**Preparation for the 9 step Earth-Croí Path**

This journey is like a pilgrimage. There are particular preparations you can make so that the journey reveals its magic to your soul more potently. Your preparation is a measure of your intent. Here are some suggestions:

**Time** – no rush. Yes, it’s possible just to quickly read the whole nine steps, but if you really want to let the wisdom settle into your life, I suggest one step a month. Birthing takes 9 months! Enter deeply into its meaning for your life. Also, you may want to choose a time of the day that works best for you such as early morning or before bedtime. We all have different daily routines, but if you can find a space of time when you’re least likely to be disturbed, set it aside as your Earth-croí time.

**Place –** If you have a good place for some peace and quiet in your home that would be a great help to you. Or maybe – especially in the warmer weather – an outdoor place? I invested in a small garden hut when the children were younger and I had no indoor space! If you can create a sacred space for yourself, it will become a **Power-Place** for you.

**An open heart** – read a sentence and allow it to resonate with your soul. This isn’t an academic course of study. It’s a soul path of experience to enable more authentic living. If something really resonates, gives you joy – or even annoys or bothers you – take note. It’s got your attention. Why?

**Notebook and pen/colouring pencils** – As you read, thoughts and feelings and memories will come to you. Note them down. Draw them. Make connections. After sleeping, keep a note of your dreams. What is your soul saying?

**An Image or Totem** – Is there an image, design/pattern, an animal, landscape etc. which represents healing for you or a source of energy, encouragement, power? It could be a stone or shell from a special place. Or an image of a deity or angel. Or a prayer-mat, shawl, cloak or piece of special clothing. Keep your image or totem beside your notebook as you make the Earth-croí journey – and, no doubt, as you journey this path new images/totems will also come to you – maybe in your dreams…

**An invocation or prayer** – Each time you settle into your Power-Place to reflect on the Earth-croí steps, it would be good to ask the Higher Power for help. One suggestion is to create your own invocation/ prayer, with reference to your particular Source(s) of Higher Power and Guidance. It doesn’t have to be long – in fact something short, which you can easily remember, is best. You may also want to light a candle or some incense. Whatever you feel is best for you is fine.

Here’s one suggestion….

I Am \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (your name)

I Am Ancient Soul, seeking Wisdom.

I Am listening……

**In Nature all the mysteries of the Universe are held. Listen to what She has to tell you. They are also your mysteries and your wisdom. Because you are Nature!**

So let’s take the first step……