

# Life in Ceremony

*Issue No. 1*

*Of Earth  
& Body:*

*Rewilding to  
Reawaken our  
Inner Wisdom*



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## THE JOURNEY THAT MADE ME

*My name is Mia. It means “mine” in spanish. And I believe that is exactly what I have found in my journey towards a life of innate wisdom and profound purpose and peace...a life that is mine, and mine alone.*

*You see, I started off as many and most of us do. Feeling quite lost in a world of heightened senses and ever increasing speed. Questioning the meaning of it all and feeling utterly depleted within the search of what is right and what is good. Always feeling quite misaligned in my path and as though I was following someone else’s guidelines.*

*And then nature found me, or rather made the call. And I answered with a resounding “yes!”. She brought me to the depths of my fears, the realms of uncertainty, the pit of my shadow. And she guided me through with each step. Always inviting me to delve deeper and teaching me her ways. Always allowing me the choice to persevere, yet holding me accountable once I announced my intentions. But nevertheless, guiding my way through the ebbs and flows and the discomfort that I was meant to push through. The questions that I was meant to allow no answer. The room for being that remained when the doing subsided. She was my north star. And her light continues to lead my way as often as I allow. Each time I surrender to her wisdom, I come out renewed and a little more closely acquainted with my own wild and beautiful nature.*







The world we live in has reached new levels of distraction. We as a society have become both desensitized and yet overstimulated. Often times it seems there is chaos around us at every turn and sometimes, the most chaotic moments we battle are the quiet ones within ourselves as our minds race with world news, job demands, the needs of our families, and our benched aspirations and dreams for a better life.

Many will turn to vices that only further aid in the distraction, as it feels there are simply no other options to unwind and relax. Alcohol, television, social media, drugs, caffeine, and much much more only further drive the dopamine addiction we have learned to feed in a time where we as a community are greatly lacking in self confidence and compassion.

But what kind of world are we stepping into each and every day if the greater population as a whole are so distanced from themselves and their own needs? How does this allow us to show up for others and cultivate the supportive and empathetic community we so desperately need? How can we care for the earth we call home when we are so completely disconnected from it ourselves?

We have forgotten how to find the simple joys in our day because we have lost the mere awareness to notice the mundane things around us. We are constantly seeking greater fulfillment through material goods, meaningless acquaintances, digital likes and experiences crafted by someone else because we have forgotten how to find contentment and peace in what is in front of us. Our step out of nature and into the concrete offices and high rise buildings have left us depleted, scattered, and lonely.

But we can begin to rebuild our relationship with the earth that has for so long cared for and strengthened our intuitive nature as humans. We can step back into the wild, and allow the calm to wash over us, allow the healing to begin. We can find connection once again. With the land, our neighbors, and most importantly, ourselves as nature intended.

## A WORLD DISCONNECTED

*The lost art of noticing our surroundings and finding fulfillment from a different kind of stimulation*

## EATING WITH THE SEASONS

*How to set the stage for an adaptable kind of wellness*

The lives we lead are hosted by the seasons in which we experience the transitions and tides of the natural world. Our calendars, holidays, and timelines are depicted through the shifting of weather patterns and nostalgic ideals of vibrant red leaves falling, snowy mountain tops, and colorful wildflowers blooming from the roadside. It's no wonder that our lives are fed through these landscapes. Yet somehow, we have forgotten that our bodies are also inextricably tied to these seasonal shifts. And we are meant to nourish ourselves through the offerings of the seasons which we experience.

This is not as foreign to us as we may believe. We as a society have grown accustomed to traditions such as sweet potato casseroles and pumpkin pies in the fall, fresh fruit salads in the summertime, and nourishing ciders of apple, cinnamon and clove upon our stoves in the winter. And this is a perfect platform to build upon as we begin to follow the flow of the natural progressions throughout the year to fortify and strengthen our bodies.

As we make the slow and soft transition from season to season, the various fruits and vegetables, herbs, flowers and greens that shoot from the earth hold deep nour-

ishment at just the perfect timing for our unique climate and environmental needs. And when we allow ourselves to indulge in the offerings of the seasons, we begin to bring our bodies into alignment with nature in a deep and profound way. We also allow our bodies the nourishment they truly need to combat the harsh, long winter cold, or the extreme heat of the summer. Yet this does not have to exist merely in extremes and counteracting actions. But rather allow us to find a peaceful and easy way of interacting with our landscape and honoring our bodies inner shifts as well during these times of change.

