



## Imbolc Ritual: Blessing of the throats "Breathing the Mother In"

The meaning of Imbolc is thought to originate from Old Irish, either derived from "i mbolg, in the belly," to describe the pregnant livestock due in spring or "imb-fhole, to wash/cleanse oneself." Imbolc aligns with the celebration of the Armenian physician and bishop, Saint Blaise, known for his healing of throat-related diseases. This ritual takes on the name of his celebration, "Blessing of the Throats."

Kate Bush is a master of vocalizing a deep and immense spectrum of energy and emotion. Through the actions of giving assistance and clearing the pathway for new life, we can unearth the magic of honesty in our voices. In finding our instinctive inhalation, we water our own roots, the base of all vocal expression. In asking for a pathway toward acceptance, we set intentions for our own rebirth and realignment with the changes of the earth.



1. Charge a bowl of water with morning sunlight from dawn to noon.
2. Bring the water, a washcloth, and trimming scissors to a living plant with dead leaves and/or stems. (Be careful to avoid contact with poisonous plants.)
3. Cut only the dead off, repeating the phrase "you do not need me, but if I may assist, perhaps you will show me to acceptance."
4. Leave the cuttings at the base of the plant.
5. Soak the washcloth with the sunlight water.
6. Wipe and massage your neck with the dripping cloth, then string out the cloth water at the base of the plant for it to be watered. Repeat until all the water is used.
7. Lay in a fetal position surrounding the plant.
8. Blow all the air of your lungs out onto the plant, and instead of inhaling, relax the muscles of your exhale that were made tight. This will produce an instinctive inhale.
9. Send roots into the ground and connect with the root intentions of the plant with each inhalation, pausing at suspension when needed. Repeat the breathing exercise as long as desired.

