

## Rite 1 - Healer

### Description:

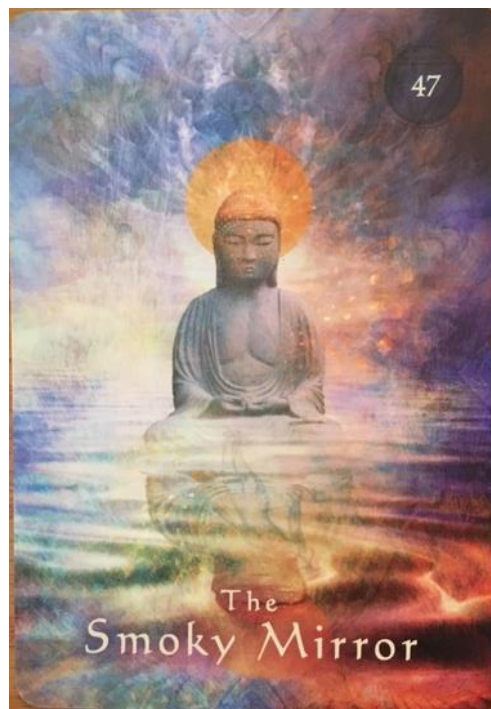
This rite connects you to a lineage of Earthkeepers from the past that come and assist you in your personal healing. It awakens healing power in your hands. These luminous light beings work on us during our meditation and sleep time to heal the wounds of the past.

### To Download Rite:

- Follow instructions on the [Fire Ceremony Handout](#) to create sacred space and to perform the fire ceremony.
- For this rite, sweep the fire into the 2<sup>nd</sup> (belly), 4<sup>th</sup> (heart) and 6<sup>th</sup> (third eye) chakras

### Oracle Card (from Mystical Shaman Oracle):

I pulled the Smoky Mirror card for us to contemplate with this rite. When the symbol of the Smoky Mirror appears, you're invited to see beyond yourself. The world will hold you accountable for what you see and create. Can you see through the eyes of truth and faith?



## THE ESSENCE

The Smoky Mirror represents the aspects of what is implied yet cannot be immediately known in the world, the mystery of how things come together and how they fall apart without obvious causality. This symbol also represents the shadow of the human psyche, the parts of the self that one disowns. The Smoky Mirror can also represent a state of denial, or the inability or refusal to see the truth.

## THE INVITATION

When the symbol of the Smoky Mirror appears, you're invited to see beyond your own self. Acknowledge that, past the limits of your current ability to perceive, there is a vast interconnected world where events are orchestrated in divine order but challenging to fully grasp. Now is the time to trust that no matter what the current conditions of your world reflect, in the Hidden Realms all aspects of the human journey are celebrated: the beauty and the darkness, the misery and the courage. No matter where you are on your journey, know that some things are meant to be a mystery, which you are meant to understand only through experience. Take heart, for the Smoky Mirror will ultimately show you beauty and wonder once the fog lifts the distortion you see now.

## THE MEDICINE

Understanding the shadow of the human journey requires that you go deep into your story to discover the wound that prevents you from seeing the truth of your current situation. Your fears and expectations of disappointment and unworthiness may be clouding your capacity to see the potential in yourself and others.

The Smoky Mirror may be showing you things you don't want as a result of your conditioning. These can become even more real, but only because you are making it so. The choice is yours. The world will hold you accountable for what you see and create. Can you see through the eyes of truth and faith instead?

### Exercise:

After you have completed the fire ceremony, take your candle and place it near a mirror. Look at your face in the mirror. See deeply into your eyes. Soften your gaze as you look at yourself through the eyes of spirit. Relax your body and take easy breaths as you ask to meet the Earthkeepers who have come to help you heal the wounds of your past. If you get tired, close your eyes for a couple of breaths and then bring your gaze back to the mirror. Continue for 5-10 minutes.