


THRIFTWITCH  
VOL. XII

*Earth  
Grounding*

INTIMATE MUSINGS  
ON ART & RITUAL  
BY ARTWITCH KHIRI LEE



OUR HOME. THE DIRT BENEATH OUR FEET. THE VITAL TREES.  
THE SLUMBERING STONES. THE FOURTH ELEMENT, EARTH IS  
ASSOCIATED WITH THE NORTH, WINTER, ANCESTORS, NIGHT,  
AND THE LIVING WORLD.

EARTH IS GROUNDED HERE IN REALITY. WE CAN TOUCH, SEE  
IT, KNOW IT. IT IS CONNECTED TO THE MATERIAL AND THE  
GREAT MOTHER GODDESS. IT NURTURES AND FEEDS US. IT IS  
THE SHELTER WE CAN RETURN TO.

IT IS ALSO FILLED WITH SECRETS, THE BONES OF OUR  
FAMILIES AND THE PAST LOCKED AWAY BENEATH THE SOIL. IT  
IS A PLACE OF TURNING INWARD. A GREAT WOMB OF  
KNOWLEDGE.

DRAW YOUR REPRESENTATION OF EARTH HERE, CALLING IT  
FORTH FROM YOUR INNER LANDSCAPE INTO REALITY:





HONORING THE EARTH, CONTACTING THE GROUND

PLANT A TREE

START AN HERB GARDEN

VISIT A CEMETERY

LIE IN THE GRASS

WRITE A LETTER TO  
YOUR ANCESTORS

LEARN TO COMPOST

CREATE A CRYSTAL GRID

ON YOUR ALTAR

BUILD A SANDCASTLE

CONNECT TO YOUR  
ROOT CHAKRA

VOLUNTEER AT THE

COMMUNITY GARDEN

CULTIVATE A VEGETABLE PATH

HOST A ZERO WASTE EVENT

CLEANSE WITH A MUD MASK

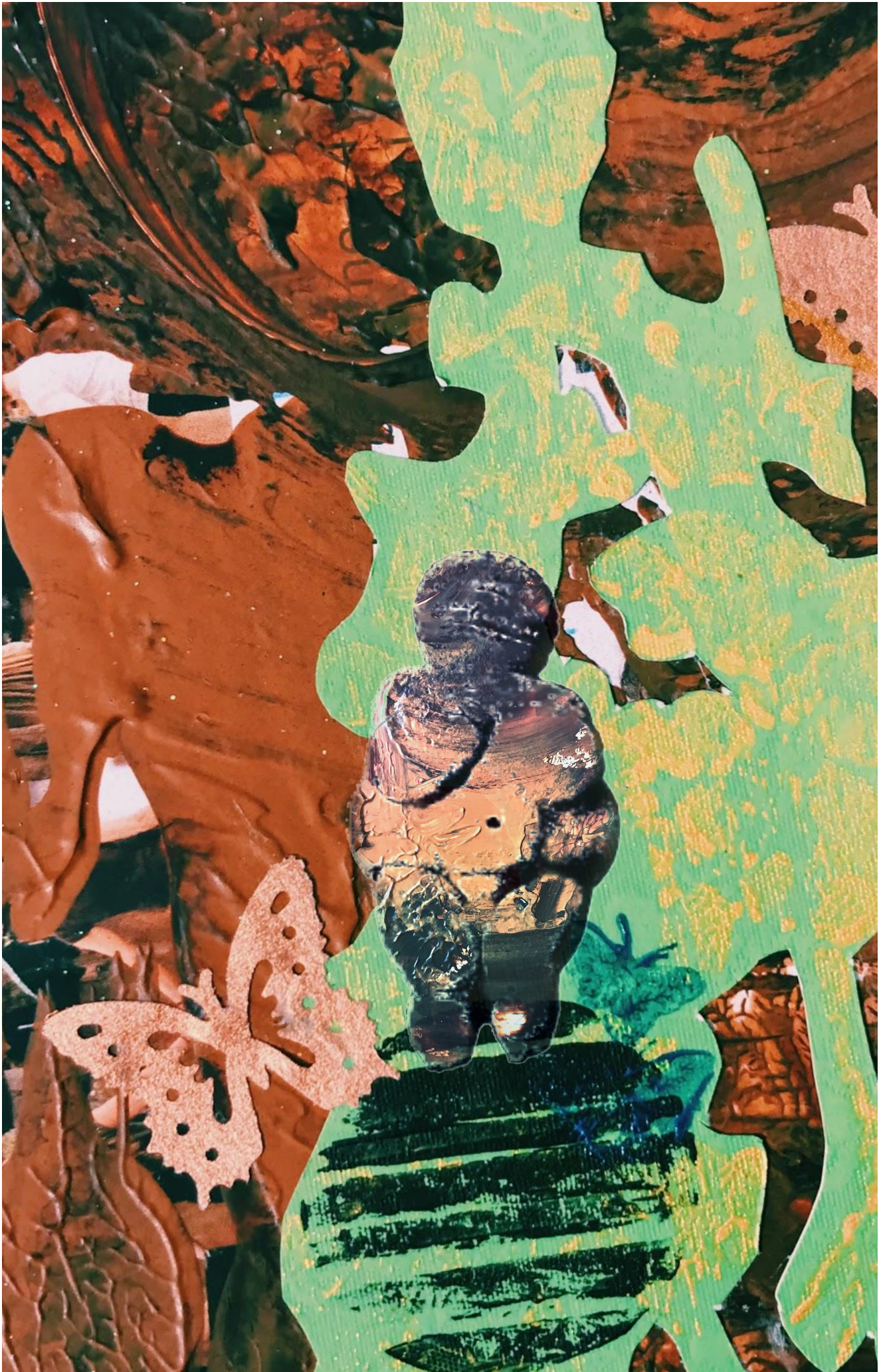
SING TO THE FLOWERS

# Growing into our Highest Self With Gaia

Gaia is the personification of the Earth, who birthed the sea, the sky, & all life in Greek primordial myth. Her name encompasses both the worship of our planet & the mythic embodiment of Earth beyond time.

**RITUAL III** Go outside. Touch the ground. Dig your fingers into the dirt, rub it across your palms, smell the vital potential locked within. Envision the hundreds of feet and hoof and claw that have touched this very place that is now within your hands. Anoint your face with the fertile ground. In this lineage of life what do you offer? You are an essential part of the cycle. Kiss the mother and whisper your gifts between the blades of grass & rustle of leaves.

You are the offering.  
