

SMOKING OF FORGIVENESS

A Personal Ceremony

Excerpted from DEERTRACKS December 2004

ITEMS NEEDED

- Medicine Pipe
- Paho
- Fan and Gourd (optional)

STEPS OF THE CEREMONY

1) Preparations:

Review the Forgiveness Wheel. You may work in only one direction with each smoking session, or if you wish to approach this in a more general fashion, first prepare by asking yourself the following questions:

- Where and how do I block my own shining from expressing itself fully and freely?
- What patterns in my life are persistently unproductive?
- What changes do I resist the most?
- Examine any experience with death (of loved ones) to identify lingering anger, guilt, sadness, attachments, etc.
- Where am I not keeping my commitments to self, life or others?
- Where does stress limit or strain my prioritizations?
- Where have I betrayed my desires, spirit knowing or inner guidance?
- Examine the key unresolved energies or issues with your parents or upbringing.
- Examine the key unresolved energies or issues with your significant other and close friends.

2) Put your Medicine Pipe together

Fill it with a Basic 7 Fill for this ceremony (without conjuring and without the Harnessing of the Light Energy Conjuring). When you open it, smoke 7 puffs to the “as above”, 7 puffs to the “so below”, and 7 puffs to each of the eight directions.

3) Now proceed to do the “smoke circle of forgiveness”

1. Inhale one puff (and one puff only) of smoke as you begin this smoking circle. Note that this inhale is very unusual and is to be done for this ceremony only. This special inhale ignites your inner fire, aligns with your Heart Pipe, and facilitates your womb knowing of what needs to be forgiven.
2. Place the Pipe bowl between your legs so that the joining of the bowl and stem is near your one-point and the stem runs along your chakra line. Smoke and, as you exhale through the bowl and your mouth, use your right hand to draw the smoke up along the chakra line, over your head, and off to your right side.
3. Rock slightly back and forth as you look through the veil of smoke. It is here that the images will come forward. When an image appears, see where you are losing energy or caught in a negative spiral. Let Spirit guide you to forgive yourself, to set yourself free again. “Be sweet with self—bless and protect the child, support and beautify the adult”.
4. When necessary, you can do give-aways and cord-cuttings. To do this, hold your Pipe stem slightly away from your body. Raise your right hand just above your head, palm towards you and fingers slightly apart. As you do the give-away or cutting away, bring your hand down along your chakra line, past the navel and then extend the hand out to your right side turning your palm up and out. Smoke a Prayer of Forgiveness; speak the forgiveness out loud; cut it away and then give it away.
5. Bless yourself with paho. Use the Blessed Beauty Way Vow to commit yourself to changes or to restore yourself to Beauty.
6. Have a fan and gourd handy. Use the fan to “ask for” and the gourd to “give away.”
7. When you feel complete, smoke 7 straight across and close out the ceremony. You may leave your Pipe together for a period of time to do repeated smokings if you choose. Once you have gone full circle, close out your Pipe in the sacred

After each circle of smoking, reward yourself with pleasure. This is important as it is part of your hunger fulfillment, it heals your child and restores your adult. The purpose of doing this personal work on forgiveness is to restore

yourself to a determinative understanding of the “before” – being happy, hopeful, and harmonious with life and Spirit.