

## GRATITUDE FOR WETLANDS

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

### GATHER

A cloth to define your altar space.  
Offerings: small bowl of water and flowers  
Dried herbs for [smoke purification](#).

### CREATE

Locate a quiet spot in Nature for your gratitude ceremony. It could be in your yard, a forest, a meadow, or a respectful distance from your Wetland. Wetlands can be delicate ecosystems.

Lovingly assemble your altar including the small bowl of water and flowers. Burn the herbs, and cleanse yourself, and the altar with the smoke.

### STATE YOUR INTENTION

Standing or sitting in front of your altar, express your gratitude for your Wetland and all Wetlands 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, with love and gratitude, stand with your offering bowl of water.

Offer your blessing (repeat 3 times)

Beloved Wetlands, you are a sanctuary of Mother Earth, and I extend my heartfelt gratitude to you.

From mountains to oceans, you sustain life. Your marshes, swamps, bogs, fens, and meandering waterways, orchestrate a delicate dance with the elements.

You are a vital source of purification, biodiversity and a haven for countless species.

You harbor the unnoticed, housing a rich tapestry of aquatic life, diverse flora, and a symphony of birdsong, croaking frogs, and buzzing insects.

You have silently witnessed the passage of time interwoven into the fabric of our human histories and traditions.

I recognize you and honor you. I thank you for your vital contributions to the web of life.

May you be cherished and protected.

May your waters, plants, trees, soils, and creatures be kept pristine and nourished.

May all humanity around our living Earth recognize you, and give gratitude for their Wetlands.

I send my profound love and appreciation to you.

## CLOSE

Offer your bowl of water and favorite foods (if you have them on your altar) to your Wetland by giving the water and food to the Earth under a tree or plant out of foot traffic. Give this offering with your own words of gratitude for the Wetlands sustaining all life.

### \*Notes:

Feel free to insert the name or names of your Wetland into the above blessing.

The use of the possessive in the blessing is used as a belonging to one another as in familial relationships, not as in ownership. For example, “your Wetland” is intended as you belonging to the Wetland.