

Kicotan Healing Circle

7-Day Sacred Ritual Guide

Reconnect with your roots, spirit, and the healing wisdom of your ancestors through this 7-day journey of Indigenous-inspired rituals and practices.

Day 1 – Grounding with the Earth

Find a quiet space outdoors or by a plant. Place your hands on the Earth or your lap. Visualize roots growing from your feet into the Earth. Breathe deeply for 10 minutes and give thanks to Mother Earth.

Day 2 – Smudging Ceremony

Light sage, sweetgrass, or cedar. Let the smoke cleanse your body from head to toe. Walk through your space to clear energy. Speak an intention for purification aloud.

Day 3 – Ancestral Connection

Create a small altar with an ancestral photo or item. Light a candle and speak your ancestors' names. Sit in quiet meditation, then journal any thoughts, feelings, or messages received.

Day 4 – Sacred Water Ritual

Fill a bowl with fresh water. Whisper your intentions, prayers, or affirmations into it. Use this water to anoint your forehead and heart or pour it on a plant as an offering.

Day 5 – Drum or Rhythm Healing

Use a drum, rattle, or clap rhythmically. Align with your heartbeat. Drum or chant for 10–15 minutes to move energy and invite clarity.

Day 6 – Fire Ceremony

Write down what you're ready to release. In a safe space, burn the paper with a candle or fire. Speak your goodbye aloud and give thanks for the release.

Day 7 – Spirit Walk in Nature

Take a slow, mindful walk in nature. Observe everything around you. Ask Spirit for guidance or a sign. Offer gratitude through prayer, song, or a natural gift like tobacco or cornmeal.