

Ritual to commune with nature



Preparation:

- Choose a quiet spot in nature (forest, garden, park)
- Bring natural offerings (seeds, fruits, flowers)
- Have a green candle and herbal incense ready

Ritual:

- Form a circle with stones or branches
- Light the candle and incense in the center
- Sit down and breathe deeply, focusing on the sounds and smells of nature
- Recite this invocation: "*Spirit of the Earth, I come with respect To unite with your wisdom and strength May our energies intertwine in harmony And may I feel your presence within me*"
- Meditate silently for a few minutes, visualizing roots connecting you to the earth
- Place your offerings while thanking nature
- End by extinguishing the candle and dispersing the circle

Take time to feel the established connection before leaving.