

AN ANAMCARA MORNING DEVOTIONAL
Encountering Nature through the Four Elements & Five Senses
Based on a Celtic Reflection by John O'Donohue & the Canticle of Creation

Either begin your day with quiet time in nature—encountering the four elements—or use your Celtic Ritual Box as a way of beginning and concluding your contemplative time.

Encountering Fire *as the candle is lit—honoring our sense of sight*
Beannacht Dé, Brother Fire, Light in every Darkness



Encountering Water *poured into the shell and tasting a drop—honoring our sense of taste*
Beannacht Dé, Sister Water, well of life and deep spirit

Encountering Air *smelling the fragrance of balm—honoring our sense of smell*
Beannacht Dé, Brother Air, home of breath and imagination



Encountering Earth *touching the Glendalough rock to your forehead—honoring our sense of touch*
Beannacht Dé, Sister— Mother Earth, ancient clay that holds our memories

Ring the bell three times—honoring our sense of hearing
Beannacht Dé, each of the Three Worlds



Then enter into your preferred form of silence— through meditation/journaling in whatever form that takes for you. Allow at least twenty minutes.

At the end of your reflection time, give thanks for each element as you return them to your ritual box.

Thanking Earth *as you replace the stone in your box—*
In the name of the sand, the stone and the mountain

Thanking Water *as you return the shell and the water—*
In the name of the rain, the river and the ocean

Thanking Air *as you recap the healing balm—*
In the name of the air, the breeze and the wind

Thanking Fire *by extinguishing the candle—*
In the name of the fire, the flame and the light

Ring the bell *three times as a closing blessing—*
May the memory of this time remain throughout the day as a source of connection with all that is... Beannacht Dé

