

Healing Ritual

July 2007

This ritual is meant to honor the Gods of Healing and to ask Them to assist us with our own healing or to help us keep ourselves healthy physically, mentally, emotionally and spiritually. The ritual will specifically call on Apollon, Asklepios, and Pan. Offerings will include small images of the healing staff of Asklepios, as well as dream bags and herbal teas.

You will need:

- An image of the staff of Asklepios, either drawn on paper, or made using craft sticks and green paper (cut a snake out of the paper and glue it to the craft stick).
- A cloth bag or square piece of felt, some ribbon, some herbs, stones and pictures that represent the type of healing you wish, or something that generally represents good health to you.
- Some herbal tea—chamomile, peppermint, ginger and green tea work exceptionally well for this, but there are plenty of others out there. Do some research and find out what you think would work the best for you.
- Any other offerings you wish to make.
- Food for a theoxenia.
- The usual ritual supplies (barley, khernips (spring water), ritual knife (if something is to be cut), incense, and libation wine/water).

On the altar, place an image of Apollon, Pan and Asklepios. There should also be two offering bowls (one for food and one for water) and a candle (either blue, green, gold or white to represent healing) for the altar fire. The altar cloth should be of a color that represents healing as well.

Preparations

Wash your hands and face and put on clean clothes. You may choose to wear traditional Greek attire, but this is not necessary. You may also wish to take a ritual bath prior to beginning the ritual to help put you in the mindset of the rite.

Procession

Purification and Creating Sacred Space

Carry the barley, incense, and khernips (spring water) around the altar in a circle or semi circle, visualize yourself creating a boundary between the sacred and mundane space.

Opening Prayer(s)

Each person takes a handful of barley and the priest speaks the following or similar prayer(s):

*Holy Apollon, God of Healing;
We come before You today to ask
Your assistance in keeping us healthy.
We ask that You help us to strengthen
Our minds, our bodies and our souls.
Help us to know when we need to let ourselves heal.
Holy Apollon, God of Healing;
Accept and delight in our offerings today.*

*Holy Asklepios, God of Medicine,
Son of Apollon, Great Physician;
Help our doctors to heal us when we need them,
And help us to know the difference between
something we can heal ourselves and when
we need help from one of Your children.
Holy Son of Apollon,
Accept and delight in our offerings today.*

*Holy Pan, God of Shepherds who Heals in Dreams,
Help us to know the ways of the natural world,
So that we are able to honor the spirits of the plants
We use to heal ourselves.
Help us to rest when we need to, and to be calm and serene.
Help us to be free from panic
So that we can make wise decisions about our health.
Great God Pan,
Accept and delight in our offerings.*

After the prayers have been said, (if there are multiple people) each worshiper has an opportunity to offer a personal prayer. When all the prayers are finished, everyone casts their barley into the offering bowls.

Sacrifice/Offerings

Each person offers their dream bag and healing staff on the altar (these can be burned in the altar fire OR simply placed upon the altar and then kept on personal shrines for later use).

Theoxenia

First an offering of barley is given to Hestia who is first and last. Next, portions of the food are collected for Apollon, Pan and Asklepios, followed by a libation. The rest of the food is shared by the participants of the ritual. When the meal is concluded, offerings are made to Hestia who is first and last, and to the Agathos Daimon.