

Four Elements: A Ritual Bath for Grounding

There are so many moments in life worth celebrating!

Growing numbers of people are reinterpreting the traditions of their childhood and leaving behind faiths that no longer serve them.

After setting out on this path myself almost 30 years ago, my own longing for rituals took me on a long search and landed me here, sharing some of what I learned along the way.

I'm glad you're here.

And I truly am at your service.

Welcome!

Deborah

La Padre



Four Elements: A Bath for Grounding



When I'm feeling out-of-sorts, there's only one solution for me, and it's to take a bath.

But not just a regular bath – a ritual bath chock full of intention and meaning!

I take a bath that has all the elements that make it magical: a little of earth, air, fire and, of course, water.

Lots of water! (And if you haven't got a tub, this can still work in a shower! Or even a foot bath...)

Many cultures including Native American, Chinese and Celtic peoples attributed characteristics to the four directions and the four basic elements.

In the Celtic tradition that looks like this:

To the East is Air – Intellect

To the South is Fire – Passion and Inspiration

To the West is Water – Emotions

To the North is Earth – Grounding



(We could also include a fifth element - in the center is Spirit. For this ritual we're focusing on the four, more concrete elements.)

Gather the Elements for your Bath

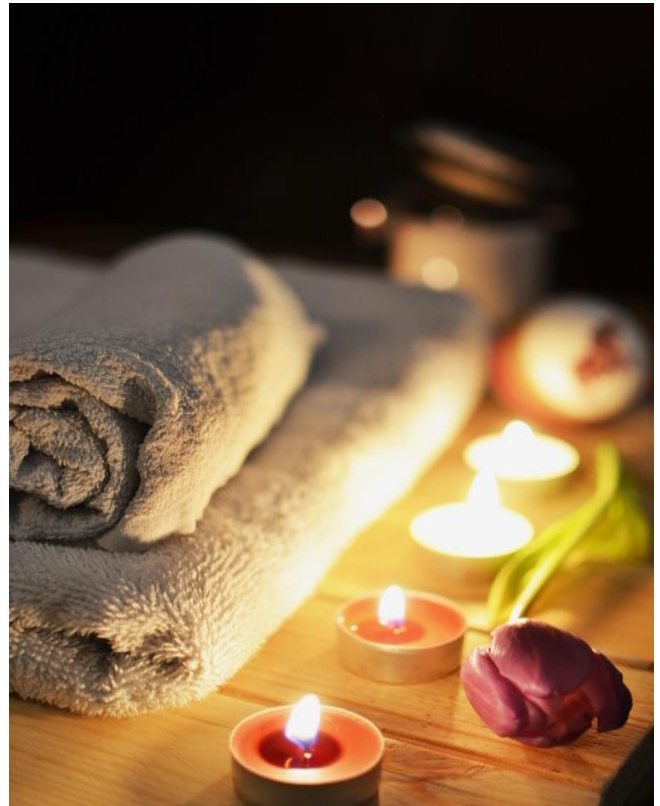
Since it's a bath/shower, Water is already covered!

To represent Earth you can use Epsom salts or honey.

For Fire and inspiration light a candle burning during your bath.

Air is elusive and tricky but can be added to a ritual by working with the sense of smell. Try incense or essential oils.

Choose a scent that supports your intention (for example lavender for relaxation or lemon for stimulation) or simply go with a scent that you like.



(Please note: if you're sensitive to smells and don't have an essential oil that works for you, then you can use sage leaves as a stand in. Take some out of a smudge stick if you own one, or in a pinch, use some from your spice rack or found in the grocery store.)

By layering these four elements we add weight and meaning to an otherwise ordinary bath.

Prepare Your Ritual Space

Tidy the bathroom just enough so you can't see the empty shampoo bottles you've been meaning to recycle, or the pile of soggy kids toys.

Fill the tub with water (or run the shower.) The act of filling the bath is creating sacred space.

Set Your Intention



While your bath fills, pour about a cup of Epsom salts into your container.

Add your essential oil, perfume or sage leaf. As you are mixing these together, mentally dwell on your intention of feeling - relaxed, mentally stimulated, focused, renewed, etc.

While holding your intention in your mind, light the candle and/or incense, and then add the bath salt mixture.

Mixing the salt and the scent, and lighting the candle are both non-verbal ways of declaring your intention.

Take Action

Relax into the water. Settle in. Let yourself go – the water will hold you and everything you have that's going on. Try to let it.

Imagine that the water and salt are leeching out your worries, woes and concerns. Focus on your candle and revel in the scent of the warm, steamy bath.

Give yourself over to the power of each of the elements.

When you feel ready, drain the tub and imagine the water taking with it any last minute concerns or negative feelings you want released.



Close the Ritual Space

Close your sacred space by blowing out your candle.

Towel off and carry on with your day, feeling renewed and lighter.

Transition Back Into Your Daily Life

There's a word for the time we spend in sacred space – Kyros – Spirit time. It's different than Chronos, the ordinary time we spend in the everyday world. When we perform rituals for ourselves we have a set structured way of moving into Kyros. We mindfully create sacred space for ourselves and put ourselves into it.

We also close that space mindfully at the end of each ritual, consciously closing and stepping out of the container we created to hold our sacred time and sacred space and sacred intention.



Transitioning from Kyros to Chronos isn't always as black and white. Kyros can linger, even when we close the space we have created.

Changes happen when we take the time out of time and give it to ourselves for the purpose of healing, growing and addressing our emotional needs.

Sometimes we don't see it or feel it but it can still be there.

These changes are tender and they need a certain amount of gentleness and safety to become fully integrated – a lasting part of you.

As you're starting out on this path of bringing personalized rituals into your life more regularly, remember to build in time after your ritual. Try not to close your sacred space from the grounding ritual 5 minutes before the kids are due off the bus. Plan on leaving an hour or more to acclimate yourself to Chronos again.

Be gentle with yourself. Be gentle with those around you.

And keep an eye out for the changes and differences as they crop up in the hours and days after your ritual. Let a little bit of your mind keep on the lookout for how things are different for you in the wake of Kyros.

You have given yourself the gift of sacred time devoted to your emotional needs, to self-awareness, and growth. **You have done some *powerful work*.**

And remember, if you need support or long for more rituals in your life, I'm here for you!

Come join the Facebook Everyday Rituals with La Padre, a group devoted to exploring ritual and its elements in our lives.

<https://www.facebook.com/groups/898068440308072/>

Or schedule today and we can chat about co-creating the perfect personalized ritual to meet your needs.

<https://lapadre.acuityscheduling.com/schedule.php>



Bright Blessings,
Deb