



## Coming Together To Heal the Earth

Ceremonies, rituals, and energy working  
Planting and replanting the land  
Creating refugia and sanctuaries for life  
Scattering seeds and wildtending  
Supporting each other & building community

[www.thedruidsgarden.com/landhealing](http://www.thedruidsgarden.com/landhealing)

# Land Healer's Network: Inaugural Land Healer's Network and North American Book Launch

---

**Dana O'Driscoll**

Grand Archdruid, Ancient Order of  
Druids in America; Druid & Mount  
Haemus Scholar, Order of Bards,  
Ovates and Druids

[www.thedruidsgarden.com](http://www.thedruidsgarden.com)

[www.aoda.org](http://www.aoda.org)

[www.druidry.co.uk](http://www.druidry.co.uk)



# Overview

- Land Healer's Network Calls Framework
  - Opening Practice (meditation, reflection, visioning, divination, etc.)
  - Presentation (Dana and/or 1 or more guests)
  - Q&A, Large and Small Group discussions (not recorded)





# About Dana O'Driscoll

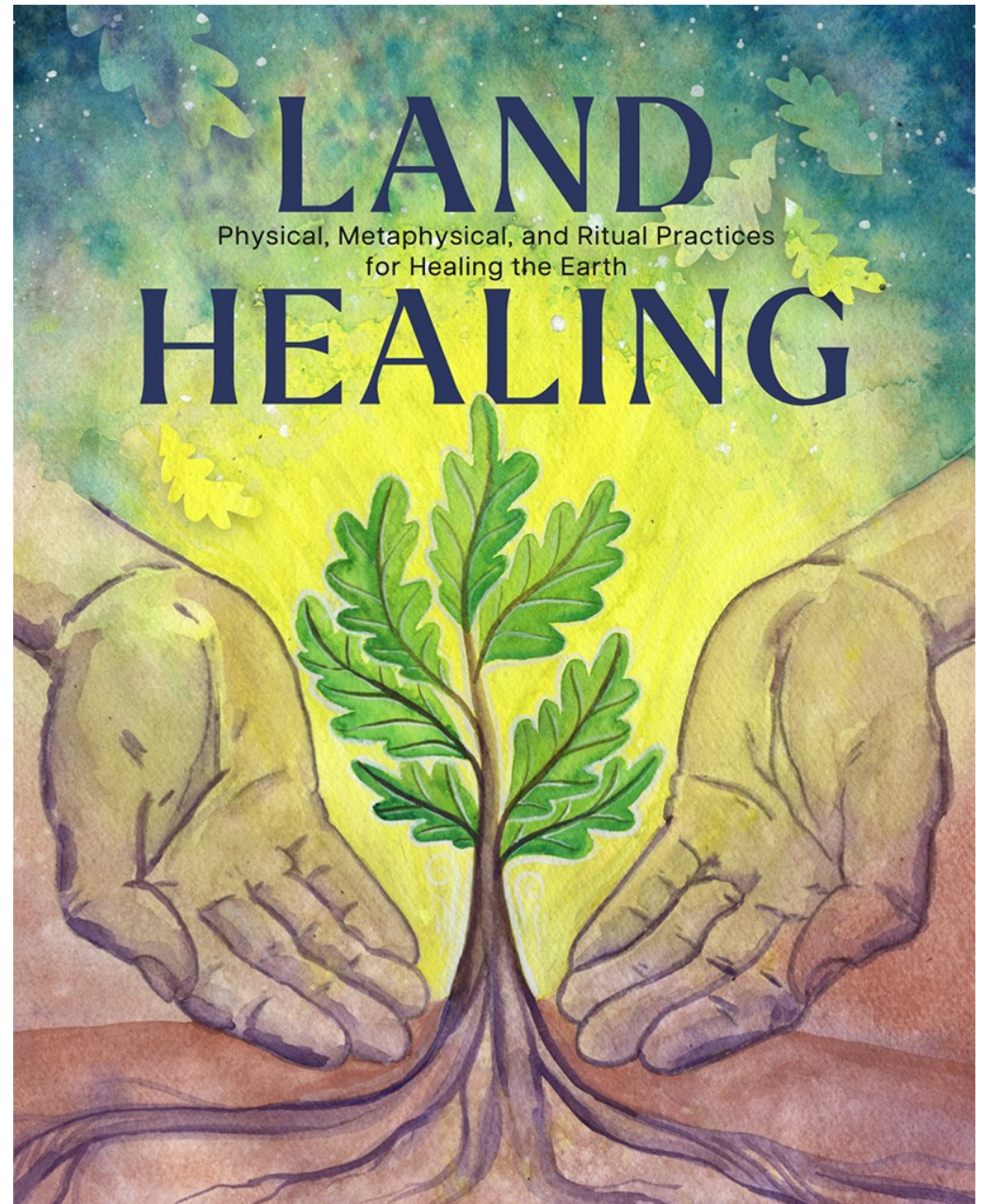
---

- Animist, Bioregional Druid for almost 20 years living in the Laurel Highlands of Western Pennsylvania, USA.
- Certified permaculture designer (Sowing Solutions, 2015) and permaculture teacher (Omega, 2018)
- Practices permaculture, wildcrafting, herbalism, and rewilding on 5 acres in Western Pennsylvania
- Grand Archdruid and Ollave Adept in the Ancient Order of Druids in America. Order of Bards, Ovates and Druids Mount Haemus Scholar and OBOD Druid
- Author of:
  - *Land Healing: Physical, Metaphysical, and Ritual Approaches to Healing the Earth* (2024)
  - *Sacred Actions: Living the Wheel of the Year through Earth-Centered Spiritual Practices* (2021)
  - *Sacred Actions Journal* (2023)
