



1. A Blessing of the Earth

A blessing for connection with the land, for strong bodies and bones, for blood that flows bright red with energy, for grain to harvest and good food upon your table.

May you be blessed by the element of the earth. May your body possess vigour and vitality, and may you feel the natural world alive within your own skin and bones. May your home grow up out of the earth and be solid upon it, and may the land upon which it rests offer its energy of solidity, strength and endurance to you for many years to come. May the food upon your table overflow with nwyfre – the vital force of all things that truly have life-force, and may you share this food with those who bring to you great joy in being alive in this form this lifetime. May your eyes shine and

see, your legs walk straight upon the earth, and your feet go softly upon the path you tread.

May all the beauty and wildness and strength of Nature find expression through your life and your connection to the earth, and may the great mother of us all, the land, from whom you were born and to whose womb you will return, offer you nourishment and strength all the days of this life. May the ancestors within the earth send forth their wisdom to you, guide you, comfort you, and encircle you with soul family in times of trouble. When times are good, remember them, for they have been with you always. May bounty and prosperity be yours, an abundance, an overflowing of the gifts of the earth to you, the child of the earth, who is so loved. May you feel the love of the earth, may you feel its protection, its nourishment, its comfort and finally, when you rest again within her arms, may she rebirth you gently into the next lifetime, ready to enjoy her pleasures more deeply.

BLESSED BE



2. A Blessing of the Air

A blessing to allow the free-flowing movement of inspiration, fresh ideas, purposeful memories, clear thoughts and true words this day.

Beautiful soul, may you be most blessed this day by the element of air. May your thoughts and words be in harmony with each other, and may they be inspired by trust in your ability to understand deeply, with the gifts of the mind, all that is within you, all that is without you.

May your gift of the mind be clear and open, and may worthy ideas blossom and be expressed with ease and grace in words and actions that are in affinity with the highest of your ideals. May there be knowledge that is enriching, information that

is trustworthy, words that are true in your world this day. Let memories that arise be ones which support you in your tasks, awaken forgotten dreams, and may the qualities of your thoughts match the boundlessness of the sky. May there be freedom and perspective as you move through this cycle of the sun, and may the winds of change blow from your life whatever it is best to liberate yourself from.

Let the weightlessness of the air free you from burdens that hold you from your dreams, and may the very air you breathe be pure and enlivening, awakening you to the limitlessness of your life's possibilities. May you feel inspired and refreshed, loved and nurtured with every breath in, and with each breath out, release from your mind all that is no longer in alignment with who you are becoming. Let your wings grow, and strengthen, until you take flight. Let scent, and song and soaring freedom be yours, for these are the domains of the element of air, and these are the blessings that are all about you this day.

Most of all, may you fill yourself with what is good and true and pure, and may your every breath be blessed.

BLESSED BE



3. A Blessing of Fire

A blessing to bring passion, motivation, and creative spark to your life, and to the lives of those that you touch.

May the many blessings of the holy fires be yours. May fire's burning passion, its quick intensity compel you into moments of action, to make decisions, follow the truths of your heart, and quicken and burn like the flames with the hearth. May you be warmed and sheltered by the glow of these holy fires, and may they spark again and again the motivation we all need to turn the wheel in our lives. May the blessings of the flames that devour the old be yours, and may they burn through the debris of memory, the fallen deadwood of hurt and grudges, and burn through the pain that so many of us feel when recollecting injustices. May it

inspire you to move forward with your life, and may it bring down what no longer serves you. May its crimson heat take light within your own soul, and breathe to life the flames within you, so that you kindle again and again the sacred inner life, which will warm you when all about you grows cold.

May you have rising within you from that radiant heart the fire in the head¹ of the poets of old, the ancient brilliance that will allow dreams to ignite, so that you shine with that inner radiance. May any fear of fire pass from you, and may the only flames you tend be those who serve your best self. Let any former harm in other lives from this element pass away now, and let a great spark from the heart of the Universe rekindle your love of warmth, your passion, your intensity and motivation. Let your warm heart be a shelter for others, who come to you, like creatures in the woods come to a camp fire, and may the fires within be a place of creativity, of dancing and dreams, of stories told through the flickers of flames. May you always have that warmth, and its protection, and its ardour, for all the days of your life.

BLESSED BE

1 'Fire in the head' is an old Celtic expression, said to have arisen from Druidry, that describes a state of being illuminated by inspiration. Energy is said to pour from the head, creating a halo all about the head of the inspired one. It is often seen around the heads of poets, musicians, mystics, dancers, writers, lovers, all who are illuminated by this radiant, inspiring fire pouring from the crown chakra.