

Setting up a daily ritual

You will need offerings of milk (or vegan alternative) and either flower buds, nuts or berries as well as a focal point such as an alter and if possible a candle or fire.

I have deliberately not called to a specific season so that you can adapt this for every day throughout the year. If you do not have the time to do the full ritual use a small section of the ritual even if you just light a candle and recite the invocation to the land which takes just a few minutes.

Opening prayer to the elements.

'I arise today through the Strength of heaven: Light of sun, Radiance of moon, Splendour of fire, Speed of lighting, Swiftmess of wind, Depth of sea, Stability of earth, Firmness of rock.'

The blessing of the elements – translation Kuno Meyers 1925

We honour the fecundity of the land through the way of the white cow, Bealach na Bó Finne

To honour Banbha, Blessed be (pour milk unto the fire or offering bowl on alter)

To honour Boann, Blessed be (pour milk unto the fire or offering bowl on alter)

To honour Brighid, Blessed be (pour milk unto the fire or offering bowl on alter)

To honour the ancient Mother and call to all lands of all peoples across all of the world through Eriu, Banba, Fodla:

Ancient Mother, Connect us to the Earth, connect us to the soil, sea and sky x2
Banbha, Domnu, Dalny, Macha, Danu, Boann, Brighid, Cailleach, Tailtu, Corra, Nemhain, Badb, Macha, Ériu, Banbha and Fódhla.

Invocation to the Land

*'I invoke the land of Ireland, surging is the mighty sea,
Mighty is the upland full of meadows, full of meadows is the rainy wood,
Rainy is the river full of waterfalls, full of waterfalls is the spreading lake,
Spreading is the spring of multitudes, a multitude of people is the assembly,
The assembly of the King of Tara, Tara is a tower of tribes,
The tribes of the sun of Mil.
Warriors of ships, of vessels, Ireland is a mighty vessel,
Flourishing is Eber Donn, a very wise incantation, of the very wise wives of Bres,
Outcry of the wives of Buaigne, Ireland is a vast woman,
Eremon smote her, Ir and Eber entreated her.
I invoke the land of Ireland.'*

Lebor Gabála Érenn - Irish texts society.

Chant:

*Eriu, Banba, Fodla, I invoke the land of Erin,
Fruitful be her seas, perpetually green her forest,
I feel her in my bones, I feel her in my blood.*

I call to the Spirits of the East, Aengus Óg, Midir of Brí Léith, Elcmar of Sid in Broga, Boann of Brú na Bóinne, Bealach na Bó Finne, the sword of Nuada in the city of Findias and the poet Uscias. Blessed Be

I call to the Spirits of the South, Lugh mac Cien of Sidh Rodraban, Lugh Lamhfada, Lugh Samildánach the spear of Lugh in the city of Gorias and the poet Esras. Blessed Be

I call to the Spirits of the West, Manannán mac Lir, Domnu the Giantess, the western isles, Tír na nÓg, Tír Tairngire, Tír fo Thuinn, Mag Mell, Tír na mBan, the cauldron of the Dagdha, the city of Murias and the poet Semias. Blessed Be

I call to the Spirits of the North, the Dagdha, Eochaid Ollathair, the Morrighu, Nemhain, Badb, Macha, the sovereignty of the land Ériu, Banbha, Fódhla, the Lia Fail, stone of destiny, the city of Falias and the poet Morfessa. Blessed Be

I call to the spirits of the Earth beneath me, Tech Donn, the house of the ancestors and its guardian Donn Dumhach.

I call to the spirits above us, the spirit of the Earth Mother herself.

I call to the spirit of the centre: herein lies the mysteries of the land, the guardians of the earth, the keepers of traditions, the makers of Kings, the honour of maidens, the gift of life, the contract of humanity, the destiny of the soul. A doorway into the soul of the land, an offering to the Sidhe, our Ancestors and the Earth Mother. Blessed Be

I honour the many forms of the Earth Mother: Banbha, Domnu, Dalny, Macha, Danu, Boann, Brigid, Cailleach, Tailtu, Corra, Nemhain, Badb, Macha, Ériu, Banbha and Fódhla. Blessed Be.

I honour the seven sons of Ethliu: Dagda, Dian Cecht, Credne, Luichne, Nuada, Lugh and Goibninn. Blessed Be

I honour the seven ancestral queens: Tea, Fial, Fas, Liben, Odba, Scota and Scene. Blessed Be
Let us honour the five sacred trees of Erin: Eo Mugna, the Bough of Daithi, Oak of Mugna and the Bole of Ross. Blessed Be

Let us honour Trefuilynid Tre- ochair the foster father who keeps the lore of the land.
Blessed Be

Through the Seanchaí of old Tuan mac Cairrel and Fintan mac Bochra. Blessed Be

Let us honour the twenty trees of the Ogham alphabet: Beithe, Luis, Fearn, Sail, Nion, Huath, Duir, Tinne, Coll, Quert, Muin Gort, Ngetal, Straiph, Ruis, Ailm, Onn, Ur, Eadhadh, Idhadh. Blessed Be

Let us honour the fecundity of the land and above all else I offer this milk to the Earth, Sky and Sea.

Blessed be.

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