

Connecting with the Power of EARTH

ASSIGNMENT THREE – Earthly Comforts

Earth is the energy of home and hearth, and so all cooking is an earthy pursuit. Today, you can cook your favourite comfort food, or take comfort in your home in another way, such as blessing the heart of the home (kitchen) or a space you consider a sanctuary in your home. You can also explore comfort by wrapping up in a soft blanket, or finding other tactile comforts like cuddling with pets.

If you choose to cook comfort foods, recite this verse as you stir or create your dish:

*Element of Earth
Infuse this dish
With love and comfort
Hear my wish.*

If you choose to do the house blessing here are some ideas – you can do them all if you wish!

- Smudge your home with sage, or your favourite smudging material
- Spray your mist that you created for “water week” around your home
- Sweep out your home with a real broom (not vacuum)
- Use sound to raise the vibration in the home – bells, crystal or singing bowls, drumming, rattling, or play music



As you are going around performing whichever ritual form(s) you have chosen,
recite this verse repeatedly:

*Bless this house
And all its domain
Let only goodness and light remain*

*I infuse this house
By the element of Earth
Provide and nurture
This home and hearth*

