Ritual of Earthing - Diamuid O’Murchu (adapted)

***Gathering*:** Chant: Consciousness Waking – Jan Novotka

*Consciousness waking, Holy and Whole.*

*Creation’s stirring, birthing anew.*

*Now is the time.*

*We are the space*

*For the Holy to rise in our midst.*

***Opening Prayer*** (read by the convenor or by the entire group);

Gracious Spirit, energizing all that begets and sustains life, Spirit of our living earth, enlivening source of all that nurtures us as Earthlings, creatures of the living creation. Today, we celebrate in gratitude our earthiness and all that enriches our lives. Awaken us to the organic meaning of our earthly existence, and through this experience of empowering ritual, bless us with the wisdom and grace to live ever more fully in our care and nurturance for the Earth, that forever cares for us. With grateful hearts, we make this prayer. Amen.

***An Appropriate Reading***. I often use the following collection of excerpts from John O’Donohue’s *Anam Chara*: (p.126)

Essentially we belong beautifully to nature. The body knows this belonging and desires it. It does not exile us, either spiritually or emotionally. The human body is at home on the earth.

We so easily forget that our clay has a memory, a life of its own before it took our present form. Regardless of how modern we seem, we still remain ancient, sisters and brothers of the one clay. In each of us, a different part of the mystery becomes luminous. Maybe some clay comes from beside a calm lake, some from places where nature was exposed and lonely, and more from secluded and reserved places. We never know how many places of nature meet within the human body. Landscape is not all external; it has crept into the soul. Human presence is infused with landscape.

We need to return to the solitude within, to find again the dream that lies at the hearth of the soul. Our clay shape gradually learns to walk beautifully on this magnificent earth.
(Let’s reflect quietly on this Reading)

4. ***The Ritual of Earthing***. Place the soil/clay in your hand and rub the soil into your palm using a circular motion (symbol of wholeness). An image of the Cross can also be used, or any symbolism related to local earth reality. If there is more than one of you present, you can administer the earth/clay to each other. As you do this you say, or the person administering to you says:

\*\*\*\*\*\*\*\*\* **receive the gift of earth’s soil.
 Cherish the earth from which God has formed you.
 And tend with loving care all that God has
entrusted to your care.**

As we sit with the soil, we ask forgiveness the ways we neglect, abuse or exploit our own bodies and the earth body. And awaken within us compassion and care, tenderness and love, for all the gifts of creation. Amen.

5*.* ***Earth Litany ending with* *Communal Prayer***. One or more members can lead the litany and concluding prayer.

**Response: Creatures of Earth, praise the Holy One**

- For the energy of creation through which the Spirit co-creates all life - ***Response***
- For all embodied creatures with which we share the web of life - ***Response***
- For the gift of our own earthiness, that we may live as dignified Earthlings ***Response***
- For the land entrusted to our care, and for all who farm our land - ***Response***
- For every garden that feeds and nourishes pollinators for life - ***Response***
- For the fruits of earth and the diverse gifts of season - ***Response***
- For the rivers and lakes and the waters that sustain all life - ***Response***
- For the seed that dies in each season to produce nourishment for life - ***Response***
- For the healing resources of trees and plants - ***Response***
- For the animals who adorn the landscape of our daily lives - ***Response***
- For all who work for eco-justice, protecting earth’s fragility - ***Response***

**We allow a space for other intentions participants may wish to add**

- *Concluding Prayer*: Creator and Holy One, we thank you for the gift of life. Bless us as you fashion us from the clay of the earth. And bless the earth-womb that sustains and nourishes us with the dawning hope of each new day. Amen

6. ***Concluding chant*:** ***We are Connected.***