  - Author/Illustrator of *Tarot of Trees, Plant Spirit Oracle, & TreeLore Oracle*.
- Writes at The Druid's Garden Blog ([www.thedruidsgarden.com](http://www.thedruidsgarden.com)). Instagram art @druidsgardenart.
- Co-founder of Pennsylvania School of Herbalism ([www.paherbschool.com](http://www.paherbschool.com))

## Land Healing: Physical, Metaphysical, and Ritual Approaches to Healing the Earth

Information from this presentation is adapted from my *Land Healing* book, releasing March 28<sup>th</sup> (North America) and May 28<sup>th</sup> (International)

- Available from Major Booksellers
- More info at:  
[www.thedruidsgarden.com/landhealing](http://www.thedruidsgarden.com/landhealing)





# Meditation

# Challenges

- Western culture is earth-destroying and “typical” daily life is threatening all life on earth
- Exploitative rather than care-based relationships to the living earth
- Sixth mass extinction – a lot of things are threatened and dying right now
- Climate change: our ecosystem and entire planet are threatened
- Problems are clear, but lots of talk, not enough action
- Personal and positionality and ancestral history; undoing legacies of colonialism, extraction, etc.



# What is Land Healing?

---

- Healing: “to patch up a breach or division”; “being restored to health” or “making something once again sound and whole.”
  - **Restoration of the earth** (through replanting, regeneration, rewilding, food forests, conservation, and more)
  - **Restoration of human-land connections** (through learning about nature, how to use nature to meet human needs (e.g. herbalism))
  - **Metaphysical work:** Offering healing, blessings, and ceremonies for the land and the spirits of the land to help address ongoing human-caused damage





