

This is a ceremony that helps with healing. It can be done before a healing session.

Prayer: I want to be a healed person, I love my body, mind and spirit.

Light a candle.

Eat a nut or a fruit (small fruit).

Write a word or 2 words that symbolize how you are feeling about your own healing.

Closing - Turn on music or do a movement with your body that symbolizes the closing.