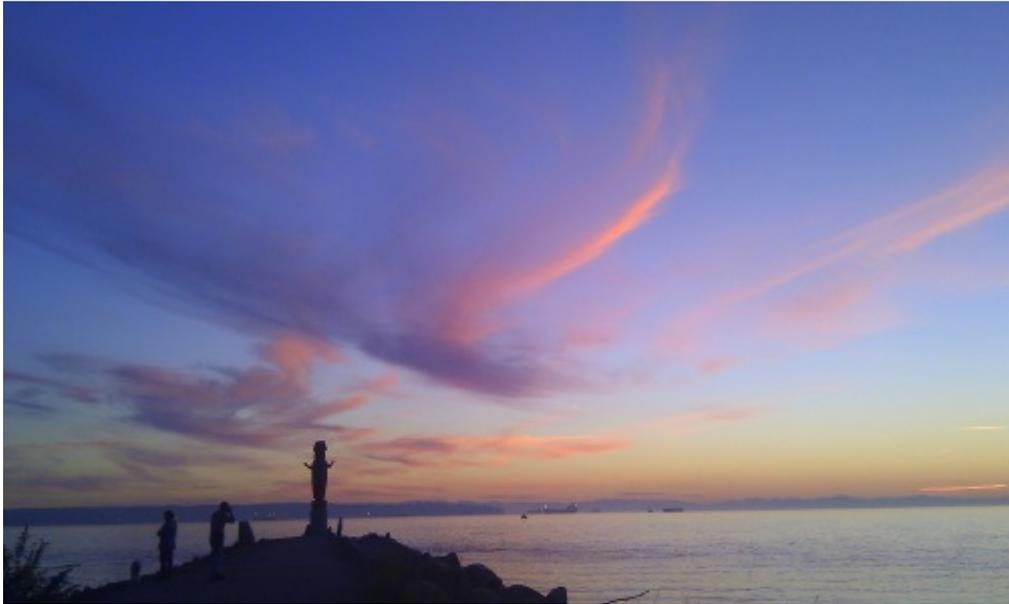


The Ritual of the Blessings of Grandmother Ocean



The requirements to perform this ceremony are as follows.

- 1) It is to be undertaken outside.
- 2) At least three people and hopefully more will take part, (minimally one male one female and a witness).
- 3) A small disposable mirror.
- 4) The ritual should be undertaken by a body of water (sea, river, lake etc) or around a bowl of water to symbolize the ocean.
- 5) Honey.
- 6) Lit Candle.
- 7) Red Wine.
- 8) 2 rocks per person found in the area of the ceremony; Rattles would be useful addition.
- 9) The group should draw two circles (the size determined by the amount of people gathered); one inner – one outer. If the ceremony is not undertaken by a body of water, a hole will need to be dug beside the circles.
- 10) In the south of the circles create an altar with the offerings all have brought.

The ceremony begins by calling to the lunar sow of south who stands above the sea and draws the community together.

Each person that is present will then simply say, “I am here...” calling out their name.

The man (or men) takes the mirror from the altar and passing it around, each looks into it. This is so the person will recognize who is making amends.

The men will then take the mirror and place it into the water.

Everyone will then call the invocation; "Mother of my mother's waters please forgive us for taking away your purity and innocence."

This is accompanied and followed by each person taking two rocks and tapping them together rhythmically to connect to the invocation.

Placing the rocks down everyone will place their hands in the water, raising them up and letting the water run through their fingers symbolizing the rain of falling tears.

The women will now pick the mirror out of the water and pass around the mirror for each woman to witness purity and innocence returned.

The mirror is then given to a nominated man. He then casts this mirror into the body of water or places it into the hole. In this case, the water in the bowl should have been poured into the hole first by the women.

Then the women now pour the wine into the ocean or into the hole.

The men take the honey and share its sweetness with the gathered women.

Here we suggest a few moments of stillness and silence

A man will then plunges the lit candle, flame first, into the water.

The women then surround the men and embrace them.

Again we suggest a few moments of stillness and silence.

Then in breaking the circle - the ceremony is complete.

NOTE: PLEASE RETURN THE ROCKS TO PLACE THEY WERE FOUND and ensure that all debris is collected and not abandoned to the land or water.