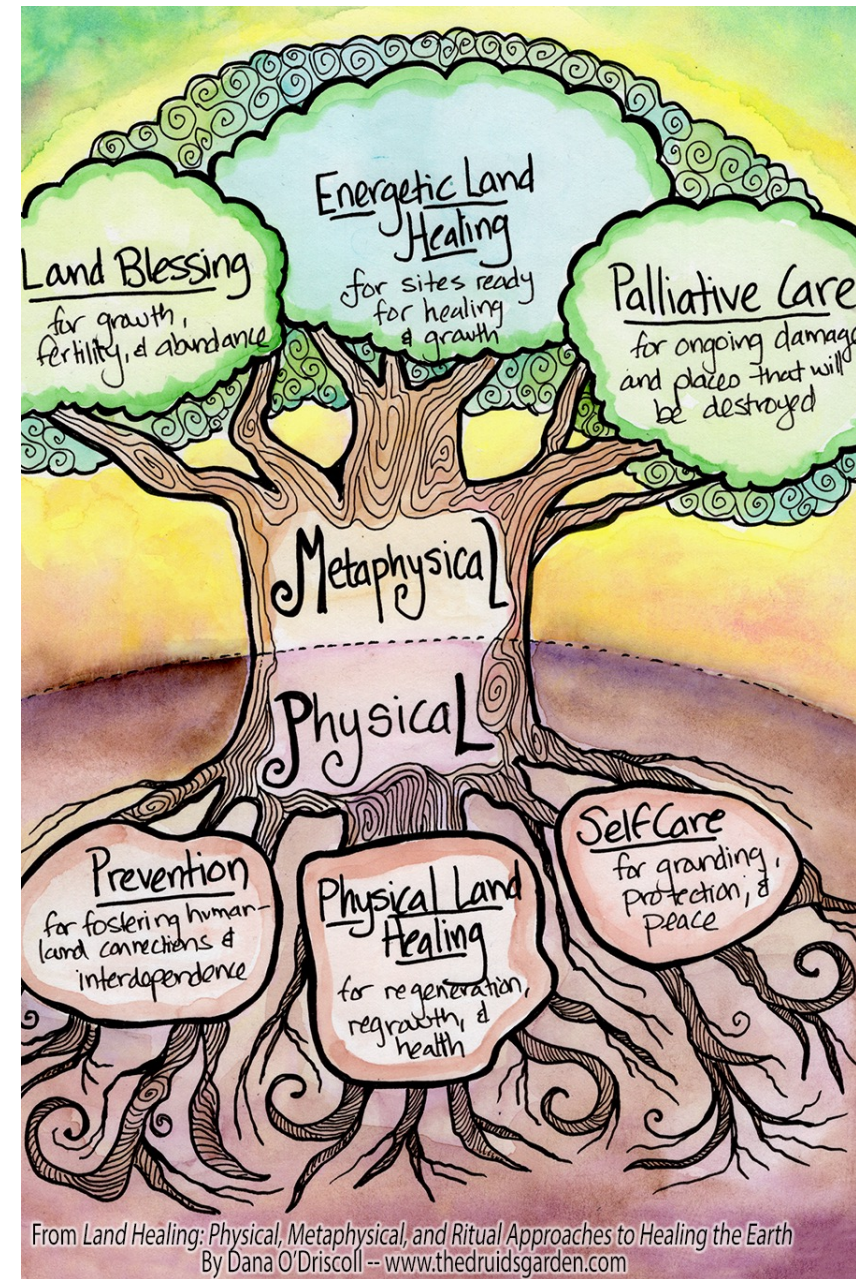
What does this healing look like?



# As above, so below. As within, so without.

- Sometimes we can heal the land directly through physical actions:
  - Regeneration of soil, ecosystems, protecting lands, conservation, sanctuaries for life, gardens, food forests, replanting, rewilding, scattering seeds, etc.
- Sometimes the best or only approach is metaphysical:
  - Blessing, energy workings, rituals, palliative care
- Metaphysical and physical can be combined
- As part of this: we can also engage in:
  - Education and fostering human-land connections
  - Self-care because land healing is tough work
  - Build reciprocal, respectful, and reverent relationships between humans and nature

