



OCTOBER'S RITUAL

TOUCH
THE
EARTH

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MOON BY MOON APOTHECARY

october is a month full of wind in a season full of change. it is a time where the wind will just as easily whisper you secrets from the spirits as it will get caught in the body, chilling you to the bone. perhaps this is the influence of the airy libra scales which astrologically rule over much of the month, or maybe it is the ethereal vata nature that ayurveda imbues the season with. air is often associated with the mind, with our intellectual understanding of things, with spirit, & inspiration. though air is full of movement, never settling in one place for too long, it is prone to getting stuck, stale, & stagnant. when air (be it literal or metaphorical) is trapped in the body, it is hard to relax, things twist, it aches for a way out. it is precisely this energy which makes it both hard to find steady footing & the ground beneath you, as it is to move on & let go. this brings me to a little ritual to put the earth beneath our feet, to step out of our heads, to relax into the body ~

*know that the earth is always here to hold you &
that you can take even a small moment in the
busyness of the days to repeat this ritual, as often as
you'd like...*



you will need: a week full of mornings, salt, warm water. for at least one week this month, give yourself enough time in the morning before heading out the door or hopping onto your phone

- boil some water on the stove, let it sit a moment before pouring
- while your water is heating, add a pinch of nice quality salt to a small mug, recalling that all salt comes from stone / from the earth
- pour your water over the salt & gently stir
- bring yourself & your mug outside, making sure that you are properly dressed if it is cold
- find a patch of earth & let your feet, your toes sink & root into the grass (do this barefoot, if you are able to)
- take a deep breath in for 4 counts, hold for 4, exhale for 4 --- this connects you to the earth's rhythm
- as you begin to sip from your mug, let your mind wander where it may, recalling any dreams, taking in the world & fresh air around you
- finish your cup of water, standing or sitting outside
- before you head in, take another deep breath in for 4 counts, hold for 4, exhale for 4 to close the circle

