

**AN ANAMCARA DAILY DEVOTIONAL**  
**Encountering Nature through the Four Elements & Five Senses**  
*Based on an ancient Celtic Reflection & the Canticle of Creation*

*Either begin your day with quiet time in nature—encountering the four elements—or use your Celtic Ritual Box as a way of beginning and concluding your contemplative time.*

**Encountering Fire** *as the candle is lit—honoring our sense of sight*  
**Beannacht Dé, Brother Fire, Light in every Darkness**



**Encountering Water** *poured into the shell and tasting a drop—honoring our sense of taste*  
**Beannacht Dé, Sister Water, well of life and deep spirit**

**Encountering Air** *smelling the fragrance of balm or lavender—honoring our sense of smell*  
**Beannacht Dé, Brother Air, home of breath and imagination**



**Encountering Earth** *touching the Glendalough stone to your forehead—honoring our sense of touch*  
**Beannacht Dé, Sister—Mother Earth, ancient clay that holds our memories**

**Ring the bell three times—honoring our sense of hearing**  
**Beannacht Dé, each of the Three Worlds**



*Then enter into your preferred form of silence— through meditation/journaling in whatever form that takes for you. Allow at least twenty minutes.*

*At the end of your reflection time, give thanks for each element as you return them to your ritual box.*

**Thanking Earth** *as you replace the stone in your box—*  
**In the name of the sand, the stone and the mountain**

**Thanking Water** *as you return the shell and the water—*  
**In the name of the rain, the river and the ocean**

**Thanking Air** *as you recap the healing balm or essence—*  
**In the name of the air, the breeze and the wind**

**Thanking Fire** *by extinguishing the candle—*  
**In the name of the fire, the flame and the light**

**Ring the bell** *three times as a closing blessing—*  
**May the memory of this time remain throughout the day as a source of connection with all that is... Beannacht Dé**