If you'd like to begin connecting with the abundance of your own land, start with a visit to your local farmers market. You will quickly get an idea of what is seasonally available in your area and what you should look to be eating at that time. This is also a great time to discover what it means to grow your own food, even if in some small way, such as a humble kitchen herb garden.

Let's explore some of the seasonal truths that can allow us to flourish throughout the changing pace of the year in alignment with nature's rhythms.

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## Winter

**Winter** is the season of **Water**. It is a time for rest and reflection. We must sustain our strength using the harvest that we have already prepared in the earlier autumn months. Winter is the ideal time to nourish our own inner waters and put focus on the water ruling organs including the kidneys and bladder.

**Foods that sustain:** root vegetables & winter squash, bone broths, warming spices, dark colored vegetables & legumes (i.e. purple yams, black beans), sea vegetables, preserves, rich animal fats and dairy, fatty fish, red and organ meats,

**Methods of preparation:** soups, stews, baking, slow cooking, flame grilled

## Summer

**Summer** is the season of **Fire**. Summer allows us the warmth to drive our lives outward with an increase of energy and extended hours of sunshine. We fuel these lighter days with energy by cooling the fire within and hydrating, as we care for the heart and small intestine, which keep our fire burning strong.

**Foods that cool & fuel:** fresh fruits & berries, melons, citrus, greens, summer squash, chiles & peppers, lighter cold pressed oils, lean animal protein, fish and seafood, fermented veggies & pickles

**Methods of preparation:** stir fry, quick steam, boiling, ferments, pickling, raw

## Indian Summer

As summers heat fades, it recedes into the season of **Earth**, where we shift to ground ourselves once again. It brings a time for deep nourishment and rooting back into ourselves and our environment. We ease our way back into the earth element by caring for the stomach and spleen, which are the basis of wellness and bring balance to all other organs.

**Foods that nourish:** root vegetables, whole grains, beans & legumes, nuts & seeds, aromatic herbs, warming spices, sweet greens & vegetables, rich animal fats & heavier oils (i.e. olive & hemp), fatty fish & seafood, protein rich meats

**Methods of preparation:** roasting, sauteeing, baking, soups, stews, ferments, preserves

## Spring

**Spring** is the season of the **Wood** element. It honors new growth and the slow emerging from within. It allows a chance for cleansing and lightening of the layers that winter required. It is the best time to allow for regeneration, repair and detoxification through the wood element organs of the liver and gallbladder.

**Foods that regenerate:** bitter greens, citrus, aromatic herbs, detoxifying roots (i.e. ginger, beet root, daikon), stone fruit, cold pressed single origin vegetable oils, lean protein from poultry and seafood, eggs, fermented vegetables & pickles, fermented dairy

**Methods of preparation:** broths, soups, stir fry, sauteeing, steaming, sprouting, ferments, raw

## Autumn

**Autumn** is the season of the **Metal** element. In this space, we harvest the earth's bounty for the months ahead and begin to settle into a slower pace. We nourish the metal element by putting focus on the lungs and large intestine, where we can begin to moisten with rich nutrients and clear out any lingering dampness that may occur.

**Foods that clear & moisten:** root vegetables, whole grains, beans & legumes, pungent herbs & spices, rich animal fats & heavier oils (i.e. ghee & olive oil), fatty fish & seafood, protein rich meats

**Methods of preparation:** soups, stews, baking, pressure cooking, ferments, preserves



### INGREDIENTS

2 wild caught salmon filet  
1 cup farro  
2 cups daikon radish (1/4" slices)  
1 cup french radish (1/4" slices)  
1 1/2 cup cucumber (1/4" slices)  
1 1/2 cups chopped rainbow chard  
2 stems spring onion  
1 tbsp black sesame seeds  
2 tbsp raw unfiltered honey  
1 tbsp miso paste (red or white)  
1/2 tsp apple cider vinegar  
1 tbsp raw sesame oil  
2 tbsp olive oil  
1 1/4 tbsp tamari or coconut aminos  
2 tspn mirin  
1/2 lemon (zested & juiced)  
2 bay leaves  
sea salt & fresh ground pepper (to taste)

Makes 2-4 servings

### PREPARATION

Begin by soaking your farro for at least 1-2 hours, if not overnight. Rinse and set aside. Pre-heat oven to 365° F. In a hot pan, sear your salmon on one side for 3-5 minutes, then set aside. Slice cucumber, daikon and french radish into a medium bowl. Combine mirin, sesame oil, olive oil, tamari and/or coconut aminos & lemon zest and fold into salad. Let marinate for approximately 10 minutes while you continue to prepare your cooked dishes.

