

STEP 4

MAKING HOME

CEREMONY AND RESTORATION

ENGAGE IN CEREMONY

recognize that ceremony has the power to focus attention and call you to remember that the world is a gift

EX: turn your coffee into a prayer by pouring the first draught onto the ground, acknowledging the spirits of the place, even if it started as a mundane action (like clearing the spout)



RESTORE THROUGH RECIPROCITY

approach restoration of land as an act of reciprocity. when we work to heal the earth, the earth heals us in return - *plant a garden!*

GIVE YOURSELF

what else can you offer the earth, which has everything? give something of yourself