

# RITE TO HEAL

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AN INQUIRY INTO THE RITUALS AND PRACTICES THAT INVITE US TO  
MAKE MEANING AND DEEPEN OUR PURPOSE AS SERVICE PROVIDERS

# OUR FLOW FOR THE DAY

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- REACTION : HOW I RECOGNIZE & UNDERSTAND ITS ORIGINS
  - RESPONSE: TAKING RESPONSIBILITY FOR OUR PROCESS
- RESILIENCE: IDENTIFYING TOOLS & RESOURCES FOR SUPPORT
- REVERENCE: INTEGRATION AND CLAIMING YOUR MEDICINE

# REACTION

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(SOUTH)

HOW TO RECOGNIZE TRAUMA &  
UNDERSTANDING ITS ORIGINS

# 16 SIGNS OF VICARIOUS TRAUMA

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1. FEELING HELPLESS & HOPELESS
2. SENSE THAT ONE CAN NEVER DO ENOUGH
3. HYPER-VIGILANCE
4. DIMINISHED CREATIVITY
5. INABILITY TO EMBRACE COMPLEXITY
6. MINIMIZING
7. CHRONIC EXHAUSTION/PHYSICAL AILMENTS
8. INABILITY TO LISTEN/DELIBERATE AVOIDANCE
9. DISSOCIATIVE MOMENTS
10. SENSE OF PERSECUTION
11. GUILT
12. FEAR
13. ANGER AND CYNICISM
14. INABILITY TO EMPATHIZE/NUMBING
15. ADDICTIVENESS
16. GRANDIOSITY: INFLATED SENSE OF IMPORTANCE RELATED TO ONE'S WORK

# RESPONSE

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(WEST)

WAYS IN WHICH TO TAKE RESPONSIBILITY FOR  
HEALING OUR OWN TRAUMA

# QUESTIONS

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- WHAT WORKS FOR ME & WHAT DOESN'T?
- HOW IS THIS CONNECTED TO MY TRAUMA?
- HOW DO I KNOW WHAT I'M FEELING IS MINE?
  - HOW CAN I ACCESS MY AGENCY?

# RESILIENCE

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(NORTH)

IDENTIFYING YOUR TOOLS AND RESOURCES  
FOR SUPPORT

# METHODS

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- TRANSITIONS
- CLEARING/RELEASING
- CALLING YOUR ENERGY BACK IN
- CULTIVATING YOUR SUPPORT SYSTEM



# RESILIENCE (NORTH) WHAT SUSTAINS/NOURISHES YOU?

## TRANSITIONS AT THE BEGINNING AND END OF DAY...

- WHAT DO YOU DO BETWEEN CLIENTS?
- DO YOU TAKE BREAKS?
- WORKING WITH AN ALLY/BUDDY
- WHERE IS THERE NATURE SPACE AROUND YOUR WORK?

## CLEARING PRACTICES

- SALT
- BREATHWORK
- SENSES (INCENSE/SAGE, BELLS, SILENCE, TONING, SPRAYS)
- LIGHTING A CANDLE WITH INTENTION
- CHARGING WATER AND PEE WITH POWER TO CLEAR
- BALANCING WITH ELEMENTAL ENERGIES
- STONES/TALISMANS/POWER OBJECTS

## CALLING BACK IN ENERGY/ FILLING YOURSELF UP WITH YOURSELF

- GRATITUDE JAR
- MEDITATIONS/INVOCATIONS
- RECAPITULATION/CALLING ENERGY BACK AT THE END OF DAY
- CONSCIOUS TRANSITIONS BETWEEN SHAPESHIFTING LIVES

## CULTIVATING COMMUNITY

- CONSULTATION/MENTORSHIP
- HOPEFULNESS, INTEGRITY, & ACCOUNTABILITY (WHO SUPPORTS THIS)
- DO I HAVE A LIFE?
- WHERE IS YOUR FOCUS?/INTENTION WITH COLLEAGUES?
- WHERE CAN I REDIRECT SOME OF MY FLOW?
- WHO IS HOLDING YOU?
- WHERE DO YOU GO WITHIN AND WITHOUT FOR REVERENCE?