Salt and pepper farro, add bay leaves to pot and cook till water is fully evaporated and farro is tender and fluffy. In a medium pan, wilt chopped rainbow chard until a bright green color is visible. When thoroughly wilted, fold into cooked farro and keep warm.

Combine honey, miso paste and apple cider vinegar in a small bowl and whisk thoroughly. Brush over seared side of salmon and cook at 365° F in oven for approximately 10-12 minutes or until internal temperature is a minimum of 135° F.

Cut spring onion on bias cut approximately 1 inch in length and set aside for garnish. Plate farro and squeeze lemon juice over. Place salmon atop farro. Dish cucumber radish salad over all ingredients on plate. Garnish with sesame seeds and spring onion. Serve immediately to family and friends.

## Honey Miso Salmon with Daikon Cucumber Sesame Salad & Wilted Green Farro



# BALANCING OUR INTERNAL CLIMATE

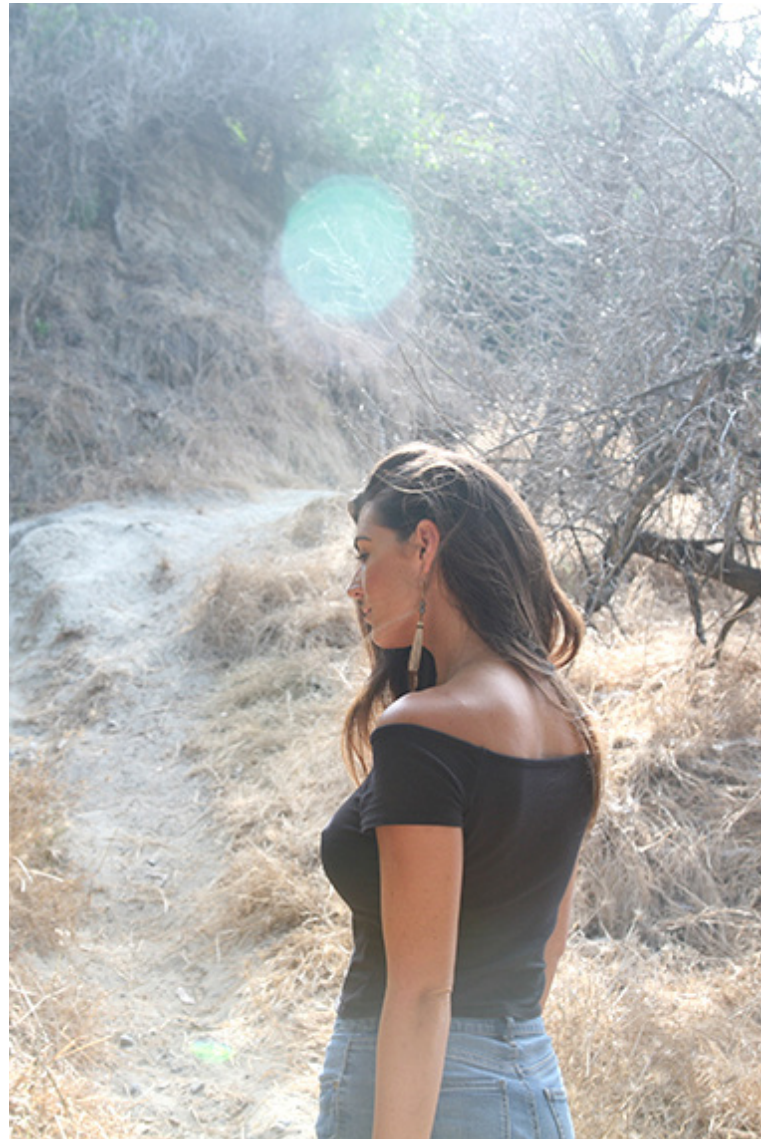
*The waters cool our nerves and create flow, while the fire heats our creative force and the earth nourishes our being. Each and every day, we are nature in motion.*

Each and every one of us lives in a unique climate. For many, this is the place you were born into, and it has become, in a sense, a part of you. For others, we've chosen to uproot our lives to a new destination, which may have been difficult to acclimate to. Or adversely, you may have found that your body is finally at peace in this new land. That you are better able to honor the parts of you that felt foreign for so long.

