**2000 Lammas-Lughnasadh Ritual Notes-Outline**

**Blessing:** Warrior goddesses / fire and earth

**Sit in the Circle:** Use animal totems to welcome in the four directions

**Introduction:** Without the sun, the earth, fire, air, water, the animals, the plant life, our friends and families, and all our experiences we have experienced in our lives, we would not be the women we are today. Let us be thankful for what we have already received or experienced in our lives. What we are thankful for does not always just have to be what we consider *good* experiences. Even our most painful or uncomfortable gifts (experiences) have been a big part of what has shaped us as wonderful women.

* **Read introduction to animal medicine/power**
* **Start visualization to bring animal spirit to us to receive its power and message**
* **End visualization**
* **Paint ourselves with clay and earth to represent the animal who has given us their energy and wisdom. You can help to paint each other.**
* **Next paint with the berries that represent abundance and sacrifice. Paint a symbol we received from our animal guide. (When you are finished begin drumming.)**
* **Drumming and dancing as your animal spirit**
* **End with a poem from Earth Prayer Book about being thankful for the Earth, animals, etc.**