



On this full moon weekend please take some time to send your love, care, and attention to the people of Afghanistan.

Here are some words to use as inspiration or to add to or to change.

I suggest doing this outside, barefoot if you can, or outside in the open air or by an open window.

On this full moon I, (say your name), gather all my attention and focus and intention and I call on the powers within me and the powers I can call on in nature and all around me, to send love and hope and care to the people of Afghanistan and everyone connected to them. May the women and the children there feel held and safe.

May the people who need to leave be able to leave. May the people who need to stay have a safe place to be.

May the soldiers find within them their common humanity with everybody else.

May kindness, gentleness and respect rain over everybody.

May everybody feel calm and able to sleep.

May the children feel held.

May the birthing women be safe.

May the men feel able.

May the earth that everybody stands on enable a connection that brings peace and love and joy and harmony.

May my words, my feelings, and my intentions travel to the hearts who need it, and to the places where change and healing comes from.

Go outside (if you aren't already) and pour your menstrual blood if you can or some precious water onto the earth and say:

I offer my blood/water to the earth with this prayer.

I call for safety and care.

May it be so

Put your hands over your heart and take some slow deep breaths. As you do this imagine, visualise a ball of pink light growing behind your hands. Visualise this pink light as a ball that grows to the size of your whole chest and then keeps growing so that it is coming down your arms and into your hands.

Once you can imagine holding two pink balls of healing love and light in your hands then use your mind to direct them to the people of Afghanistan.

Visualise this pink light of yours from your heart joining the same from everybody around the world and see this love energy pouring into everywhere within around above and below Afghanistan and the people.

Light candles, send your prayers on your drum beat, or with your footsteps.

Continue to send your love to the people there often, again and again.

Find more ways to support them.

Blessed Be

Blessed Do