This manifestation can be the product of either living in alignment or out of balance with the ancestral roots that exist deep within you. And your climate either serves this purpose and offers the healing foods that nourish your system, or work against what your lineage has grown and evolved from before you. Whichever story holds true for you, these feelings of comfort or being at odds with your landscape can play a part in creating better health and well-being as we begin to understand how they affect us on a deeper level.

Our internal climate is another layer that we can begin to look to when seeking balance and wellness from a holistic place. Many of us know the toll that too much heat can take on us, leaving us feeling foggy headed, lethargic and overwhelmed. The cold can also deeply penetrate into our bones and joints, causing stiffness, pain and lack of motivation. And these are examples of how the external climate feeds our bodies with specific energies, either bringing us closer to or farther from homeostasis.

This is also true for the state of our organs and internal pathways and systems. Too much cold in the body will leave you depleted. Too much heat will create excess inflammation that the body must fight off. Where as an increased amount of dampness can cause congestion and a lack of flow to our detoxification



systems. So we must listen to these signs as they appear, and learn to balance them by tipping the scales back into alignment.

We can do this with food, used as medicine, to even out the playing field. And the process is quite intuitive you could say. Cooling foods for signs of heat. Warming foods for times of cold sinking deep within. And lighter, drying foods when experiencing congestion and heaviness. Remember when mom would say to avoid cheese and ice cream when a cold would hit, and how we quickly opt for hot chicken noodle soup to care for our runny noses? This is essentially balancing our internal climate in action.

Often times, when we are lacking a strong connection with nature and have limited exposure to the natural world in our daily routines, we can experience signs of anxiety and a heightened state of all-consuming thoughts and to-do lists. However, we can begin to see anxiety in this light of internal climate and begin to turn down the heat that is causing our uprising of concern and worry.

Using cooling foods, especially in the spring time, such as green apple, coriander, root vegetables such as celery and carrot, fish and other seafood, as well as sea vegetables, we can begin to bring the rising inflammation down and soothe the nervous system. We can then pair these healing foods with those that promote detoxification and flow such as beet root, bitter greens, dandelion, and many others as well as deeply nourishing and grounding foods such as whole grains, beans, legumes, nuts and seeds to create a holistic remedy to allow release of the thoughts that circulate, the tension that we are holding, and begin to put out the fire and ease our discomfort.

This could also be applied to those that experience depression. Another mentally and physically overwhelming state that is fed by increased time in front of screens, limited movement, and a lack of time disconnected from technology in nature. However, depression may require a different approach all together than that of anxiety. Although they hold similar roots, depression may manifest in the body as a lack of flow or movement. One may feel heavy and unable to bring about the energy to get anything worth while done. In this instance, we would look to foods that bring a creative fire and a bit of joy, while warming the system and providing comfort. We start by lighting the fire within our bodies to create blood flow and digestion. This enables us to quite literally digest the emotions and feelings we are experiencing, moving them downward, and allowing us to release and surrender to find a lighter place to move from in life.

The perfect remedies for this purpose would be warming herbs and spices, such as ginger, cumin, chiles, and garlic, as well as naturally warming animal foods such as butters, chicken and

beef. Bone broths are ideal for this as they provide a beautifully balanced serving of amino acids, healthy fats, and are rich in protein. Once again, paired with deeply nourishing grains, beans, nuts and wholesome produce, we can begin to find a more rooted understanding of ourselves and our circumstances.



## *The Soil Holds The Key*

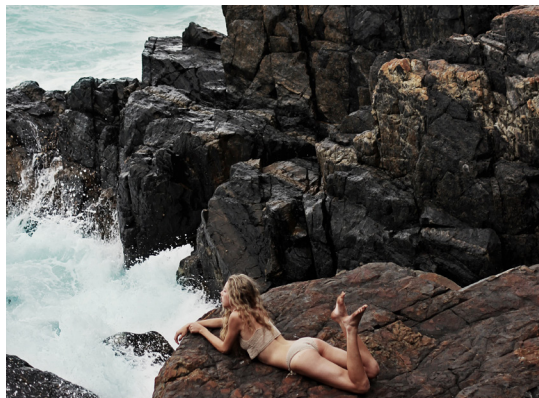
Another beautiful way to balance our internal environment is to feed the living beings that work to keep the ecosystem thriving each and every day. As many of us know, our bodies are host to many living bacteria that play a vital role for our survival and are key to our health and well-being. And our foods are meant to feed these bacteria as well to keep our systems operating in tip top shape. But did you know that you can boost your healthy bacteria and overall sense of happiness by simply engaging with the soil? It's true! The soil holds the nourishing entities that give our food what we need. And by exposure to this rich soil, we can increase and strengthen our immune system, aid in digestion, and boost overall mental well-being through this direct connection to the earth. And if you want to ensure the nutrient density of your soil, begin to learn the process of at-home composting, or pick up some fresh compost from your local neighborhood garden.

