

Brigid's Hand

This is an exercise to help you develop your imagination and cultivate a creative relationship with Brigid.

Part 1—Creating an Offering to Brigid

Make a “spirit offering” to Brigid by creating a beautiful image of Her Hand. Use your own hand to create this image by tracing it onto a piece of paper. Then embellish it to your hearts content. For this piece, *more is more*. The most important thing about it is that you infuse the image with your energy. Spirit loves detail, so feel free to go wild. You can use crayons, colored pencils, markers, paints, collage or glitter— anything goes!

* If you want to incorporate some of Brigid's symbols see the attached list. Or you can just trust your intuition to take you where you need to go.

Part 2—Connecting with Brigid's Heart

Dialog with Brigid using the creative writing “catch phrases” listed below.

- First step, introduce yourself to her by using the phrase, “**I am...**”

Example: I am a 68 year old woman living in the year 2021. I am a wife, a mother, a daughter, a friend. I am an artist. I am feeling overwhelmed with the complexities of life...

- Second step, Give voice to Brigid using the catch phrase, “**I come to you now because...**”

Example: I come to you now because you've reached out to me. I come to you now because you need guidance for this next phase of your life. I come to you now like a cool drink on a hot day.

Begin each writing at the top of a page and don't stop writing until you reach the very bottom. Don't worry about punctuation, grammar or spelling. Just complete each sentence by writing down whatever pops into your mind. This is an exercise in surrendering to your imagination. If nothing comes into your mind just repeat the catch phrase again, and again, until something arises.

If you like, you can continue to dialog with Brigid, asking any questions that are alive for you in this moment.