\*\*\*We all have something we can do!\*\*\*



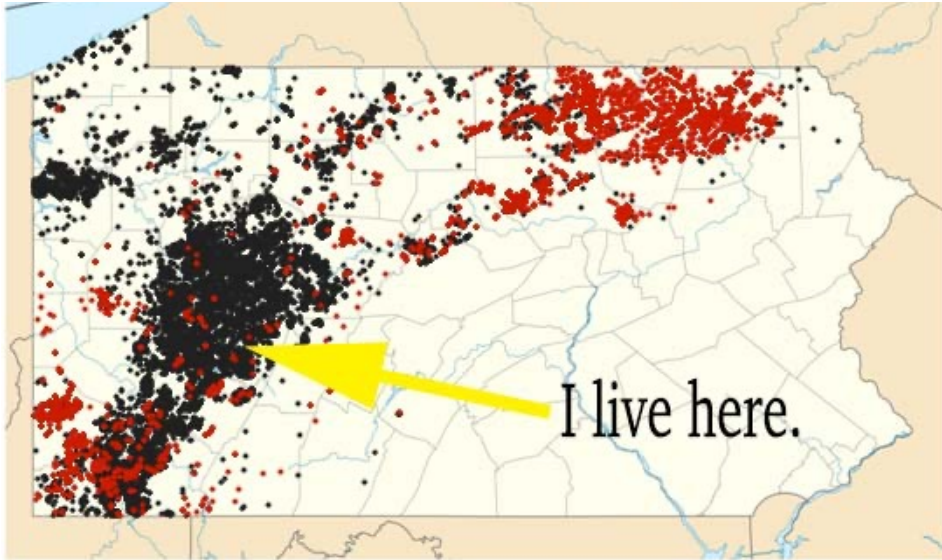
# Land Healing as a Spiritual Practice

- Alignment of inner beliefs with outer actions
- **Deepening relationships with nature** by learning nature, using nature, and being part of nature
- **Making a meaningful difference to support life**, offer habitat, growth, and regeneration
- **Recognizing** that you are a part of nature.
- **Recognizing** that part of reverence of nature = protection and nourishing of nature
- **Fostering balance.** Nature heals us, we heal nature.
- **Being a good ancestor** for future generations (of all life, not just human life), we can do good here and now
- **Deepening animistic and earth-honoring practices** by working directly with the land and her spirits.



# Three Land Healing Scenarios





# Step 1: Building Trust: Listening, Observation, Witnessing, and Apology

- The first step in any healing journey is to observe and listen.
- **Observe with your eyes:** what do you see? What is happening here?
  - Is this a healthy ecosystem? Is this a damaged ecosystem? What has happened and what will happen?
- **Observe with your inner eyes:** What energetic issues are present?
- **Interact with the spirits of the land:** What do they need from you? How can you best support them? Do they even want your help?
  - This framework assumes that all land has spirit and those spirits can be interacted with.
  - The work of a land healer is working with land spirits as a collaborator
- **Co-create intentions together.** What can you do? What is needed?

# Step 2: Physical or Metaphysical Healing?

---

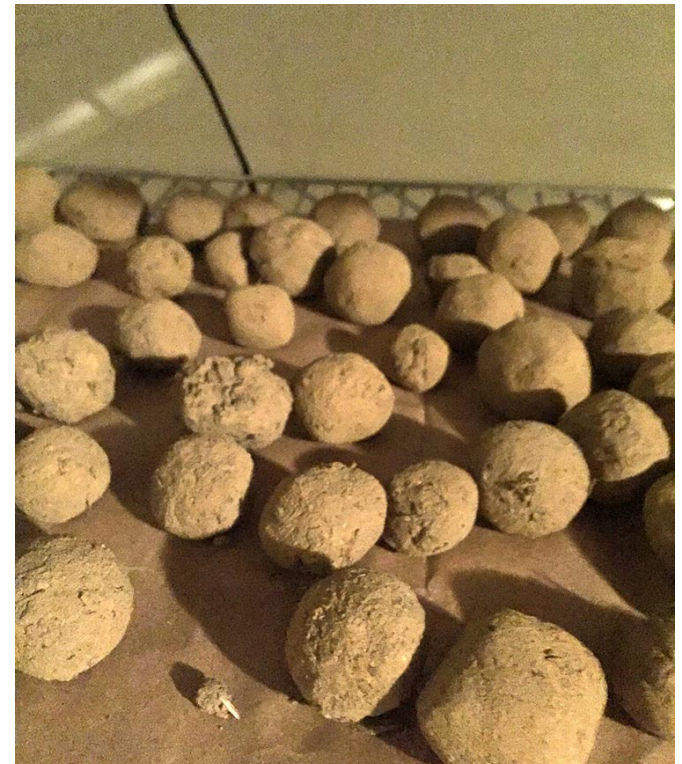
- **Physical Healing** → Can you directly intervene in some way to assist life in the ecosystem?
  - Conservation, picking up trash, planting native species, harvesting non-native species, creating habitat, supporting life, showing care and kindness, scattering seeds, rewilding and replanting the broader earth
  - You don't have to own land to do this, just be out in land!
- **Metaphysical healing** → Rituals, Ceremonies, energy workings, and many other practices.
- **A mix of both?**
  - In the case of our fracking wells, after conferring with the spirits of nature, we are going to use a mix of both kinds of healing!