So get out into your gardens, take a barefoot walk through the park, dig a hole with your kids to find worms. Get your hands dirty, and encourage your children to play outside to help develop their growing immune response to this world. The healthiest of children are ones that grew up outside and away from screens and sedentary lifestyles. So let's fuel this habit and way of living for them as well.



# COMMUNICATING WITH THE LAND

*We come from the earth, and the earth holds our stories. And we can begin to relearn and reawaken our wisdom through connecting to hers.*



When was the last time you felt awe in the presence of a magnificent landscape? Or perhaps you laid with your back kissing the earth and enjoyed the shirade of clouds that passed by overhead. For many of us, it has been far too long. For you, this may even feel like a childhood past time that was left behind as you walked into adulthood. But these small, precious moments are how we commune with the earth and her many faces.

We can also begin to listen to the land as she speaks her wisdom by honoring those that have cultivated those same lands for hundreds, even thousands of years, before us. Through our own ancestral roots and traditions, we begin to learn the ways of our particular viewpoint on this earth. And this can greatly influence our own health and well-being by connecting us with our own personal truths.

Predominantly, this truth can speak to us through food and plant wisdom in the resources we have available to us where we reside. Taking a walk through your local park or wild lands will begin to open your awareness to the indiginous and native plants, herbs, trees and animals that live alongside you. And when we bring these medicines into our life, we are embarking on a healing journey that has been set out for us by our ancestors and lineage.

Simply by offering our presence and awareness, we will begin to receive beautiful gifts from the land that will only grow as our practice does. You may find yourself drawnt to collect some wild flowers alongside the pathway, or maybe your lucky enough to forage plump berries from a collection of bushes nearby. Depending on your terrain, the plants will open themselves up to you and allow you to communicate with them through their beauty, flavor, scent, texture, and enjoyment of something so precious and full of life.

We can also seek out plant medicines that enable us to open up to creativity, uplift our spirits, help ease discomfort, or lull us to sleep through the use of our senses. Aromatherapy and essential oils can be a beautiful tool in this way, as they target specific desires that we may have for ourselves and gently guide



us. In fact, aromatherapy is even being used today in western medicine and in hospitals for pain and anxiety relief amongst nurses and patients.

Another lovely tool at our fingertips are the diverse herbs and flowers in which we can make teas from and use in tonics. Many of the native plants that we see around us are often edible and have medicinal properties which our ancestors have used knowledgeably. And a visit to your local library will allow you the information you need to begin foraging for these beautiful herbs yourself to enjoy the bounty of what the land has to offer. Medicinal mushrooms are one of the most unique and delectable finds and hold so many healing benefits. But knowledge is key here, so it is always recommended to seek out someone more knowledgeable than you or find a wild foraging group in your area to begin learning what these may have in store for your healing journey and where to find them locally.

Although food as medicine is a powerful tool for us

on our journey to communicating with the land around us, there are so many simple ways to connect on a profound level. Sunbathing, hiking, earthing with your barefeet, star gazing the night sky, enjoying a simple moment of stillness with a wild animal, or placing your hands on the ancient trees that root deep underground. These are all ways for us to commune with the abundance of nature and begin to see ourselves as a part of this natural world, rather than apart from its wisdom and beauty.

Our collective task is to regain the ability to listen with all of our senses and hear the stories that came before us and the ones that have yet to be told. To find ourselves in every living creature, and to understand that we are intrinsicy linked to the life that surrounds us. We rely on the earths nourishment because we are a part of it. And as we digest and absorb its nutrients, we become stronger. Through the air we breath, the water we drink, and the food we consume. The elements are our allies in this life.

*swimming \* foraging \* hiking \* earthing  
sun bathing \* drinking herbal tea  
growing a garden \* communing with wildlife  
building a sand castle \* star gazing*





# Creating Ritual with Cooking

Food is perhaps the most universal core element of our lives that exists. It transcends time through recipes past down from generation to generation and creates a sense of autonomy over ones life through choice. It can also be a perfect platform for solace and meditation through crafting a personal practice around the kitchen.

