

## **OCEAN HEALING for the SOLSTICE June 20- 21, 2009**

A healing circle from Gloucester MA, as well as other members of the holistic healing community, is organizing an OCEAN HEALING over the weekend of the SUMMER SOLSTICE. Everyone is encouraged to set aside some time over that weekend to reflect upon the issues of environmental degradation and to increase public awareness of the gifts the oceans & waterways of this planet bring to us: the incredible ecosystems, sustenance, inspiration & energy of the water element in our lives.

The Summer Solstice was chosen because of its significance as we transition into the season of greatest solar energy for the northern hemisphere as well as for its astrologic & cultural significance. The moon will be transitioning into the next lunar cycle. The official time of the Solstice is 10:36 PM on Saturday 6/20. The energy for this event will be high the entire weekend.

The goal of this event is to send the ocean a big “dose” of healing energy. The ways this can be done are limitless and we are encouraging everyone to use their imagination & to make this event fun & significant in ways that are particularly meaningful for them.

This can be as simple as watching the sunset while “sending” healing wishes & gratitude, making a toast, saying a prayer or lighting a candle & making a wish. People who are unable to access to the ocean directly may instead find a lovely picture of or poem about the sea & direct their message that way. Since most large bodies of water flow into the ocean eventually or share atmospheric effects, places such as lakes & streams are also important locations to include in the message of love & healing. Children may enjoy drawing pictures or creating a collage or scrapbook of ocean & water themes that interest them or even fly a kite with their written wishes pinned to the streamer tails.

A more structured event, a “sacred ceremony”, might be considered for small groups at the beach, on a boat, in a special spot in the yard or garden, along a lake or waterfall – any place that feels peaceful & a little separated from day to day activities. This place can be made special by bringing flowers, crystals, illuminating torches or by building a bonfire. Participants may enjoy creating a “healing alter” such as a small table or a piece of fabric on the sand or grass which may hold candles, incense (like sage which is healing & purifying), crystals, religious items (buddha, cross, prayer beads), shells & other items of particular significance for them. Individuals may wish to express something about some aspect of the ocean that is especially important to them as well as their personal healing wishes. The ceremony can include drumming, lighting incense or candles & allowing for a moment of silence or prayer. It is especially powerful to ask for the help of higher powers – personally significant dieties or guides – or to simply invoke the general energy of Great Spirit or Creator. Individual statements of intent or readings (small pieces or poems) which reflect the energy of love & healing are especially wonderful. A lovely addition is when each person writes a wish on a small piece of paper which is then burned so that the smoke & ashes & intentions become dispersed into the atmosphere.

A ceremony might also include chanting or songs. Children often enjoy more action such as with drums, rattles, noisemakers or even sending bubbles into the air as they express their thoughts.

We encourage everyone to make this a special time which reflects their feelings & wishes for our GREAT OCEANS. We are hoping it will be both personal & public, reflective & joyous, & inclusive of diverse interests, belief systems & age groups. We hope everyone will make this a special opportunity for celebration & awareness of the gifts we experience every day.