# Physical Land Healing

---

- **Observe and interact:**
  - Installing the wells themselves created substantial disturbances in the ecosystem and disrupted meadow and forest ecosystems.
  - Continual maintenance on the wells requires many additional roads, which creates opportunity for more abundant edge spaces
    - But these edges are sometimes sprayed with poison!
  - Workers leave their trash in the forest
- **Solution 1: Seed Balls:** Seed balls are a wonderful approach to working on healing land that is public or widespread:
  - Create your seed balls with 50% soil, 50% clay, and native seeds befitting the ecosystem
  - Infuse the seed balls with magic for healing and blessing
  - Hike in the local park where the wells are and toss them around to help spread Common milkweed, New England Aster, and much more!
- **Solution 2: Pick up the trash** while singing songs of blessing and healing.
- **Solution 3: Raise awareness in your community** to fight against future wells.





# Metaphysical Healing: Blessing, Land Healing, or Palliative Care?

---

- **Sick friend metaphor is useful here:**
  - Can the land actively heal or is it in a state of ongoing damage?
    - **Sick friend = undergone a long illness but is now in a place to recover.** Think= logging, chemical spills, forest fires, recent construction.
      - Great! Bring cards, good food, and good energy.
    - **Sick friend 2 = ongoing extreme damage, with no relief in sight.** Think, mountaintop removal, logged forest turning into a commercial field, typical lawn that is being sprayed, etc.
      - Oh no! Better help your friend rest and keep things quiet. Palliative care is more appropriate.- **In the case of our fracking wells**, after connecting with the spirits of the forest, the wells themselves are causing damage but this is primarily underground. Thus, they want healing energy directed towards the wells and allowing the forest disturbance to heal.



# The druids sneak up the mountain to offer healing, protection, and blessings....

- We enter the park late after dark to be able to offer healing and blessing while nobody is around, near the wells
  - **We select ONE well** to work at, knowing our blessing and protection will spread throughout the forest
  - **We open up a sacred grove** to protect us during the working
  - We radiate a **Sphere of Protection** around the area, protecting the forest from the wells
  - We chant and drum, chanting using ogham to raise energy for healing and blessing:
    - Birch (Beith "beh") for healing and blessing; hawthorn (Huath "OO-ah") for protection; and Holly (Tinne, CHIN-yuh) for courage and support.
  - **We leave an offering** for the spirits of the land, a mandala of herbs, stones, and acorn caps in a spiral pattern
  - **We perform divination** to see what the next steps are
  - **We promise to return soon** to continue the work
  - **We close the space.**



# Continued Work

---

- **I continue to visit the place** renewing the protection every few months.
- **I leave healing sigils** that I created as part of my land healer's crane bag.
  - These sigils have been blessed and empowered in a separate ceremony, so as I'm hiking in the forest where the fracking wells are, I simply drop them off quietly, tapping on each to activate the magic.
- **Years pass.** Many of the wells stop functioning and they are starting to close them down.
- **The seeds around the wells spring up**, replanting the ecosystem and offering their own form of magic.
- **The spirits of the land hold strong**, thankful for the extra support.



## Example #2: Forest that will be cut down and “developed”

- Many variations on this:
  - Housing developments, cities cutting down trees, pipelines going in, forests slated for logging and clear cutting, clearing more land for fields, putting in a new shopping center or parking lot
  - IN this case: the life that once existed will be destroyed
    - **My example:** Walmart Supercenter being put into ½ forest and ½ swampland through eminent domain.
- What can we do?
  - Is there anything that can be done on the physical plane?
    - Example: White’s Woods (we win!); citizen action, lawyers, and protections.
  - What can be done on the metaphysical plane?
    - Deep listening as step #1



