

Ritual to connect with nature



Materials:

- 4 candles (green for Earth, blue for Water, red for Fire, yellow for Air)
- A bowl of pure water
- Natural crystals or stones (optional)
- Natural incense (sage, cedar, or pine)
- A natural object that speaks to you (leaf, flower, stone...)

Ritual preparation:

1. Choose a quiet place in nature - a garden, forest, or peaceful park
2. Arrange the candles in a circle according to the cardinal points
3. Place the water bowl and other natural objects in the center

The ritual:

1. Begin by sitting comfortably and taking several deep breaths
2. Light the incense and candles in order: East (Air), South (Fire), West (Water), North (Earth)

Invocation (to be spoken softly):

*"I come in peace and with respect
Nature Spirits, I greet you
May the elements welcome and guide me
In this sacred communion"*

Meditation:

- Keep your eyes half-closed
- Feel the earth beneath you
- Listen to the natural sounds around you
- Feel the wind on your skin
- Focus on your connection with each element

To conclude:

1. Express your gratitude silently or aloud
2. Extinguish the candles in reverse order of lighting
3. Leave a small natural offering (seeds, fruits...)

Important notes:

- Always respect natural places
- Leave no trace
- Use only natural and biodegradable materials
- Practice this ritual with sincerity and respect