# A LITTLE GLIMPSE INTO MY MEDICINE BASKET

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## 1. DAILY PRACTICE BEGINNING/CLOSING OF DAY

- A. GRATITUDE
- B. PRAYER/INVOCATION/INTENTION
- C. MOVEMENT
- D. NATURE MOMENT

## 2. DAILY PRACTICE BEGINNING/OPENING OF PRACTICE

- A. PRAYER/INVOCATION/INTENTION
- B. THRESHOLD CLEARING: SALT AND FLOWER ESSENCES
- C. CALLING IN THE DIRECTIONS
- D. GROUNDING CORDS/ROOTS/TREE OF LIFE (1x A WEEK)
- E. OPEN/CLOSE BY RINGING SINGING BOWLS
- F. DRUM TO CLEAR ENERGY & BURN INCENSE

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## 3. WEEKLY PRACTICE

- A. SIT SPOT FOR REFLECTION
- B. JOURNEY TO ALLIES

## 4. MONTHLY PRACTICE

- A. NEW MOON/FULL MOON RITUALS
- B. JOURNAL: CALLING IN/RELEASING
- C. BURN/BURY: OFFERINGS TO FIRE & WATER
- D. SIT SPOT
- E. SELF CARE RITUALS: BODYWORK, MEET WITH MENTORS/ADVISORS, TEMPLE TIME

