**SRMT AND LIFE EMPOWERMENT PROGRAM**

**LAND BLESING**

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NOTES FOR LAND BLESSING

As we physically clean an internal space before we begin an energetic cleansing, we clean up land debris before enacting a Land Blessing. We leave the natural lay of the land, as is, but we bring to order whatever human chaos we may have imposed upon the land. For instance, we may burn a brush pile we’ve left sitting, or stack a pile of cut wood, or remove an old car or machinery parts that are hanging around, pick up toys or garbage that’s lying in the yard, etc. This process disperses energy, which can collect and stagnate, and shows respect, which is the beginning of a healthy relationship with the Earth.

It’s ideal to walk the boundaries of the land before enacting a blessing. Make some offerings of cornmeal, tobacco or bread, and speak with the nature beings and the spirit of this land, yard or acreage. Introduce yourself and what you will be doing, and ask if there’s anything you need to know - notice, sense and intuit the response. This doesn’t appeal to everyone, but it feels right for you, you can light an American Spirit rolled tobacco stick and puff on it, you don’t even have to inhale. Offer the smoke to the land and allow the smoke to open you and connect you to the land, its spirits and its messages. Open your heart.

You can also do a shamanic journey to the land beforehand, even if you’ve never seen or been to the land before, and ask your spirit guides to show you what you might need to know.

If you are asked to do a Land Blessing and you don’t have any tools with you, you can clap your hands to disperse and energize, use water as a blessing, and work with your Spirit Guides and Huacas, symbols and intention. Intention is what directs the energy. Tools and rituals support and embody our intentions.

See how you resonate with the process as it is described below, and feel free to adjust or bring in steps or tools of your own. You may be working with a yard, a couple of acres, a large acreage piece of land, or a forest, etc.

Remember that there is no "right" way to go about this; there are no rules! Once you do a few Land Blessings you’ll have a sense of what works for you, what feels right, and how to make small adjustments according to the information you receive and the unique energy and needs of each location. Co-create your “way” with spirit and nature – and each time you do a Land Blessing, it will gain power and focus.

If you are doing a Land Blessing with a group, it is ideal to invite members to participate in the ceremony as you move through it.

LAND BLESSING TOOLS

Your Travel Altar Cloth and Sacred Items

Bundle of Dried Juniper or White Sage for Smudge

Beeswax or other Natural Unscented Light Colored Candles

Drum and/or Rattle, Bells

Cornmeal, and/or American Spirit Loose Tobacco, Bread Offerings

Wooden Bowl of Moon/Star-Infused Water

Optional Tools:

Large Feather or Feather/Other Wand for Wafting Smudge Smoke

American Spirit or Other Natural, Untreated Rolled Tobacco

White Flower on a Long Stem

PREPARATION

Have all tools ready to bring or transport to the land

Take a shower and wear clean clothes

Smudge yourself before the blessing

Meditate upon/with the Golden Triad: Form + Intent + Sacredness = the Mystery. The more you do this, the more naturally and quickly it will come to you.

Form: have the items you will use on hand and ready, and know the mechanics of what you will do to enact a Land Blessing. Survey the list above, and the ceremony, below.

Intent: Your intention is for the land to be purified and energized. Think about this in your mind; really see the land as energized and spiritually bright, as if this is true now. Infuse this reality into your mind. Then transform those thoughts and images into energy. Allow this energy to pass from your mind to your heart. As this energy settles into your heart, FEEL it. Allow it to be a palpable sensation in your heart area. When you can really feel this, next allow these feelings in your heart area to expand and radiate throughout your entire body and beyond - BE your Intent. You are one-pointed, one with your intent.

Sacredness: “Bring the Spirit In”: Light Breathe. Feel the presence of your Shamanic Reiki Spirit Guides. Go to your Sacred Place or Inner Sanctum and *shapeshift* into your Shamanic Reiki Spirit Guides. Invoke the Reiki symbols in this inner space, your Inner Sanctum or Sacred Place. Beyond this, you don’t have to be overly serious, but stay focused on ‘being your intent’ - and move and act with reverence.

CEREMONY

Aimlessly Wander (*Shapeshifting into Higher Consciousness* book), allowing yourself to walk to the place on the land that calls to you. Also bring in the Siberian Mark Exercise where and whenever you are drawn. When you arrive at the place that calls make some offerings and ask the land permission to be here. If you know this is the right place to set up your altar, do so in a sacred manner. Place the candle in the center of your altar. Place any other sacred items as well as your blessing tools. Invoke, draw, or see the Reiki symbols in the space over your altar as a golden or violet light. Or, see what color they present as. Light the candle.

