy. Sometimes the list is long and sometimes not. Tear the list into each individual name.

With the supplies you have gathered find a quiet private place to perform your ritual. It may be your home. You will know. Sit down and get comfortable. This may take some time.

Place your candle in front of you. Place every small piece of paper name down under the candle. These are the people you are giving back to the Mother as you liberate your own energy. Appreciate that they have been in your life and that now you will relate in a brand new way with them; your own centered place in you.

Place the rocks around the candle.

Pour salt clockwise around the candle.

Pour pepper counter clockwise around the candle.

Light the candle and then you can blow it out or keep it lit for the duration if it is safe.

Close your eyes and calm yourself, breathing in your nose and out your nose. Feel the energy of others melt out of you and into the earth. Bring Mother Earth, the Planet, into your belly. Let yourself move into Mother Earth, the earth in you and you into the earth, over and over until you know that you are her and she is you.

Open your eyes very slowly. You will notice that it looks different around you. It is. You are now clear. Breathe deeply. Appreciate.

You may burn the papers with names or destroy them in any other way.

Scatter the salt and pepper.

Pick up the rocks and take them to the water and throw them in. They are ready now to be cleansed and renewed.

Find another rock to take home with you and place on your altar as witness to this ritual.

Welcome Home.