I believe there is nothing more nourishing than caring for yourself and your family with an intentionally cooked meal made of wholesome ingredients. And it's no surprise that cooking can be deeply rooted in tradition and celebration for so many of us. Yet in this modern day, food and eating has left the realms of community and ceremony and entered the hustle culture with fast food options, diet substitutes and conveniently microwavable entrees.

But if we are to reconnect with ourselves, our lineage, our communities, and the land, why not start here? Creating ritual around harvesting our foods, selecting our ingredients, crafting a meal, and sharing with our loved ones can give the mundane task of feeding our bodies a sense of interaction and communion with the nature that lives all around us. As well as our own nature, as we learn what suits us and what depletes our energy. Taking the time to nourish ourselves deeply, even in the simplest of ways, and being present with our food and our craft of preparing our food, can dramatically change the relationship we have with both it and ourselves.

We may not have chosen our relationship with food, as this could be imprinted on us as children or formed in a time of need. But we can choose how to move forward in our cultivation of the rituals we hold. The daily tasks that make up our lives. And most importantly, the intention we put forth.

Our human bodies and spirits are directed by the subtle rhythms which exist all around us. We live outwardly by the light of the sun, as it brings warmth and direct energy to our daily lives. It rises and rises until it begins to fall back towards the horizon and the night takes over. The moon then brings her own beautiful spirit to watch over us as we begin to settle in, quiet the hum of our thoughts and motions, and find rest in our homes. We may be unaware of the role they play, but when we align our lives with these rhythms, we can find a sense of ease and balance in our own internal processes.

We are meant to live in alignment with the earth we reside on as well as the celestial elements that dictate the greater universe we call home. Just as the tides are dictated by the gravitational pull of the moon, our bodies internal oceans are brought to life in correspondance with the waters that make up 70% of our earth. And we can see this innate connection through the science that has shown our bodies magnificently contain the same ratio of water as well.

This is incredibly important for women, as many of us may not be aware of how our monthly rhythms and hormonal patterns find direction through that of the elements. When deeply attuned and living within natures rhythms, we may even bleed on the peak of the new or full moon. Yet all the time in between affects us differently, as we can see through the unique phases the moon passes through over the course of the month as she completes her cycle.

*So how do we begin to follow these rythms in real time and reap the benefits?* Start by seeking out the sunlight first thing in the morning, to awaken your body and alert it to increase cortisol and get the day started. If you rise with the sun, this is even better, as our human intuition is to begin the days work with the suns light. Morning movement also creates momentum for the bodies processes to begin, whether it be a walk outside or a light yoga practice. And just as important, is to begin to dim the lighting as the sun fades. Candlelight is a great alternative for harsh bright light we often find in our homes and offices. And limiting screen time in the evening is pertinent for allowing our bodies to begin releasing melatonin and prepare us for deep sleep, where we find essential rest, digestion and detoxification.

We find this easier in the warm summer months, as our spirits are inclined to follow the sun, and the moon rises later into the day. So look to the seasons as an incredible tool to connect to this way of living and align our bodies with their natural way of being. The seasonal shifts are naturally tied to



## FINDING YOUR CIRCADIAN RHYTHM

*As we follow her lead, the earth shows us how to align with the elements around us, and on a greater scale, the cosmos we too are a part of.*

the rhythmic patterns of our environment and will help guide us along the way. If you consistently cultivate this awareness, you will find an increasing presence throughout your days. By allowing the space to wake with the day and enjoy the sunset, we will begin to find ritual that can serve us through the more chaotic and difficult seasons of our lives. And ritual, in and of itself, creates balance and peace for our bodies to find familiarity deep within on this journey of uncertainty and change.



**A**s a self seeking earth-minded, conscious consumer, and raised in a thoroughly vegetarian household, I have spent a lifetime facing the mental struggle of accepting and acknowledging the medicine that is available to us from animals. I have questioned and shunned my cravings for meat as I was exposed to them, and exalted plants as the most high solution to whole body care. And although I still believe that we thrive and find true vitality through the abundance of plant medicines that are widely available to us, and that animal sources of protein and fats should be greatly valued and not over-indulged, it is impossible for me to deny the life source energy that is offered to us through the sacred animals that are here amongst us.

