

Boost Your Earth Flow



There are very, very few items and things in the world as magical as soil and earth. Our ancestors used this element to create bowls and cups to sustain themselves—and planted herbs, vegetables and fruits, whose seeds continue to feed us today. Use this ritual when you need to feel that grounded power, passed on from our ancestors and the universe itself. For more printables and worksheets, remember to visit writingorbit.com.

Supplies:

- Soil
- Small ceramic or glass bowl, to keep soil
- Small mason jar or glass cup

Step 1. Pour soil into the selected container. It could be an old plate or bowl. Preferably small enough for you to fit your fingertips. You're going to use this to place your hands from time to time, to feel and caress the soil, when necessary. The soil holder can also be small enough to fit comfortably on your work desk or night table.

Step 2. Water the soil and massage it as you do, being mindful of how it feels and trying to connect to the senses it provides. Hold the bowl or container and pray or meditate over it. Be conscious of any messages that seep through.

Step 3. This is now your personal soil connection bowl. Every night, gently place your fingertips into the soil and leave there for a few minutes. Close your eyes and meditate as you do. Water this soil and place near sunlight daily, to allow the soil to recharge.

