

## **HARVEST AND SOWING RITUAL**

**by Gianmichele Ferrero – [www.liberiviandanti.it](http://www.liberiviandanti.it) 7/10/2025**

Ritual to be performed on the day of the new moon and buried before the full moon, or during the 15 days of the waxing moon, in the early autumn months.

### **Explanation and Preparation**

This ritual is slightly different from the one performed on December 31st. The end-of-year ritual may be more focused on letting go of what no longer serves us, the burdens and chains that weigh on our lives, to begin a new journey, free of obstacles and indecision.

In this case, since autumn marks the end of the natural agricultural cycle, we harvest and bring back to the farm all the crops and harvests from the fields and vineyards. We also take stock of what we have achieved, the successes, the results thanks to our efforts. No one has done this for us. We must thank ourselves and therefore be centered and focused on ourselves. We list the fruits harvested on a first piece of paper.

On the other hand, autumn is also the time when farm activities come to a halt, as fields need to be prepared for future plantings, farming tools need repairing, and crops need planning for the coming months. On a second piece of paper we'll list the projects and plans for the coming months, as well as those we might want to refine because we haven't yet managed to implement them properly.

### **Preparation**

Prepare two blank sheets of paper.

On the first sheet of paper, write a list of the harvests, fruits, and achievements in your life over the last period.

On the second sheet of paper, write a list of projects, ideas, and plans that represent the seeds you will sow for the coming period.

Prepare a kintu made of three bay leaves—or, better yet, a kintu made of three leaves and a kintu made of two leaves to honor the male right side and the female left side. Kintu, as you know, represent our powers.

Prepare dried white, red, and multicolored flower petals.

Prepare a small bottle of red wine, one of white wine, or one with a little beer (i.e., alcoholic beverages).

If you like—it's optional—prepare some very small natural offerings, such as slices of dried fruit, biscuits, white and brown sugar, etc., as you might for a very small despacho.

### **During or at the end of the meditation**

At the end or during the classic New Moon meditation, you will bless and strengthen the two pieces of paper with your energy, self-love, gratitude, and munay.

Fell the flow of energy during the meditation.

Thank your heart, your mind, your hands and feet, your body, for allowing you to create your works.

Take the credit you deserve. In the power of the autumn New Moon, find yourself on the threshold of transition from the active and dynamic energy of the beautiful season to the more quiet, more reflective, more introspective energy of the cold season. Celebrate the abundance of the harvests you have achieved. Rejoice in the successes you have created.

It is also a time to let go of what no longer serves you and to improve what is not yet fully accomplished and modify what you wish to align with your intent.

In your left hand, take the first piece of paper where you have listed your fruits, your harvests. The left hand is the one that receives. Express gratitude for what you've done, for the goals you've achieved, and honor your responsibility for taking care of yourselves.

Hold the slip of paper close to your heart in your left hand.

Also thank Paqarina, Itu Apu, the Guiding Star, and your Allies who have always been with you.

This is also the threshold that prepares us for the cold months. Now you go into the fields only to prepare the soil, or you stay in the farmhouse to prepare seeds, tidy up equipment, and repair worn ones. Later, the soil will become harder and more frozen, but now the clods are still moist and soft. You still have time to plant the seeds for future harvests.

Take the second slip of paper where you listed your future plans in your right hand and hold it close to your heart. The right hand is the one that gives and offers. Use all your purest intentions, your

most creative hopes, your strongest commitment to nourish these seeds. Ask your Paqarina, Itu Apu, your Patron Saint, your Spiritual Godmother, and your Guiding Star to bless them. Feel how the seeds are nourished by all these energies. See how these seeds will grow strong, take root and sprout to generate new plants.

Bless the two pieces of paper on your heart, thanking yourself aloud for what you are doing. Say your name: "Thank you xxxxx for everything you are doing for myself."

Feel the love that expands from your heart, envelops the pieces of paper, and projects into the soil where you will place them.

### **After the meditation**

As soon as you can, go into nature—if you can, to your Paqarina or Itu Apu or Nacido Estrella, which unites all the Beings of Nature present at your birth—or to a forest near your home, where you will dig a small hole in the ground, small but about four fingers deep. In the hole, place the laurel kintu after blowing on them three times, the dried flower petals, the small dried nature offerings, and, above all, the first slip of paper with the list of achievements. Bless this offering. Burn everything to produce a thin layer of ash.

After burning, you can pour wine or beer into the hole.

All this in the hole will provide humus, nourishment, and strength for the list of projects written on the second slip of paper.

Place the second slip of paper in the hole. You are sowing your intentions for the coming period.

Place your hands over the hole and lovingly bless the seeds and your intentions.

Cover the hole with a generous layer of soil.

You will also be able to return before the end of the year to irrigate this sowing with more energy.