

# Create Your Own Land Connection and Blessing

## What is a Land Connection and Blessing?

A land blessing is a relationship that is created between the Earth and a human being. Out of that relationship comes this beautiful energy that we can call a blessing. Is the Earth blessing? Is the human blessing? Or is it both combining and becoming one that creates the blessing? It's a mystery. There is no one answer to what a land blessing is. But something happens during that time and place where all becomes one.

A land blessing is an opportunity to reconnect with the land. It's a moment that you take to show your respect for the land, your interconnectedness with all living creatures, and your appreciation for the bounty of nature. It's something you do for yourself, those you care about, and the generations to come.

## Why do this now?

*When there is a separation, a struggle in life, we need to get back into connection with the Earth. – Adelia Sandoval*

Many people these days are experiencing separation and struggle. Our lives have become disconnected in so many ways. At Earthroots Field School we believe that Adelia is right, we all need to get back into connection with the Earth. We want to help people do just that. We want to help them feel less separated, to recognize their connection to each other and all living things. It's a small thing that we can all do that potentially can have a great impact.

*It's the right thing to do, and there is no wrong way to do it.*

## connection

[kə'nekSH(ə)n]

a relationship in which a person, thing, or idea is linked or associated with something else.

*synonyms:*

link · relationship · relation · relatedness · interrelation

## blessing

[bles-ing]

1a : the act or words of one that blesses

b : approval, encouragement

2 : a thing conducive to happiness or welfare

*synonyms:*

dedication · grace · consecration · invocation · thanks · thanksgiving · divine sanction · laying on of hands



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## How Do I Create My Own Experience?

1. **Watch** the **Earthroots Land Connection and Blessing** video to get an idea of what's possible.
2. **Decide whether you are going to go to a neighborhood park or local forest, desert, or beach.** Maybe you want to walk into your backyard or take a pot of soil onto your patio? Decide whether you are going to lay down on the ground, or choose to bury your feet in the earth or lay your hands in the soil. Set your intention for what you want to experience. How do you want to respect and connect with the Earth?
3. If you are interested in **finding the indigenous peoples** from your area, visit <https://native-land.ca/>. Many tribes are happy to share their knowledge about your land and it's native ways. Ask questions to assist you in creating a meaningful Land Connection, or ask for their direct help. If that isn't possible, move forward with your own vision!
4. **Put as much thought, research, and creativity** into planning as you like, or just be spontaneous, open yourself up to the experience, and speak from your heart.
5. **Create an experience** for your whole community, a few people, or just for yourself.
6. **Have someone lead** if you are in a group—or have everyone who wants to participate directly take turns.
7. **Make your own path**, take your own journey, do what is meaningful for you in order to create the experience you want to have.
8. **Include music, poetry, read other people's words**, or write your own story if you are inspired to do so.
9. **Make it a celebration!** After the event is over allow participants (including yourself) time to reflect and share their experiences. Sometimes expressing your experience to someone else can deepen and expand the impact. Extend the moment!
10. **Think of this not as a memory-making activity**, but rather recognize it for the life-transforming event that it can be. Even if you walk closely with nature on a daily basis, experiencing your own Land Connection and Blessing can leave you renewed, refreshed, and invigorated.
11. **Inspire others** by sharing stories from your Land Connection with Earthroots and add your pin to our digital map!

Visit [earthrootsfieldschool.org/land-blessing/](https://earthrootsfieldschool.org/land-blessing/) for more information and inspiration.

**It's the right thing to do, and there is no wrong way to do it.**

### Watch a land blessing



<https://www.youtube.com/watch?v=3cFBYLI5YHo>

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