# HEALING BURNOUT & BALANCING HORMONES THROUGH SACRED ANIMAL MEDICINE



In all forms of healing wisdom and guidance on a holistic path to health, I have found the stabilizing truth that animal foods will only offer greater assistance and unsurpassed benefits for true healing to occur. And this is especially true when looking to heal the burnout that many of us experience in the sedentary yet hustling lifestyle of today's society.

For many, burnout is greatly linked to that of their hormonal rhythms, which may be off balance when out of touch with the natural world we originate from and that which has never left our deeply engrained instincts. And animal medicine has always been there, to create energy and warmth through nourishment, clothing, tools and even shelter, since the beginning of time.

When we deny an entire part of the resources provided to us here on this earth, we deny a part of ourselves, as well as the greater whole. Although veganism and vegetarian mindsets can be used for purposeful healing and hold many beautiful characteristics, it also may result in suppressing the animal instincts that we too hold. Even greater, it may lead us to feel apart entirely from the whole of nature and its various creatures, rather than accepting the greater truth that we too share the same needs and desires.

However, we must find a balance to the consumption and use of animals, which is not the nature of our modern world's outlook on farming and consumer tendencies. Humanely raised and slaughtered animals are vital to allowing these food sources to nourish our bodies in the right way, as opposed to offering us the excess stress hormones that were produced out of the experience of fear or pain, or the unnecessary extras that are fed to these animals throughout their lifetime with ulterior motives. Neither of which create a real environment for healing to exist within.

*So how can we begin to reconnect to the full spectrum of life sustaining nutrients that are here for our mindful use?* Whether you've eaten meat your entire life, or are just beginning to open up to the idea of a "whole-istic" approach to wellness as I am, it may be time to regard these creatures for the sacred medicine they offer.

Many may question the toll on the land and our ecosystems as we look to mainstream farming. But when done in alignment with nature, the raising of cattle, sheep, pigs, chickens and more can work in tune with what the land needs to thrive and provide both fertilizer and natural tilling for the growing of plants and plant foods. As animals are an intrinsic part of nature, they work as a piece of the ecosystem rather than opposing it, as humans often do.

Rich animal fats, such as full-fat and unpasteurized butters, milk and dairy products can come to our aid when needing to lubricate our internal systems and create vital energy deep within our cells. Fats are proven to create more sustained energy for our bodies than carbohydrates, although many believe the contrary to be true. And as a society, we have widely been taught to think this way. We have also become afraid of unprocessed and raw dairy. Most of which is even banned in many areas.

We can also begin to turn towards mindful meat consumption by pairing it with our plant allies with healing and blood building in mind. I myself have felt the lack luster energy that lingers from not getting adequate nutrition when trying to eat a plant-only, or even plant-based diet. It can be difficult to incorporate all of the necessary ingredients to bring about each and every vital vitamin, mineral and amino acid. But animal protein sources are not only an easy way to receive these life sustaining proteins, but also are host to many amino acids and enzymes that we may be missing on our own. We also may struggle to find sufficient B-vitamins as well as Iron with the absence of meat in our diets. And when it comes to healing from an overworked and tired mind and body, often struggling through excessive hormonal imbalance, animal foods are a beautiful tool in rebuilding our bodies back up and restoring exhausted adrenal energy reserves.

Meats are known for their capacity as blood-builders. In other words, they are full of the necessary properties to fuel the blood that circulates through our bodies by being ingested as food. Our digestive system breaks down these foods and brings the essential nutrients to travel through our bloodstream to then nourish all the organs in their unique ways. And animal foods have a beautiful ability to do so quickly and efficiently. This is



because the animals themselves have already ingested and broken down many essential nutrients for us, which they now inhabit themselves. Through understanding this receiving of the life force they give, and using their offering in a gracious and grateful manner, we can begin to thrive and become part of the animal food chain in a mindful and sustainable way. Afterall, we have evolved and survived through the trials and tribulations of history with animal foods as our ally. And some could say we held an even deeper connection with the natural world from the practice of hunting and communing with the animals we saw as prey.

The Native Americans and so many other cultures have beautiful rituals of honoring themselves as well as the earth, by honoring the animals they hunt and utilizing every last bit that is given to them through their great sacrifice. And I believe both spiritual and physical awakening are there for the taking when we open up to the tragedy and beauty that exists within the limits of all death and the life cycle which it propels forward.