# Techniques

- **Technique one (physical healing): Protecting and preserving some of the ecological diversity:**
  - Gathering up plants, seeds, nuts, roots, and moving them somewhere safe.
  - Even if you can only gather a small amount, this can greatly help.
  - *I went to the future Walmart site and gathered up seeds, nuts, and plants—I moved them to a public land area where they could grow*
- **Technique two (metaphysical): Putting the land to sleep – ritually lowering the vibration of the land**
  - *Drumbeat ritual; again, think of the human metaphor here: its better to be asleep if bad things happen to the body.*
- **Technique three: Holding space.**
  - **Witnessing:** being present and not looking away
  - **Documenting:** raising awareness about what is happening
  - **Remembrance:** not forgetting the lives that are lost
  - **Apology:** apologizing on behalf of misguided humans





# Example #3: New House and Huge Lawn!

---

- Purchased a new house in PA with recent logging and lots of lawn.
  - Apply permaculture:
    - Observe and interact: What life is already present and thriving? Where are the flows of water? Where is the path of the sun? What are other challenges or benefits of this space?
  - Deep listening: setting intentions with nature:
    - What would the spirits of the land want to see?
    - What areas should be left alone to be wild and grow?
    - What are the human needs?
      - Grazing area for birds, herb gardens and vegetable gardens, fruit trees)
      - Spaces for ceremony and druid gatherings
  - How can we build an ecosystem together?

# Converting Lawn to Gardens

- **Hügelkultur Beds:** Due to recent logging, we had tremendous amounts of downed wood
  - Waste is a resource: downed wood turned into beds; clearing downed wood allowed for new forest growth in forested areas
- **Sheet Mulching:** Cardboard + compost + fall leaves = amazing soil and no tilling required
- **Emphasis on Medicinal Perennials:** Large portion of the garden focused on “stacked functions”
  - Creating habitat for insects, birds with food and nectar sources
  - Selecting native or naturalized plants that also provide food, medicine, or spiritual uses
  - Selecting native plants that are rare in ecosystem: once established, we can use these to spread seeds outward
- **Remaining lawn: turns into grazing pasture with rotating fences for goose flock:** This reduces the need to mow to several times a year, significantly reducing fossil fuel use





# The Refugia Garden

- E. C Pielou in *After the Ice Age: The Return of Life to Glaciated North America* among other places.
  - In a nutshell, refugia (also called “fuges”) are small pockets of life that were sheltered from broader happenings on the earth that destroyed a lot of other places.
  - In terms of Pielou’s work, refugia were small pockets of life that were for various reasons from the worst of the effects of the last ice age when the rest of the lands were barren and covered in ice.
- Today: Large swaths of the land are inhospitable to life (such as the lawn)
- We can create our own refugia to:
  - Provide habitat, nectar, food, and shelter to at-risk species (of any variety)
  - Once mature, scatter seeds, spread plants, etc.





Land Healing Mandala from "Land Healing" Book by Dana O'Driscoll, 2024 - [www.thedruidsgarden.com](http://www.thedruidsgarden.com)

# Takeaways

- **Land healing** can be both a physical practice of replanting or reenergizing the land or a metaphysical practice tied to healing, blessing, or palliative care
- **Land healing** can be included as part of your pagan or earth-based spiritual practice, leading to:
  - Deeper connection with the spirits of the land
  - Making a difference in your local ecosystem
  - Becoming a good ancestor
- **Land healing** begins rooted in observation, interaction, and care. We deeply listen using whatever tools are available and offer support. We work *with* the spirits of the land to set intentions and examine a path forward.
- **Physical land healing** can be a wide range of practices that support fostering healthy ecosystems where all life can flourish
- **Metaphysical land healing** is wide-ranging and includes blessing, protection, energetic healing, palliative care, and helping spirits pass
  - These two kinds of healing can be combined for greater effect!
- **Healing human-land connections** is another area that many land healers take up as a goal—helping humans in their local area reconnect with nature, value nature more, and share their care.



# Land Healer's Network

---

- Details:  
<https://thedruidsgarden.com/landhealing/land-healers-network/>
- FB Group:  
<https://www.facebook.com/groups/landhealing>
- **Online Events:**
  - May 26th – Land Healer's Network & International Book Launch – Land Healing Tools- 2pm-3:30pm EST
  - June 30th – Global Seasonal Land Healing Rituals – 2pm – 3:30 PM EST
  - September 11th – Land Healer's Network: Listening, Witnessing and Apology – 8:30-10pm EST

Thank you  
&  
questions!

