

Connecting with the Power of EARTH

ASSIGNMENT FOUR – Feel the Earth

Today, go outside and connect with the Earth! If the weather permits, take off your shoes and socks and feel the earth beneath your feet. Focus on feeling the energy of the earth; strength, grounding, support, comfort, stability.

As a witch, it is important to connect with the natural world, and weather is a part of that. So even if the weather is not to your liking, embrace it, and dress accordingly. You don't have to be outside for a long time, but you need to get out today! If it is colder outside, simply take a walk on a forest path. Notice the trees, rocks, path beneath your feet. Try to see everything as a living, breathing extension of yourself. Think of the rocks and trees as part of your family. Find an interesting stone or stick, or simply something that calls to you on the walk that has earth energy. Hold the item to your heart center, and ask its permission to bring it home and place it on your earth altar. Listen...you will receive a yea or nay if you pay attention. If the answer is no, put the object back where you found it and look further until you find another object. Some items are happy where they are, and it is part of being a witch to respect the wishes of other beings.

While you are walking, you can recite in your head:

Earth I feel you under my feet
Earth I feel your heart beat.

This is a version of many other songs, here is an example of one on YouTube:
<https://www.youtube.com/watch?v=MIqVg8CMIGg>