# A Grounding Tonic To Soothe & Find Presence

This rich and creamy beverage is just enough to soothe the senses with its decadent cacao flavor and nourishing medicinal mushrooms that root you from deep within. The luscious fats of ghee and hemp seed will help to allow for a more gradual and slower paced absorption of the caffeine from the heart opening cacao into your system and sustain you for longer. The cinammon and cardamom create a balanced flavor with both warming and cooling spices to help ease the acidity of the cacao (and/or the coffee), The sweetness of the honey will ease you into your day while the almond milk will help balance out the acidic environment of the stomach. Enjoy in the morning for a grounded start to your day or as a soothing tonic in the evening to wind down.

## PREPARATION

Combine all ingredients into a blender until thick and frothy and drink at room temperature. Or if you prefer a warm beverage, blend and then heat over the stove until warm. You may also mix all ingredients except for the milk together in the blender and then steam your milk to pour over as a latte.

**Additional substitutions:** Swap out the cacao for espresso to create a grounding and medicinal version of your morning caffeine fix. Or use both cacao and espresso for a rich mocha like experience.

## INGREDIENTS

1 cup almondmilk  
or nutmilk of choice  
1/2 - 1 tsp chaga powder  
1/2 - 1 tsp reishi powder  
1/2 - 1 tsp cacao  
1 tsp hemp seeds  
1/2 tbsp ghee or clarified butter  
raw unfiltered honey (to taste)  
pinch of himilayan salt  
sprinkle of cinammon  
sprinkle of cardamom

Makes a single serving



# HONORING THE EARTH TO HONOR SELF

*“And forget not that  
the earth delights to  
feel your bare feet and  
the winds long to play  
with your hair.”*

— Khalil Gibran

We are the stewards of the lands we inhabit. And when we choose to live in alignment with the land, whether it be the mountains, coastal shores, desert dunes or lush forest, we learn that the land takes care of us just as much as we must care for it. This is the cyclical nature of our lives as human beings here on earth. And it is a relationship that must be fostered over the course of many lifetimes.

There are so many ways in which we can live in communion with the earth and help keep her bounty in abundance. As many now know, our precious resources are running out. And although nature itself exists as a perfect sustainable entity, our presence here, often acting against natures rhythms, creates rigidity in these natural systems. We have created the limits we now experience. And so in order for us to thrive here within and amongst nature, we must ensure to step lightly as we live within our unique ecosystems.

The first step in doing so is getting acquainted with the land we reside on. How else can we take care of what we have surrounding us if we first have not explored and discovered just that? Begin to form a relationship with your communities and the wildness that surrounds them. Even if you live in a large city, there is nature to be found and discovered. Only once we learn the land can we understand what it requires of us.

This may look different for each of us, and can be as simple as caring for the oceans and beaches by keeping them clean and helping to rid your neighborhood of trash. Or perhaps you live in an extremely drought stricken desert area, and finding ways to become more water efficient and conserving is your form of care. Or if you live in a more mountainous region with a surplus of wildlife, you can begin to find ways of meeting your needs that live in harmony with the local wildlife that you see each and every day. Even caring for the trees around your property to ensure that the many creatures have a safe place to call home.

And most of all, allowing yourself the space to indulge in the beauty of the land and give back to her your presence, your breath, and your intention. Connect with the earth through your bare feet and allow the transfer of energy to flow both from and through you. This harmonious give and take is both required for us to find abundant and radiant health as well as intuitively understand what can be done to provide support and nurture our habitat.







\*This first issue is a culmination of a decades worth of learning through experience, wonder, and experimentation in relation to the natural world and the landscapes before me, as well as countless readings and information that are too many to source. Here are just a few resources rich in knowledge and empowerment.

### ***Resources & Bibliography***

*Photos & Imagery courtesy of Unsplash.com & Life in Ceremony*

*Information and content:*

*Academy Healing Nutrition*

*The Weston A. Price Foundation*

*A few resources for further reading:*

- *Reclaiming the Wild Soul: How Earth's Landscapes Restore Us To Wholeness*  
by Mary Reynolds Thompson
- *The Healing Magic of Forest Bathing: Finding Calm, Creativity, & Connection*  
In The Natural World by Julia Plevin
- *Kiss the Ground - Documentary* by Josh & Rebecca Tickell, Big Picture Ranch

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Read more on holistic well-being and simple living in alignment with nature's rhythms on The Journal at [lifeinceremony.com](http://lifeinceremony.com) and subscribe to our newsletter to never miss an article.