

Gratitude for Mycelia

Mycelia nourish, transmute, connect, and heal. In all their many roles, they are fundamental and essential to life. They engage in the sacred act of reciprocity, collaborate, communicate, share with their community, metamorphose death and decay into life and wonder. Mycelia are the intertwined fasteners uniting all life on Earth as one being. As we focus on these marvelous, magical beings, let us learn from them for the benefit of all.

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 Mycelia, Mushrooms, or Soil 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, a mountain, and especially places that are in transformation like the forest floor or your compost pile-whatever calls to you-Mycelia 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 Mycelia sustaining life on Mother Earth

ENTER SACRED SPACE

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

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 Mycelia.

Offer your blessing (repeat 3 times)

Beloved Mycelia, you are the unseen, unfolding power: creating,
sustaining, decomposing and regenerating life.

Plant, tree, animal, and human life benefit immeasurably from your
immense network, and miraculous undertakings.

I offer you my gratitude.

Your fruits are medicine that heal our bodies, shift our consciousness,
and expand our understanding.

You transmute death into rebirth.

You exemplify the sacred act of reciprocity.

I offer you my gratitude.

May we recognize you, honor you, and emulate your benevolent ways.

May you be revered, recognized and encouraged.

I offer you my gratitude.

CLOSE

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

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

