

SACRED GROUND



RITUAL

THE ASCENSION STUDIO



Sacred Ground

A Ritual to Honor the Land and Its Ancestors

"When we remember the land, the land remembers us."

This simple ritual is an invitation to enter into right relationship with the Earth beneath you and the ancestors who tended it long before you arrived. It is not a replacement for Indigenous ceremony, it is a gesture of reverence, respect, and reciprocity. Let it be a quiet offering of your awareness and your willingness to walk more gently.

Materials You Will Need:

- A small offering of loose tobacco, or herbs you've grown or gathered with care (such as sage, lavender, sweetgrass, or cedar)
- A natural bowl or cloth to carry your offering
- Matches or lighter (only if burning is safe and appropriate for your setting)
- Optional: A personal prayer, poem, or spoken words of gratitude

Preparation:

- Choose a time when you can be fully present—dawn, dusk, full moon, or new moon are beautiful thresholds.
- Dress simply. Remove your shoes if weather and place allow.
- You may wish to light a candle or take a few deep breaths indoors before stepping outside.

The Ritual:

Find your place.

Go to a place where you can feel the earth beneath your feet—ideally a place that feels meaningful to you.

Center yourself.

Close your eyes and connect to your breath. Feel your heartbeat. Feel the wind, the sounds, the presence of the land. Let yourself arrive fully.

Speak the honoring.

Say aloud or silently, with sincerity:

I honor the original stewards of this land, the Wahpekute Dakota (or the custodians of the land where you live), and all Indigenous ancestors who walked here before me. I offer this gift in remembrance and respect. May my presence here be humble, and may my actions honor the legacy of this place.

Make your offering.

Gently place the tobacco or herbs on the Earth. If burning is appropriate, light the bundle or loose herbs with care, allowing the smoke to rise as a prayer.

Listen.

Sit or stand in silence. Listen for any messages from the land or its ancestors.

Close with gratitude.

Place your hand on the Earth. Say thank you and commit to carrying this awareness forward in how you live, work, and give.

Reflect inwardly: How can I carry this awareness into my daily life, into the way I give, build, create, or speak?

Use this ritual seasonally—on solstices, full moons, or any time your spirit feels called to remember.

Close the Ritual

- Gently extinguish anything you burned, ensuring nothing is left smoldering.
- If you lit a candle, blow it out with gratitude—thank the flame, the land, the elements, and any spiritual guides or ancestors you felt present.
- Take a deep cleansing breath, stretch your body, and return slowly to your day.

Aftercare

Honor your body and spirit for participating in this act of remembrance.

- Drink water or sip herbal tea (especially calming herbs like chamomile, tulsi, or lavender).
- Take a salt bath or warm shower to release any residual energy and seal your aura.
- Rest and integrate. Allow any insights or emotions to unfold naturally in the hours or days to come. You may wish to journal or simply observe what changes.

Please be mindful when using sacred herbs.

There have been concerns about overharvesting and appropriation of White Sage and Palo Santo, especially as these plants hold deep cultural and ceremonial importance to Indigenous communities. I have personally chosen not to buy more for my own practice unless I know for sure it comes from a source that grows it sustainably and works directly with Indigenous people who rely on these sacred plants. I encourage you to do the same. You may wish to use homegrown herbs like lavender, rosemary, cedar, or garden sage as an alternative—or simply offer your breath, your song, or your silence. The Earth knows your heart.

