



Brigid Healing Ritual

by Selena Fox

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Brigid, also known as Bride, Brigit, Brigid, and Brigantia, is a Goddess of Healing whose worship originated among ancient Pagan Celtic peoples. As Europe became Christianized, Brigid became St. Brigid and continued to be honored. Today, honoring Brigid is part of the spiritual practices of people of diverse traditions and places around the world, including Druids, Wiccans, ChristoPagans, and other Pagans, Celtic Christians, Goddess Spirituality practitioners, New Agers, and others. Brigid has many attributes, symbols, and powers. In addition to being a Goddess of Healing, She is a Goddess of Inspiration and Smithcraft and also is associated with Sacred Land, Sun, Fire, Oak Trees, Sacred Wells and Springs.

I have been working with Brigid as part of my personal spiritual practice as well as in my work with individuals and groups for many years. As part of my work at Interfaith conferences, Pagan festivals, and other events across the USA and several other countries, including Canada, Spain, and South Africa, I have facilitated Brigid Healing meditations and rituals. In addition, I have taught about Brigid and guided meditative rituals on internet radio.

I share here one of the forms of the Brigid Healing Ritual which I have guided over the years. I created it for use with large groups (usually ranging from 50 - 500 people) but it can be adapted for small groups. I have guided variations of this rite in 2014 at PantheaCon in California (February), Sacred Space Conference in Maryland (March) and Beltania in Colorado (May).

In this ritual transcript, the role of Leader can be done by a single person or the parts shared among two or more facilitators.

Those gathered for the rite should be seated in a circle, or in concentric circles if numbers require this. This rite can be done indoors or outside.

In the center of the ritual area, place a round altar covered by an altar cloth. The altar should be large enough to hold images of Brigid as well as items to be blessed during the rite.

In the center of the altar, place at least one image of Brigid. Cleanse the ritual area before beginning with incense and/or with a sacred sound, such as with a singing bowl, sistrum, rattle, or drum. The leader should have a bell or chime to use as a ritual sound to signal transitions during the rite. The leader should also have a Brigid's Cross that can be carried around the circle as part of Circle Casting and that can be used as a wand to direct group energy.

Welcome and Attunement

Leader begins the rite by saying:

We gather together today to honor the Goddess Brigid, to align with Her, and to work with Her for Healing ourselves, others, and Planet Earth. Place on our altar any objects you wish to be blessed with healing during our ritual.

Pause as participants place objects on the altar.

Now let us prepare for healing work by silently centering ourselves, taking several deep, slow breaths in the next few minutes of quiet.

Pause as all do silent centering with breaths.

We who are gathered here are of many paths and places. Let us connect with the Divine, each in our own way, according to our own tradition. *[pause]*

Divine as One, Divine as Many, We call to You, We honor You, We ask you to bless this Healing Rite and to guide us as individuals and as a group in attuning to and working with Brigid for Healing and Wellness. So Be It.

Casting the Circle

L: Let us Rise up and join together as a Brigid Healing Community in envisioning a circle of radiant healing light forming around us. *[participants stand]* Let us join our voices in this chant:

All Chant several times:

**Circle of Brigid Power, Circle of Brigid Light,
Circle of Brigid Magic, Circle of Brigid Bright.**

During the chanting, the Leader, and if desired, several others selected for this, walk clockwise around the circle, using Brigid Crosses, wands, or outstretched hands to set the Circle in place.

The Leader signals the group to peak the Chant as the Circle Casting concludes.

Litany of the Elements

Leader leads a call and response litany, saying or singing a line, with all repeating.

L: We call to Brigid and Her Healing Powers of the Elements and the Sacred Directions. We begin by facing the North.

Leader sounds bell and guides all to face North.

L: Brigid of the Sacred Earth, be with Us
All: Brigid of the Sacred Earth, be with Us

L: Purify and Balance our Bodies.
All: Purify and Balance our Bodies.

L: Bless us with Wellness.
All: Bless us with Wellness.

Leader sounds bell and then all to face East.

L: Brigid of the Sacred Air, be with Us.
All: Brigid of the Sacred Air, be with Us.

L: Purify and Balance our Thoughts.
All: Purify and Balance our Thoughts.

L: Bless us with Wisdom.
All: Bless us with Wisdom.

Leader sounds bell and guides all to face South.

L: Brigid of the Sacred Fire, be with Us.
All: Brigid of the Sacred Fire, be with Us.

L: Purify and Balance our Actions.
All: Purify and Balance our Actions.

L: Bless us with Courage.
All: Bless us with Courage.

Leader sounds bells and guides all to face West.

L: Brigid of the Sacred Water, be with us.
All: Brigid of the Sacred Water, be with us.

L: Purify and Balance our Feelings.
All: Purify and Balance our Feelings.

L: Bless us with Peace.
All: Bless us with Peace.

Leader sounds bell and guides all to face the ground.

L: Brigid of the Sacred Land, be with Us.
All: Brigid of the Sacred Land, be with Us.