Call in the seven directions (E, W, N, S, Heaven, Earth and Spaces In Between) and the elements (Earth, Air, Water Fire), in the way you have been trained or in what way that feels right for you. This orients you and activates the sacred center - the energetic vortex of energy of your altar. You can visualize or feel this as the Shamanic Reiki Spiral. Some people use a drum to call in the directions, some blow a conch, others may sing. Some traditions begin in the East, and others begin with another direction. There are no rules and there are many, many ways. Even the element associated with each direction can vary. One tradition may invoke East/Air, North/Earth, South/Fire, West/Water, and other traditions combine the elements and directions differently. Thus, when calling in the directions you may intuitively connect with the spiritual qualities of each direction, instead of following a formula. Or, you can state an ultra simple invocation in each direction such as:

“Grandmothers and Grandfathers of the East, and Air beings and spirits - we welcome you!” And, so forth with each direction and element.

After calling in the directions, light the smudge and use your feather or other wand to waft the Juniper or Sage outwards from the altar in whatever circular direction feels right for you. You may desire to do this three times.

(Note: Juniper is a milder smoke than Sage. We do not use Sage in an indoor blessing or Space Cleansing or to prepare for a Shamanic Reiki session, as it can be harsh on the lungs. Siberians and Tibetans use Juniper in purification and blessing ceremonies and North American indigenous groups use Sage. This reflects the plants and trees that grow on these lands, of course.)

You may then desire to send the smudge out from the center of the altar to the land boundaries, or the parameters of a yard. Just waft the smoke from the center, in an outward direction and visualize the smoke traveling to and reaching every part of the land. Allow your intuition to guide you as to how you work with sacred smoke. For instance, you may also, or instead, want to light another American Spirit hand rolled stick, puff on it and blow it outwards towards the land, and/or to the Earth, and up to the Sky, and offer prayer in a similar way to how you may have done it if you initially walked the land.

You may feel guided to use rattles or your drum to clear stagnant or stuck energies, and to strengthen the spiritual energy of the land. Follow your inner guidance, or consider walking the boundaries of the land or yard while beating loudly on your drum or whilst rattling. Use your intuition, but a nice option is to beat your drum firmly and loudly over or around an area, or as you walk the parameters of the land or yard. Then, each time you feel the energy shift (or ONCE after you have drummed continuously while encircling the entire property), give a final firm beat of the drum and, with a sweeping motion, send the energy out from your drum in the direction of your altar, into the Shamanic Reiki Spiral of your altar. Of course the Shamanic Reiki Spiral will immediately transmute whatever touches it into luminous sparkling life force.

When you feel complete with your Land Blessing, ask the land and your Spirit Guides if there is anything else left for you to do.

Then, make offerings again to the Earth. You can sprinkle cornmeal around the altar, which will also keep the vortex, the Shamanic Reiki Spiral, flowing after you leave – continuously transmuting energy and suffusing the land with luminous forces. After this, give thanks to your altar.

You can also leave offerings at the base of trees or on stones to honor all the nature beings and spirits of these lands. You can sprinkle offerings in the shape of the Reiki symbols onto the land. You can pick up the wooden bowl of Moon-Starlight water, dip your flower (or your fingers) into the infused water and sprinkle it on the land or on trees, stones, etc. Let the magic of the Earth and the nature spirits and beings guide you!

As a final step, "close the directions" in a manner that is similar to how you opened them. Begin with the direction you ended with for the invocation, as you will be winding the energy back in – going backwards. Again this can be as simple as stating something such as:

“Thank you Grandmothers and Grandfathers of the West, and Water beings and spirits for supporting this ceremony to cleanse and bless this beautiful land.” And, so forth with each direction and element.

You may close with the Reiki symbols, and you may choose to seal the ceremony by striking a bell over your altar, three times. Feel the vibration reverberate to every part of the land.

When you have closed the directions and sealed the energy, gather your altar.

When your altar is packed up, bend to the Earth. Place a palm upon her, or prostrate and press your forehead to the Earth such as in the Siberian Mark Exercise. Close your eyes and spend a few moments feeling your Mother. Take a moment to offer gratitude to the Spirit of the Place for the experience. Intend that the Shamanic Reiki Spiral stay in place. Feel its loving intention and feel your own love and gratitude. Then feeling yourself within your Inner Sanctum, thank your Spirits Guides and Huacas and *Shapeshift* back to “you”. Gently allow the presence of the guides to fade away.