## 5. QUARTERLY PRACTICE

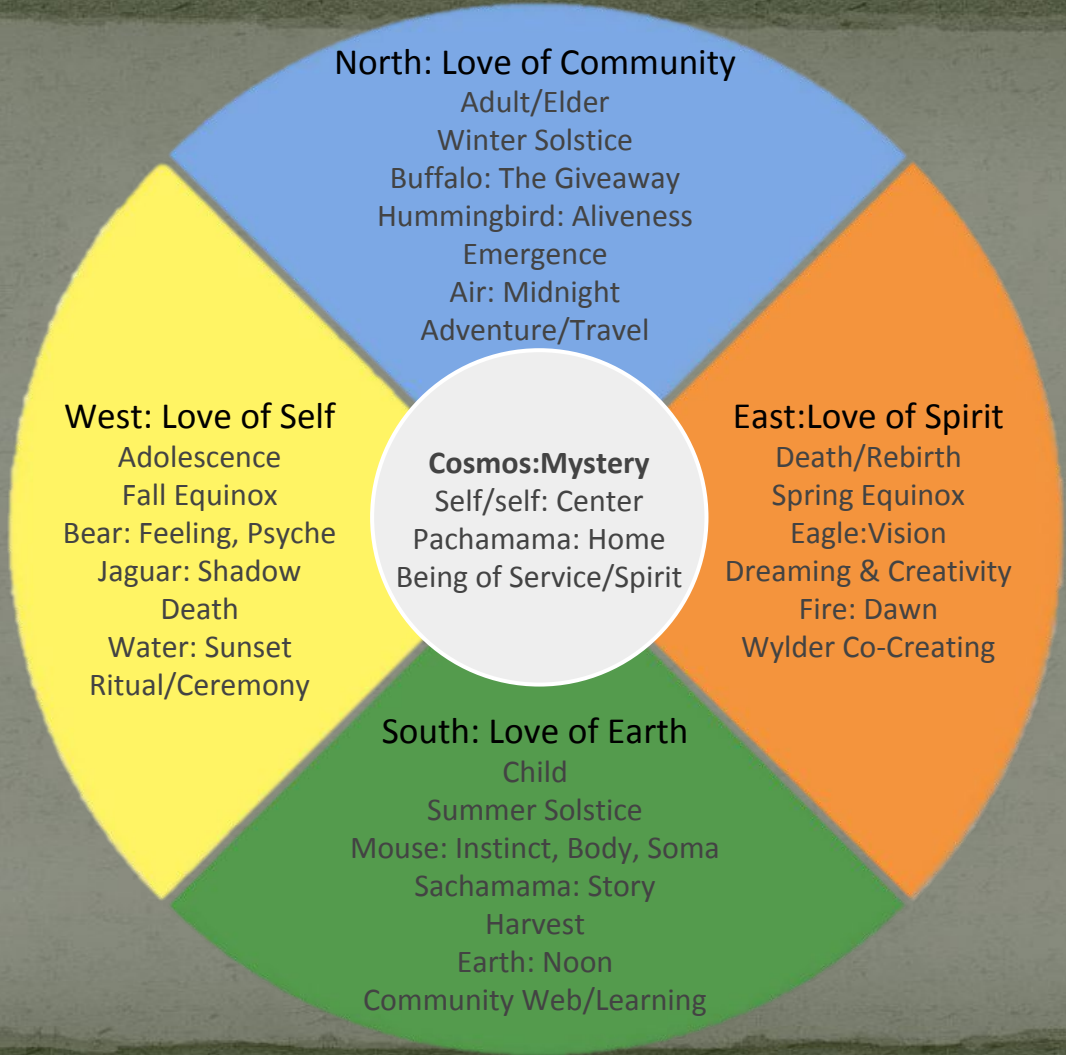
- A. 3 DAY WEEKEND FOR EQUINOX/SOLSTICE TO REFLECT/RENEW

# REVERENCE

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(EAST)

INTEGRATION AND CLAIMING  
YOUR MEDICINE





North:

East:

South:

West:

# CALLING IN THE DIRECTIONS

TO THE WINDS OF THE EAST.  
GREAT EAGLE, CONDOR

COME TO US FROM THE PLACE OF THE RISING SUN. KEEP US UNDER YOUR WING.  
SHOW US THE MOUNTAINS WE ONLY DARE TO DREAM OF. ILLUMINATE OUR LONGINGS WITH YOUR SACRED FIRE.  
TEACH US TO FLY WING TO WING WITH THE GREAT SPIRIT. MAY WE EMBODY THE LOVE FOR SPIRIT.

TO THE WINDS OF THE SOUTH  
GREAT SERPENT, WRAP YOUR COILS OF LIGHT AROUND US,  
TEACH US TO SHED THE PAST THE WAY YOU SHED YOUR SKIN,

TO MOUSE, THE CHILD WITHIN, WHO LIVES BY INSTINCT AND IS CONNECTED TO EROS AND PLAY. TEACH US TO WALK SOFTLY ON THE EARTH. TEACH US THE BEAUTY WAY AND OUR LOVE FOR THE GREAT MOTHER.

TO THE WINDS OF THE WEST

MOTHER JAGUAR, PROTECT OUR MEDICINE SPACE. TEACH US THE WAY OF PEACE, TO LIVE IMPECCABLY  
SHOW US THE WAY BEYOND DEATH. AS BEAR GOES WITHIN TO MEET THE SACRED WATERY DEPTHS-DISMEMBERED TO REMEMBER-MAY WE  
ALL HONOR AND BE WILLING TO MEET OUR SHADOW AND TRANSMUTE ITS POWER. WE DO THIS FOR THE LOVE OF OUR SELF.

TO THE WINDS OF THE NORTH.

HUMMINGBIRD, GRANDMOTHERS AND GRANDFATHERS, ANCIENT ONES  
COME AND WARM YOUR HANDS BY OUR FIRES, WHISPER TO US IN THE WIND  
WE HONOR YOU WHO HAVE COME BEFORE US, AND YOU WHO WILL COME AFTER US, OUR CHILDREN'S CHILDREN.  
MAY WE INITIATE AS ELDERS AND GUIDES TO HONOR THE MEDICINE OF BUFFALO. THE BIG GIVEAWAY-THE PATH OF SERVICE. MAY WE BE  
SUSTAINABLE AS STEWARDS AND AGENTS OF EVOLUTION FOR ALL LIVING BEINGS.

MOTHER EARTH

WE'VE GATHERED FOR THE HEALING OF ALL YOUR CHILDREN.  
THE STONE PEOPLE, THE PLANT PEOPLE.  
THE FOUR-LEGGED, THE TWO-LEGGED, THE CREEPY CRAWLERS. THE FINNED, THE FURRED, AND THE WINGED ONES.  
ALL OUR RELATIONS.