Plant yourself here.



# Healing with the Earth Clay Mask Ritual

**Materials** ||| Water, Bentonite Healing Clay, a non metal Sacred Vessel, Wooden utensil, Ingredients of choice (see below).

▽ **PREPARE RITUAL SPACE:** CAST A CIRCLE, INVITE YOUR ANCESTORS TO HOLD SPACE FOR YOU.

▽ **CHOOSE YOUR INGREDIENTS** MIX 2 PARTS CLAY TO 1 PART WATER TO 1 PART YOUR CHOSEN REAGENT.

YOGURT: SOOTHING

APPLE CIDER VINEGAR: CLEANSING

GREEN TEA: INVIGORATING

HONEY: GLOWING

ACTIVATED CHARCOAL: BANISHING

▽ **ACTIVATE YOUR HEALING** WRITE YOUR INTENTIONS FOR HEALTH. PLACE UNDER YOUR BOWL. BE SPECIFIC.

▽ **SCRIBE A SIGIL IN THE CLAY** START WITH THE ALCHEMICAL SYMBOL FOR EARTH ▽. ADD MORE IF CALLED TO.

▽ **APPLY THE MASK** GENTLY. KEEP AWAY FROM YOUR EYES AND MOUTH. FEEL THE EARTH NOURISHING YOUR SKIN.

▽ **TO CLOSE** **RINSE AWAY** ALL THAT IS NO LONGER SERVING YOU. RELEASE YOUR GUIDES. REJOICE IN THE CLEANSING.



# THE MANY NAMES OF MOTHER EARTH

**PACHAMAMA** THE INCAN MOTHER DEITY, PERSONIFIED AS THE MOUNTAINS AND EARTHQUAKES

**TELLUS MATER** ONE OF THE ORIGINAL 12 DEITIES OF ROME, HER SYMBOL IS THE CORNUCOPIA

**PRITHVI** THE HINDU DEVI OF THE EARTH, IN SANSKRIT HER NAME MEANS "THE VAST ONE"

**DEMETER** THE GREEK AGRICULTURE GODDESS WHO HOLDS PURVIEW OVER THE FERTILITY OF EARTH

**NINHURSAĜ** "LADY OF THE SACRED MOUNTAIN" IS THE PRINCIPAL FERTILITY GODDESS OF ANCIENT SUMER

**MAHTE** A MONIKER FOR A COLLECTION OF OVER 50 MOTHER GODDESSES IN LATVIAN MYTHOS

**VENUS OF WILLENDORF** ONE OF THE OLDEST KNOWN IMAGES OF THE EARTH GODDESS



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*Handcrafted by Khiri Lee*