

Gratitude for Roots

Roots give us direction for reconnection. Now is the time, more than ever, to ground into the sustenance of safety, deep nourishment, and sense of stability that the Earth provides. Roots are the ones who show us the way and hold the land in place. They are the ones who uptake nutrients for all green growing beings and provide so much food and medicine. Without the foundation of roots, there would be no stability of a tree trunk to lean against. Without roots, branches could not reach great heights... beloved Roots, you beneath our feet, hidden and humble, the anchors who allow all upward growth, thank you.

In the universal spirit of ritual and remembrance... Set your intention and put into motion these simple, sacred actions.

GATHER

Gather a cloth to define your altar space.

Small offerings: small bowl of water, flowers, homemade food, berries, homegrown compost...

Gather some of your beloved root allies to place on your altar.

Gather dried herbs for [smoke purification](#).

CREATE

Locate a quiet spot in nature for your gratitude ceremony. It could be at the base of a special plant or tree in your yard, a forest, mountain, river, meadow-whatever calls to you-roots are everywhere.

Lovingly assemble your altar and offerings, including the small bowl of water.

Burn the herbs, and with the smoke, cleanse yourself, the altar, and the offerings.

STATE YOUR INTENTION

Standing or sitting in front of your altar, express your gratitude for all Roots sustaining life on Mother Earth

ENTER SACRED SPACE

Give thanks to the ancestors (plant, animal, elemental and human) of the land.

Breathe, hum, rattle, sing, ring a bell,

light a candle or incense

OFFER YOUR BLESSING

Place your hands on the Earth. Breathe deeply into your heart center and when you exhale, send love and gratitude down through your arms and fingertips to the Roots.

Offer your blessing (repeat 3 times)

Thank you, Roots of the plants and trees.

Thank you for showing us how to communicate with and receive nourishment from the connected life force of all beings sharing our mother, Earth.

Thank you for your example of always balancing and counter-balancing to ensure the survival of the whole community.

Thank you for your physical manifestation of the web of life – delicate tendrils and strong tap roots entwined with mycelium, sending and receiving energy that helps all life thrive.

Thank you for holding the deep space that records the songs of sunlight, moonlight and the cosmos.

Thank you for nurturing our bodies, for amplifying our resilience and vitality.

Thank you for dreaming leaves and flowers into being.

Thank you for your power, your patience, your presence.

Thank you.

CLOSE

Feeling your hands on the Earth, your bare feet on the Earth, connect to the vast network of roots in the soil beneath you...offer your personal blessing.

Give your offerings to the Earth and for the nourishment of roots by placing them on the soil. Gently pour the water from your bowl onto the Earth with love and gratitude for all Roots.

