

## Ritual: Medicine Bowl

This is a great meditational tool for receiving information, projecting vision, distant healing, and communication.

- You will need to locate a wooden bowl. In the seventies, and eighties, the bowls I have in mind were sold as part of a salad set. You want the salad size bowl. I suggest looking at thrift stores. DO NOT buy wooden bowls new. The old bowls were made of ava wood, sacred to our Hawaiian ancestors. In reclaiming it for sacred purpose, you heal the wound created when the ava wood was gathered for less than sacred purpose.
- Once you have your bowl, you want to sand it. You will use three grades of sand paper: course, medium and fine.
- Select sanding music that will carry you to a time and place where the act is ancient memory. This becomes re-enactment of your sacred memory. Set aside time to just be in this moment. Do not bring frustration. If you experience frustration... STOP.

You'll know when to move from one sand paper grade to another. Do not rush your efforts.

- Once the bowl is sanded, you will paint the inside black with acrylic paint. This helps seal the inside of the bowl. With a black center, the bowl becomes the Medicine Bowl of Eternity, or Hub of Infinity... the place where all potential exists.
- You have the option of decorating the outside of your bowl as you will. I'd like to suggest completion of this ritual before doing so however. Many times, our power tools will be decorated under the guidance of our allies.
- Once the inside of the bowl is dry, place 1/2" of water in the bottom. Place a clear quartz crystal - of any specific nature you chose (you can use any type of crystal that you can see through) - in the center. You will want to select a crystal that stands tall enough to be seen over the rim of the bowl. You will be placing this next to your head at night and need to have the briefest glimpse of your stone.
- When you retire, ask a question and gazing into the crystal, ask that the answer come to you in the dream.

This then is your beginning with us.