

Healing Grief Circle

Materials needed: pair of scissors, candle, bowl of water, oils (sage, coconut, ginger, gardenia or lavender)

We as spiritual beings having a human experience exist in different states of being:

We exist in many different states.... A state represents the condition that someone or something is in at a specific time. No matter what "state" we are in, we are energy and as such we are always in motion...energy can never be destroyed... only transformed

So, we sing: *Ishe Oluwa Koleba Jeo* (listen <https://youtu.be/Esr8kFfdU1w>)

What God has created no one can destroy....

This healing circle consist of three sacred altars:

Altar of Forgiveness- Forgiving yourself is not about forgetting. It is about not bringing the offense up to yourself in negative ways. Forgiving yourself is simply letting go of what you are holding against yourself so that you can move on with God by asking what has Our Creator shown me about myself. Who Am I in this? If God has moved on, shouldn't we do the same. To continue to rehearse in our thoughts the events of our transgression, counters our charge given to those who co-laborer for our Ancestors and our Creator:

Let us say together: Finally, my sisters and brothers, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy - meditate on these things. The things which we have learned and received and heard and saw in our Spiritual guides, these do, and the God of peace will be with us (Philippians 4:8-9).

Let us pray:

God and Our Ancestors *today we ask forgiveness of all the negative and harmful words we have spoken about ourselves. (Say to yourself): "I do not want to abuse myself in such a way again". Transform the thoughts I have about... (complete with that which is hard to forgive yourself) ...so that I cut these cords of disappointment and worthiness right now! (cutting motion with scissors over your body and around your head).*

"Change my habit of second guessing and reliving those experiences that make me feel unforgiving...I cut those cords so I that I use my tongue to speak hope and favor upon my life in every condition I live through and out".

Altar of Grief—a state of being that affords us the experience loss. It is important to grieve so that we acknowledge the value of that which we have lost. Without it no one knows the divine merit or worth of love, kindness, patience, gentleness, and intimacy. The second altar is a portal for lament. It tells us that sorrow never disappears, it changes. it does afford us to make a deeper connection to the currents of life and so connect, somehow, to sources of wonder and eventually solace.

This altar holds the seven-day candle—use as many seven-day candles until you begin to find solace in the sorrow. We ask you to cover your face and hands with this Balm. And, Breathe In Deeply... It is a mixture of oils (sage, gardenia, coconut oils)

Song: *There is a Balm in Gilead* (listen: https://www.youtube.com/watch?v=8fcMxl_6xsk)



Altar of Strength—Forgiveness nor grieving can be accomplished thoroughly without strength. We create a final sacred space for our ancestral and communal forces of strength. Put in front of you, images and objects from which you can draw upon for strength.

We re-consecrate ourselves with this Florida water for its protection from adversarial energy that would try to interrupt, distort or distract me and my family, classmates and community from assisting those of us experiencing grief in this journey now.

ishe oluwa koleba jeo
ishe oluwa koleba jeo,
koleba jeo
koleba jeo
ishe oluwa koleba jeo,

As you partake of the bowl of water:

We re-consecrate ourselves with this (Florida) water for its protection from adversarial energy that would try to interrupt, distort or distract me and my family, classmates and community from assisting those of us experiencing grief in this journey now.

Closing song:

I'm free, praise the Lord I'm free.
No longer bound, no more chains on me, my soul is resting
and it's a blessing,
praise the Lord, Hallejuah I'm free.

Ancestral Wisdom Waters
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