

## *Activating your Medicine Drum with the Elements*

This practical experience of activating your Medicine Drum is used by the *curandero* Medicine teachers of Mexico. You can use this method to bring any medicine tool into alignment with the powers of the Elemental Kingdoms associated with the Sacred Directions.

Cover your drum with clean sacred Earth from a molehill:

EARTH, I ask for your help.

You are my substance, within which my soul retreats.

My life grows within your darkness, you hold me down on you

Help me to remember that I am made of you and into you I will return

You are the soil into which my roots anchor, help me to listen and call into you

You are my authentic, solid and grounded self, my body's beauty is made of you

Help me to be as respectful as you are of all that is living on you

Thank you for being the mother of my life and all life

I ask for help with a humble voice, a voice with Earth in my heart.

Allow your drum to swing in the breeze and seek the blessings of the Air:

AIR, I ask for your help

You are the space within which I move, bringing change from moment to moment

Beating on a common drum you are my breath

Help me to stay awake in this moment, breathing, watching, transforming with your help

You blow me around like a leaf, you touch my skin and remind me that I am alive

I can travel on you and with you I can reach my destination

Help me to remember how you breathe me, how you call, cool and move me

New life in each moment is brought to me by you, as you share yourself with all life

I ask for help with a humble voice, a voice with Air in my heart.

Pass your drum through the flames and seek the blessings of Fire:

FIRE, I ask for your help

Do not burn me; you are my passion, my drive and my focus

To be aware of danger, to be aware, awake and alert

Spirit Fire I ask for help

Warm me, motivate me so that I may move forward

Power me through my limitations

Fire burn away all that I have no need for past regrets, fears and inhibitions

You can transform me, Fire help me

I ask for help with a humble voice, a voice with Fire in my heart.

Spray your drum with Water and seek its blessings:

WATER, I ask for your help

You are life; you are the flow of my life force

Always alive, you have the power to cleanse me

My life is sustained and moved by your flow

Help me to remember you with each sip and gulp of you

Within each shower, bath and swim, help me to remember your grace and power

May I sing as you sing, move as you move

Refresh others as you refresh me

I ask for help with a humble voice, a voice with Water in my heart.