



Phoenix Activity
Paradise Meditation



Come to the top of town and rest yourself, pause and poise a moment to meditate on the privilege of living in Paradise. Bring your journal and write down both your requests and your promises, to self, the people and the planet. In this contemplative atmosphere, you may wish to bring your own set of Viking Runes, drawing one to ask for guidance, and best practices.

As the prayer flags float on the breeze, send your own blessings, honor and thanks to our sweet valley and the wilderness which surrounds you. You may choose to leave a gratitude offering from Nature, a stone or feather, a sage bundle, etc. or pour water here as a libation and gift for our Mother Earth.

Let us lift our heads and hearts. Let us have gratitude for the cleansing Equinox Fires which burn clean, releasing the loss and heartbreak of the passing year. Let us Rise up, purged, pledged and promised to Generosity of Spirit, to each other and to the Land.

Blessed be. It is so!

