Most of the rituals in our book have a healing quality within them. The ones listed in this area we put together specifically for the healing of various aspects of the natural world and of ourselves. We are all one, so healing on any level will create healing for all of us.

For example, the Peace Mandala is a prayer for peace created within the Mandala. It is a prayer for world peace and for our own inner peace. We will not have one without the other. Our own inner peace radiates out to others and is reflected back to us from those we touch and those they touch. Our lives are inextricably interconnected with all other lives; there can also be no world peace on earth without a growing inner peace within all of Her inhabitants.

There is another ritual that asks for personal healing, and then healing of a friend or loved one. This is similar to a prayer circle in our way of seeing it, only it is much more experiential and it is openly shared with all the participants. We have found this ritual very moving for everyone.

We are all in need of healing at one time or another. We heal in relationship with each other and with the Sacred. The power of healing rituals is tangible and wondrous to participate in.
Healing with Heart

Theme

This is a ritual that gives participants a chance to call to Spirit for their own healing and the healing of others. This was an especially meaningful ritual for everyone.

Sources of Inspiration

We were inspired by two different practices. One was the Native American practice of the Healing Vortex, which is a way of sending out healing prayers to Spirit. The second practice is the calling of the four chambers of the heart, developed by Brugh Joy, author of Joy’s Way. This is a way of opening our hearts and invoking healing qualities into the circle.

Altar

- Light colored cloth
- Red cloth in center swirled to represent 4 chambers of the heart
- Tea light candles for each chamber of the heart
- A label with the name of each chamber
- Tea light candles for directions
- Goddess candleholder in center
- Candles to take home, perhaps with a ribbon tied on them or placed in a basket
- Paper hearts, two to three for each participant
- Pens
- Snuffer
- Matches
- Lighting candle

Additional items for Sacred Space

Additional items may be used as you see fit and should enhance the feeling of a quiet, reverential space. Any heart shaped decorations may be placed on the altar or placed in

Sample Ritual from the Book:
Celebrating Honoring Healing: A Collection of Earth-based Rituals
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an appropriate manner around the room. Music of a quiet and healing nature is often helpful, as are candles.

**Set Up**

We used a red cloth to represent the four chambers of the heart, Compassion, Innate Harmony, Healing Presence and Unconditional Love. The cloth was swirled into a four leaf clover pattern. The whole cloverleaf was elevated on the altar by perhaps two to three inches. We used a pizza pan and rested it on a couple of wooden blocks. A tea light and a label for each chamber of the heart were placed in the middle of each clover leaf.

We placed the directional tea lights around the edge of the altar with the center candle in the middle of the four leaf clover pattern. The paper hearts and pens were arranged around the edge of the altar to be within easy reach of each participant. Dimming the lights and playing soft music in the background enhanced the feeling of quiet reflection.
Smudge

Smudging outside the room allows each person a brief clearing and centering before walking into ritual space.

Set up the smudge outside the room. You may appoint a ‘smudger’, but do not forget to smudge yourself as leader first. You may use whatever feels appropriate to you. Some suggestions are: sage, paulo santo, or mugwort.

Calling the Directions

Light the candle for each direction as it is being read.

SOUTH
Leader: Welcome to the Spirits and Archetypes of the South, bringing us the healing warmth of the sun.

WEST
Leader: Welcome to the Spirits and Archetypes of the West, bringing us the healing waters of rain and ocean and tears.

NORTH
Leader: Welcome to the Spirits and Archetypes of the North, bringing us the healing strength of rock and stone.

EAST
Leader: Welcome to the Spirits and Archetypes of the East, bringing us the healing coolness of wind and fresh air.

CENTER
Leader: Welcome to the Spirits and Archetypes of the Center, bringing us the song of the stars, the tides of the moon, the help of Mother Earth.

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Ritual

Teaching the Healing Vortex

Leader: As a part of our ritual you will be placing yourself and one other person into a gentle yet powerful vortex of healing energy that lies between your hands. This is a Native American practice for sending healing energy.

Please stand and we will go over how to do the vortex. Raise your hands and place them in front of you so the palms are together in front of your heart. Now bring them gradually apart, so that the back of your hands touch the back of the person’s hands next to you. Imagine an X extending from the fingers of both hands to the heels of the opposite hand, crossing in the middle. Where the lines intersect is a vortex of energy called the Field of Plenty. As we intention for ourselves, or for another, to be placed into the vortex, we are reassured that Spirit will provide whatever is needed for this person’s wholeness and healing.

The distance between your hands should be close to shoulder width apart. If there are not enough people in the circle to maintain this distance, then do not have people touching the back of the hands next to them. The group synergy of this ritual is still vibrant even though the participants are not touching each other’s hands.

Leader: Now slowly bring the palms of your hands together in prayer position in front of your heart, enfolding whomever you have placed into the vortex into the abundance of Spirit. When we come to this part of the ritual, I will guide you through it. Before we do that we will open the four chambers of the heart.

Opening the Four Chambers of the Heart

Light the candle for each chamber as it is being read.

First Chamber

Leader: Now let us call upon the first chamber of the heart, Keeper of Compassion. We ask that compassion come forward in our lives for all those in need of healing and for ourselves, that compassion may guide us and nourish us with its strength and wisdom.
Second Chamber

_Lleader:_ We call upon the second chamber of the heart, Holder of Innate Harmony. We ask that the innate harmony that resides deep within each of us come forward within our healing circle that we may draw upon its peace and balance.

Third Chamber

_Lleader:_ We call upon the third chamber of the heart, Guardian of Healing Presence. We ask that the qualities of healing presence come forward into our circle and into ourselves this evening, that we may become a light and an anchor for each other.

