



Mummer Activity

Journaling Prompt: Activate Your Talent Heal the Wastelands

About the Wastelands: The Wastelands appear as a concept in ancient Celtic mythology as a consequence from lack of respect and relationship for and with the Earth and her gifts. We must seek **balance** and **reciprocity** with our natural world, where what we give back to the Earth, is as equal to or greater than, what we take. Part of regaining balance and practicing reciprocity with our natural world, is **healing** and **nourishing** the wounded places we have created in the land – these Wastelands. Globally and nationally we are living in an age of the Wastelands. From climate change to the pandemic, from racial injustice to political ineptitude, this social and environmental barrenness rises from a culture of neglect and imbalance. We are here to change this paradigm.

Make a Difference: Make some physical calls to organizations and causes that could use your particular talents or who are engaged in repairing and restoring Wastelands in your home place. Contribute to their cause or find out how you can become actively involved.

Make Room: You can't welcome the new if you're all cluttered up with the old. Your talent can't soar if it's anchored by muck. Take the turn to the Autumn Equinox as a time to rid your life of what might be weighing you down. Start with a ritual clean of your house. Sweeping deep into the corners, getting all the muck and residue not only of dust and dirt but of old resentments, angers and wounds can be energetically freeing. Rid yourself of the grunge of yesterday, to make space for new, more positive, more enlivening energy to live in your house. Burn some sage, open the windows, let the wind carry the rest away.