FATHER SUN, GRANDMOTHER MOON, TO THE STAR NATIONS.  
GREAT SPIRIT, YOU WHO ARE KNOWN BY A THOUSAND NAMES  
AND YOU WHO ARE THE UNNAMABLE ONE.

THANK YOU FOR BRINGING US TOGETHER AND ALLOWING US TO SING THE SONG OF LIFE!

TO THE SACRED CENTER, HEART CENTERED BEING OF ALL THAT IS. CREATOR, UNIVERSE, WITNESS, PRESENCE, SOURCE.  
MAY I BE SUSTAINABLE IN MY SERVICE, MAY I BE A BEACON OF TRUTH, LIGHT, AWARENESS AND LOVE.  
THANK YOU FOR THIS VESSEL. THIS POWER. THIS KNOWING. THIS REVERENT UNFOLDING.

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THE LIGHT OF GOD SURROUNDS US.(ME/YOU)  
THE LOVE OF GOD ENFOLDS US.  
THE POWER OF GOD PROTECTS US.  
THE SPIRIT OF GOD WATCHES OVER US.  
WHEREVER WE ARE, GOD IS.  
SO BE IT.

# INVOCATIONS

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WE JOIN WITH THE EARTH AND WITH EACH OTHER  
WITH OUR ANCESTORS AND ALL BEINGS OF THE FUTURE  
TO BRING NEW LIFE TO THE LAND  
TO RECREATE THE HUMAN COMMUNITY  
TO PROVIDE JUSTICE AND PEACE  
TO REMEMBER OUR CHILDREN  
TO REMEMBER WHO WE ARE.

WE JOIN TOGETHER AS MANY AND DIVERSE EXPRESSIONS  
OF COMMUNITY AND EMPOWERMENT,  
FOR THE HEALING OF THE EARTH AND THE RENEWAL OF ALL LIFE.

# INVOCATIONS

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I KNOW WHO I AM

I KNOW WHAT I AM

I KNOW HOW I SERVE

I AM WORD THROUGH MY BODY, WORD I AM WORD

I AM WORD THROUGH MY VIBRATION, WORD I AM WORD

I AM WORD THROUGH KNOWING MYSELF AS WORD, WORD I AM WORD

I AM HERE

I AM HERE

I AM HERE



# INVOCATIONS

## CHANGE ME PRAYER

DIVINE BELOVED, CHANGE ME INTO SOMEONE  
WHO CAN GIVE WITH COMPLETE EASE AND ABUNDANCE  
KNOWING YOU ARE THE UNLIMITED SOURCE OF ALL.  
LET ME BE AN EASY OPEN CONDUIT FOR YOUR PROSPERITY.  
LET ME TRUST THAT ALL OF MY OWN NEEDS ARE ALWAYS MET  
IN AMAZING WAYS AND IT IS SAFE TO GIVE FREELY AS MY HEART GUIDES ME.  
AND EQUALLY, PLEASE CHANGE ME INTO SOMEONE WHO  
CAN FEEL WILDLY OPEN TO RECEIVING.  
LET ME KNOW MY OWN VALUE, BEAUTY AND WORTHINESS WITHOUT QUESTION.  
LET ME ALLOW OTHERS THE SUPREME PLEASURE OF GIVING TO ME.  
LET ME FEEL WORTHY TO RECEIVE IN EVERY POSSIBLE WAY.

AND LET ME EXTEND KINDNESS TO ALL WHO NEED, FEELING COMPASSION  
AND UNDERSTANDING IN EVEN THE HARDEST SITUATIONS.

CHANGE ME INTO ONE WHO CAN FULLY LOVE, FORGIVE AND ACCEPT  
MYSELF, SO I MAY CARRY YOUR LIGHT WITHOUT RESTRICTION.

LET EVERYTHING THAT NEEDS TO GO, GO.

LET EVERYTHING THAT NEEDS TO COME, COME.