L: Purify and Balance our Lives.
All: Purify and Balance our Lives.

L: Bless us with Strength.
All: Bless us with Strength.

Leader sounds bell and guides all to face upward.

L: Brigid of the Sacred Sun, be with Us.
All: Brigid of the Sacred Sun, be with Us.

L: Purify and Balance our Selves.
All: Purify and Balance our Selves.

L: Bless us with Hope.
All: Bless us with Hope.

Leader sounds bell and guides all to face center.

L: Brigid of the Sacred Spirit, be with Us.
All: Brigid of the Sacred Spirit, be with Us.

L: Purify and Balance our Souls.
All: Purify and Balance our Souls.

L: Bless us with Love.
All: Bless us with Love.

Leader sounds bell and invites all to be seated.

Invocations of Brigid

L: Let us now call to, honor, and connect with Brigid with prayers, readings, and invocations from several traditions. After each invocation, let us join together in our collective response:

All: Brigid, We Call to You! Brigid, We Honor You!

Several participants, ideally invited prior to the ritual and experienced with working with Brigid, speak Brigid invocations according to their own traditions, standing up and going into the center of the Circle.

Brigid Personal Healings

L: Let us connect with Brigid as a Goddess of Fire, of Healing, and of Inspiration. Join together in this chant and when the chant concludes, let Brigid bring you a message about something you can do to bring more healing and wellness to yourself.

All: Brigid Fire, Heal, Inspire!

Chant is repeated. Leader peaks the chant. Then, there is silence as all meditate on receiving guidance.

Brigid Distance Healing For Those Not Present

L: Let us give thanks to Brigid of the Healing Fire for inspiration, guidance, and healing for ourselves. Now let us call on Brigid of Healing to bring healing to those in need that are not physically present. Let us join in this chant and over this, call out the name or names of those in need of healing.

All repeatedly Chant: Lady of the Sacred Flames, Heal the Ones that we now name.

Over chanting, names are called. Chant peaks.

L: So Mote It Be.
All: So Mote It Be.

Leader rings bell to conclude this part of the ritual.

Brigid Direct Healing - For Those Present in Need of Community Healing

L: Let those who would like to receive Community healing in this Brigid Healing Circle for themselves come forward.

Those in need step into the Circle and form a circle facing inward. Once all have gathered, the Leader asks them to change direction and face outward with palms up. For those unable to stand, chairs can be brought into the center of the circle for them to use.

L: For those of us in the outer ring of this Brigid Healing Circle who would like to do direct healing work with these in the center, we will move clockwise and direct healing to those present who are in need.

Those of you in the inner circle, keep your palms up to indicate you are interested in receiving healing. When you sense you have received sufficient, for your needs hold your hand to your heart, and then turn and face center.

L: Let us join together in chanting Brigid's name in a free-form chant.

All repeatedly chant: Brigid, Brigid, Brigid!

As the direct healing work concludes, the Leader has all in the center who have not yet faced inward start doing so, and then directs the group to raise a cone of power directing hands to the center.

After the energy peaks, the Leader says: So Be It!

Healing for Planet Earth

L: In this last part of our rite, we work with Brigid to bring Healing to Planet Earth, our home. Envision the planet as a blue green sphere glowing with radiant light. Let us join our voices in a free form OM chant to direct healing and well-being to Planet Earth. As we chant, call our wishes for specific places and issues that are in need of healing.

Group starts softly chanting OM, weaving tones in a harmonious sound. Over the chant, prayers for healing are called out by participants.

Leader peaks the chant and then says: So Be It!

L: In our center are items to be blessed - let us direct the Healing powers of Brigid that we have been working with in this rite to the items on the central altar, as we chant.

**All repeatedly chant:
Brigid Blessings,
Brigid Blessings!**



Brigid Healing Ritual Altar at Pantheacon 2013. Photo provided by the author.

Thanksgivings

L: Let us now give Thanks to Brigid in the many ways we called Her and worked with Her today.

L: Brigid of the Earth, Air, Fire, Water, Land, Sun, and Spirit -- We give Thanks!

All: We give thanks! We give thanks!

L: Brigid as One, Brigid as Many -- We give Thanks!

All: We give thanks! We give thanks!

L: Brigid of the Sacred Circle, Brigid of Healing -- We give Thanks!

All: We give thanks! We give thanks!

Benediction

Leader: We now conclude our Circle. We take a bit of the Circle of Brigid Power and Light we cast around us into ourselves to aid us in remembering and in integrating our experiences. May the Healing Peace of Brigid be with us and with Planet Earth as we do our closing chant together.

**All chant several times: Brigid Peace Upon Us,
Brigid Peace Around Us, Brigid Peace Within Us,
Brigid Peace, Inner Peace. So Be It!**

Selena Fox is a priestess of Brigid and senior minister of Circle Sanctuary. More about her writings, chants, rituals, meditations, and other endeavors at:

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