

Thursday Night Dzil Kugha Link-Up

Ritual: chaghashe naakaî – Children Returning Home

Today brings a gentle, uplifting “welcome home” hug. Value and accept everything within you. Love yourself and see your potential. Do something special. Your return is honored. – LIFEWAY POSITIVE SELF IMAGE, Pleidian Wolf Star Ritual

- 1) Rattle the ground 3x around the space where you will lay your *dzil kugha*.
- 2) Lay your birthing cloth down, placing your spiraling stones of emergence.
- 3) Smudge
- 4) Sitting in the South chant the Directional Energy Calling chant.
- 5) Choose a stone and touch your crown, 3rd eye, 8th chakra and heart with it. Feel Nakia within you. Touch your navel. Voice your intent for the day.
- 6) Feel the flow of energy between you and *esonkñhsendehí*. Feel yourself as the center of the web of life, all the threads emanating from you.
- 7) Allow yourself to vision.
- 8) When complete smudge your wheel and yourself, pick up your stones and close the *dzil kugha*.

Do this every Thursday night before retiring. Journal about your visions during the meditation when you finish. If your SpiralDancing peers were animals what would they be? Did any of these appear in your vision? What about me? Lynda?

We do this every Thursday and then journal.