I AM UTTERLY YOUR OWN.

YOU ARE ME.

I AM YOU.

WE ARE ONE.

ALL IS WELL.

-TOSHA SILVER

# CENTERING & EXTENDING PRACTICE

DROP YOUR SENSATIONS INTO YOUR SENSATIONS AND ALIVENESS. FEEL WHAT IS. (EMOTION EXAMPLE: JOY, FEAR, ANXIETY, LONGING, LOVE; SENSATION EXAMPLES: PLEASURE IN HEART, FLOATY ARMS, TENSION IN LEGS, ACHY IN BELLY, CLAMPED JAW, ETC)

1. PURPOSEFULLY BRING YOUR ATTENTION AND AWARENESS DOWN FROM YOUR THOUGHTS TO YOUR CENTER. FEEL IT'S DIMENSIONAL QUALITY. THIS IS LOCATED 2 INCHES BELOW YOUR NAVEL. PLACE YOUR HAND THERE TO HELP YOU FOCUS. WHAT CHANGES AS YOU DO THIS?
2. CENTER IN LENGTH: DROPPING INTO GRAVITY AND YOUR LOWER BODY, LENGTHENING UP THE SPINE. FEELING YOUR DIGNITY AND THE DIGNITY OF YOUR WORK IN THE WORLD. AS YOU DO THIS FEEL INTO THE DIGNITY AND RESPECT FOR THE CLIENTS AND POPULATIONS YOU SERVE.
3. CENTER IN WIDTH: BALANCE RIGHT TO LEFT. WIDEN FROM YOUR CENTERLINE. FILL OUT TOWARDS AND BEYOND YOUR EDGES. FEEL YOUR CONNECTION AND INTERDEPENDENCE WITH YOUR COLLEAGUES, MENTORS, TEACHERS, AND LARGER COMMUNITY.
4. CENTER IN DEPTH: FILLING IN, FEELING THE SPACE BEHIND YOU, INSIDE OF YOU, IN FRONT OF YOU. NOT PULLING BACK, NOR PULLING FORWARD. FEEL THE HISTORY OF YOUR RELATIONSHIP TO YOUR HEALING JOURNEY, YOUR OFFERINGS, YOUR PATH OF SERVICE. FEEL INTO THE PRESENT OPPORTUNITIES TO ACT FROM YOUR COMMITMENTS AND VALUES, FEELING YOUR INTENTIONS, FUTURE GOALS AND LONGINGS.
5. CENTER IN PURPOSE: SPEAK AND CLAIM WITHIN YOURSELF YOUR COMMITMENTS TO SELF WELLNESS AND SUSTAINABILITY. REMEMBER WHY YOU SHOW UP IN THE WORLD.
6. BRING YOUR ELBOWS TO A 90 DEGREE ANGLE AND LET ENERGY FROM YOUR CENTER EXTEND THROUGH YOUR ARMS AND HANDS TOWARD THE HORIZON TO COMPLETE FEELING THE INCLUSIVITY OF ALL PARTS OF YOUR INNER WORLD WITH THE OUTER WORLD. -ADAPTED FROM THE WORK OF STACI HAINES & RICHARD STROZZI @ THE STROZZI INSTITUTE

# REFERENCES

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## WEBSITES TO RESOURCE

TRAUMA STEWARDSHIP: BOOK & TOOLS

[HTTP://TRAUMASTEWARDSHIP.COM](http://traumastewardship.com)

CAPACITAR: EMERGENCY KIT & TRAINING

[HTTP://WWW.CAPACITAR.ORG](http://www.capacitar.org)

TO EXPLORE FOR WITCHY GOODIES

SWORD & ROSE: COLE VALLEY

SCARLET SAGE: MISSION

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## BOOKS MENTIONED (THERE ARE SO MANY MORE)

THE TRAUMA OF EVERYDAY LIFE

MARK EPSTEIN, MD

WHEN THINGS FALL APART

PEMA CHODRON

BRAVE ENOUGH & TINY BEAUTIFUL THINGS

CHERYL STRAYED

# CONTACT ME

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