Fourth Chamber

_Lleader:_ We call upon the fourth chamber of the heart, Source of Unconditional Love. We ask that the light of unconditional love come forward from deep within the wells of our being, from the sacredness of all that we are--that this might remind us of our wholeness, healing ourselves and all who are bathed in its light.

_Pause_

Naming the Recipient

_Lleader:_ Breathe deeply and bring to mind someone you would like to send healing to. Take one of the hearts scattered around the edge of the altar and imagine this person, letting their image or your sense of them become gradually clearer and clearer to you.

_Pause_

On the heart you may draw a symbol or picture of the person, or name the person you would like to send healing to.

_Pause_

Take another heart for yourself, and draw a symbol or write your name on that heart, describing or picturing what you would like healing for. When you are done you may sit quietly with your intention to send healing energy.

_Healing Vortex and Meditation Practice_

_This is an active meditation in which the participant will be placing their hearts in the altar and doing the vortex practice with your guidance. It is helpful to hold this intention of meditation as you progress around the circle._
The script for the meditation is at the end of the ritual.

Remember to leave time at the end of the meditation for people to journal or just sit quietly. This provides a gentle and thoughtful transition into the next part of the ritual. It is also important for their integration of the meditation into current time.

Talking Stick

Leader: We will now pass the talking stick. Please share as you are moved. You may want to share something that came up during the ritual or whatever else is in your heart or on your mind. What is said here stays here in circle. It is all right to pass. Who would like to start?

Gift Giving

Leader: We invite you to take home a candle and light it every night for a week. As you light it think of this healing blessing

I call upon the healing energies of Spirit, Be with me.

Be with ___________(whomever you have named.)

Thank the Four Chambers of the Heart

Snuff each candle as you read each chamber of the heart.

First Chamber

Leader: We thank the first chamber of the heart, Keeper of Compassion, for your presence this evening.

Second Chamber

We thank the second chamber of the heart, Holder of Innate Harmony, for your presence this evening.

Third Chamber

We thank the third chamber of the heart, Guardian of Healing Presence, for your presence this evening.

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Fourth Chamber

We thank the fourth chamber of the heart, Source of Unconditional Love, for your presence this evening.

Thanking and Releasing the Directions

Snuff each candle as you read each direction

SOUTH
Leader: We thank the spirits and archetypes of the South and bid you farewell.

WEST
Leader: We thank the spirits and archetypes of the West and bid you farewell.

NORTH
Leader: We thank the spirits and archetypes of the North and bid you farewell.

EAST
Leader: We thank the spirits and archetypes of the East and bid you farewell.

CENTER
Leader: We thank the spirits and archetypes of the center, the song of the stars, the tides of the moon, the help of Mother Earth and bid you farewell.
Meditation
Healing Heart

And so now, sitting comfortably in your chairs, call again on your breath.....noticing your breath as it moves in...filling your lungs....nourishing....and noticing again as your breath leaves.....clearing....sharing the nourishment.

And gently allow yourself to connect with Mother Earth.....imagining that you can move swiftly and surely to her....feeling the delicious, moist coolness of her soil........smelling the dirt........the pools of water as you move deeper and deeper into her loving embrace.

There is a radiance that emanates from within..........that lights your path.....and you move deeper through stone passageways lit with crystals and sapphires..........feeling the steadiness and richness of her body..........and drinking up the vibrancy and strength of her healing powers.....as you move closer.....

You move steadily toward the radiant light...perhaps now hearing a gentle rhythm.....a beating...as if a living drumbeat...a heartbeat..........

As you draw near you realize that it is Her heart.......beating.......beginning to hold you gently and compassionately in its rhythm..........And your heart beats with Hers... Beating together.......you have found an inner sanctuary...a place of peace and compassion.

And She invites you to pause here......to be here......for it is here.....guided by Her wisdom and love.....that we can further awaken these aspects, these qualities of the heart that reside in all of us.

And so we do. Inviting the archetype, the energy of compassion to grow and enlighten our hearts......

Inviting the holder of innate harmony to balance and enrich our hearts.......
Calling upon the guardian of healing presence to quiet and soothe our hearts.....
And inviting the energies of unconditional love to fill and nourish our being........

And hearing our call...they awaken even further.......... Softly at first..... gently they grow and begin to warm our hearts..........golden embers of healing energy...ever stronger and more radiant...as they grow and fill our hearts with compassion.....with innate harmony......healing presence and unconditional love.

Pause. There is a slight shift in tone or pacing as the sense of a meditative state is preserved while guiding the participants through the vortex practice.

And it is from here that we will open the vortex......

And taking a deep breath...still held within the heartbeat of the Great Goddess...I invite us all to stand. We will do the healing vortex practice for yourself first, followed by the vortex for the person you have named on your heart. So, who would like to go first.

Please place the heart for yourself in one of the chambers of the inner heart, naming yourself and your healing if you like.

Guide them through the vortex practice. We found that a continued meditative voice and respectful open heart was essential to holding the space for this deep healing.

And now place the person you would like to send healing to and name this person and their need if you like.

You may go around the circle repeating the exercise as needed or desired. Some people have more than one person they seek healing energy for. This may be invited but is up to the leaders and the numbers attending.

When all are finished

And now...you may sit. As you become comfortable thank the Goddess...Mother Earth for her presence...and silently thank the energies of the heart for their presence ........
And now,..... bringing your attention back to your breathing...Making your way gently back up the pathways lit by crystals and sapphires...past the pools of water and the rich moist earth...and gradually to our circle. Pausing a moment here to notice your breath again...notice how it feels in your body...to breathe in...deeply...and to exhale ...slowly and consciously....

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