



## Nature's Healing

**Prepare a Sacred Place** On your altar, place a symbol of:

- \* Air (such as a feather, incense)
- \* Earth (a small container of soil, a rock, pottery, bark, flower, etc.)
- \* Fire (candle, oil lamp, incense)
- \* Water (small container of water)

Play music, such as "Sing a Gentle Love Song" by Kathy Sherman, CSJ, from Gather the Dreamers.

**Introduction** On our journey we realize our connection with the universe and its healing elements found in air, earth, fire and water. You are invited to connect with these elements in your prayer.

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### Healing with Air

Focus on breathing in life-giving air.  
 Inhale healing. Exhale dis-ease.  
 Inhale well-being. Exhale tension.  
 Inhale peace. Exhale stress.  
 Breathing in, calm body and mind.  
 Breathing out,  
 smile...dwelling in the present moment.

### Healing with Earth

Feel your groundedness as the energy of the earth flows through you to all that is.  
 Allow the healing energy of your symbol to penetrate and move through you.

### Healing with Fire

Feel the light warmth, the glow,  
 and the energy of fire.  
 Enter the dance of the flame,  
 allow it to heal the darkness within.  
 Allow an ember  
 to ignite the deep passion for life.

### Healing with Water

Water is vital to life.  
 It greens, brings forth, refreshes, and cleanses.  
 Hold in awe the container  
 allowing water's flowing energy  
 to clear the path for life to be healed.

### Reflection Time

Allow each of these elements to speak to you of gifts given. If with a group, have someone hold each symbol and face the direction named as each element speaks.

#### Fire Speaks:

I am Fire Beauty, in the East of the sky. I give you the first gift, the gift of your own spirit. Spirit is pure light and energy. It is how the sun lives. It is your power to illuminate yourself with your own experience. In this way you can be enlightened by life. You can see with the eyes of the Spirit.

#### Water Speaks:

I am Water Beauty, in the South of the sky. My gift is emotion. This is your river of feelings. It will carry you like mighty waters into your power to trust -- your power to be truly innocent, meaning your power to know when you truly know a thing.



### *Earth Speaks:*

I am Earth Beauty, in the West of the sky. I give you your body. This is the substance of Mother Earth that your spirit is being born into. Only in substance can you look within -- see your whole being. In this way you can experience your powers of introspection and intuition.

### *Air Speaks*

I am Wind Beauty, in the North of the sky. My gift is called the mind. You cannot experience it unless you experience the first three gifts as well. Through your mind you can know what



you see around you, what you see within you, what you feel. In this way you will touch knowledge and wisdom.

## **Closing Reflection**

### *Beauty Speaks*

I am Center Beauty and move in the direction of the depths and heights. My gift is the power of choice, to will. It is courage, courage to choose growth, to choose wholeness, courage to choose integration. In this way you will touch who you are and

in whose image you are made.

## **Acknowledgments**

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