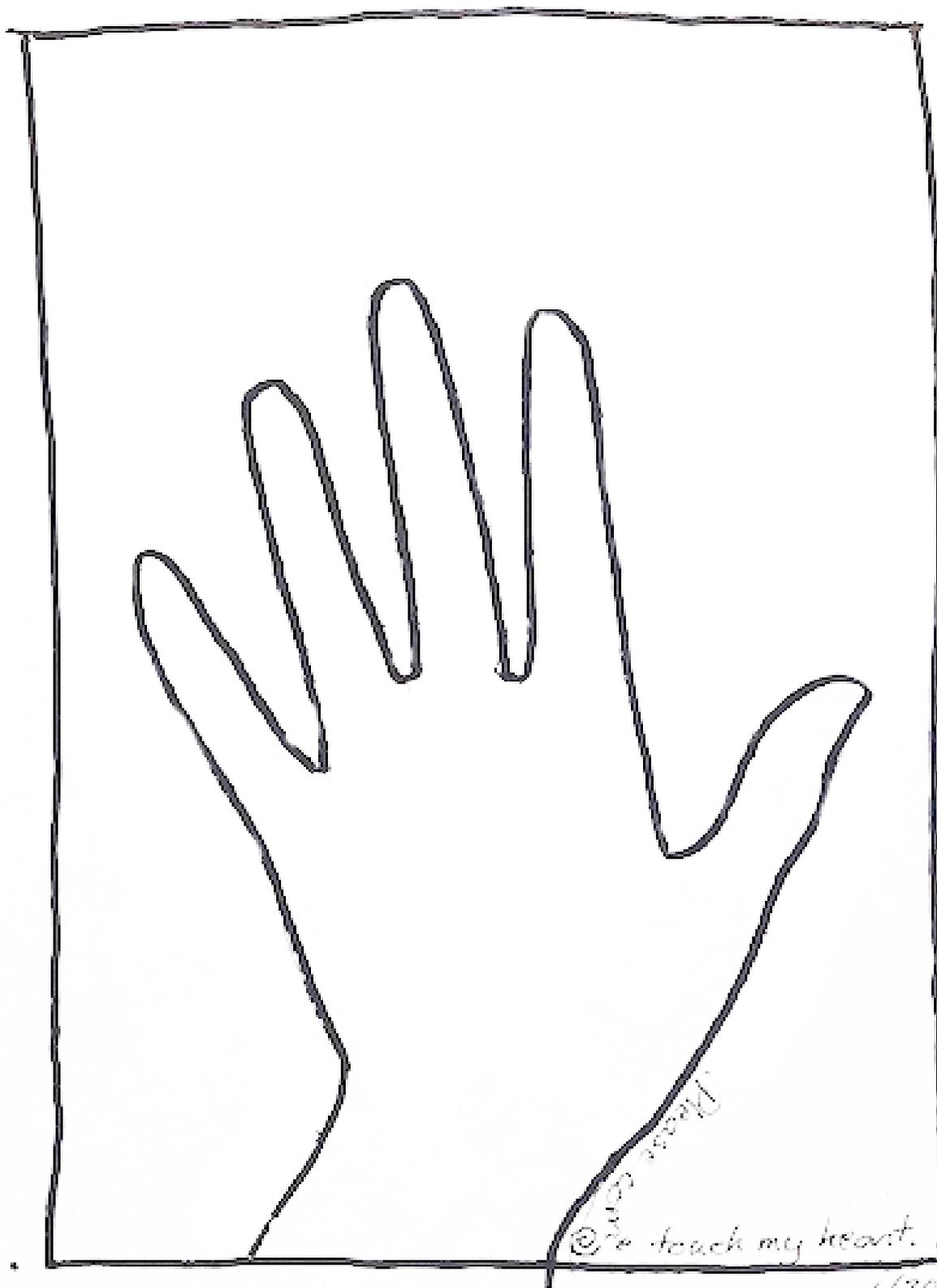
Part 3—The Gift

Afterwards, prepare to give your image to some person in your community who embodies the healing spirit of Brigid. This person might be someone who often feels unseen. It may be a checker at your local market, an elderly neighbor, a shy teenager. Someone who you will have noticed has a kind, healing presence. Write a note of appreciation to this person, and give it to them, along with your image of Brigid's Hand.

Some Identifying Symbols of Brigid

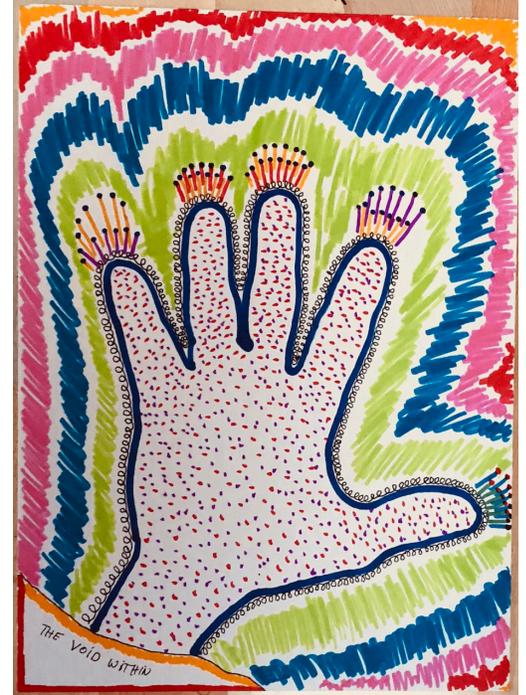
- **Brigid's Cross:** A cross woven from reeds, a symbol of protection
- **Brigid's Wells:** Also all healing water and waterways
- **Brigid's Fire:** Continual warmth, energy and light
- **Brigid's Staff or Crozier:** Brigid was ordained as a Bishop. Her staff is curled at the top, like the end of a fern.
- **Brigid's Cloak:** Legend is her cloak spread out across Kildare, claiming the needed land for her church community
- **Renewal and Healing:** Brigid is Patron Saint of Healers. Also associated with healing herbs: Blackberry, Basil, Coltsfoot, Mugwort, and Celandine
- **Poetry:** Brigid is Patron Saint of Poets, this includes song lyrics and creative writing.
- **Beer:** Brigid loved beer! Legends say she would turn water into beer for her community.
- **The Bucket and Stool:** Brigid enjoyed being a milkmaid
- **Brigid's foot on the jeweled sword:** She promoted peace
- **Small Anvil, or Hammer:** She is Patron Saint of Smithcraft
- **Brigid is a Triple Goddess:** Mother, Maiden, Crone
- **Spring and Fertility:** Brigid dreams Spring into being
- **Oak Trees:** Brigid's Church was, "The Church of the Oaks." The Oak tree is also a nod to her Pagan roots
- **The Serpent:** Awakening from hibernation, the Druids associated the serpent symbol with creativity and inspiration

Begin by tracing the outline of your own hand.



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Examples of Brigid's Hand



Remember: Brigid doesn't care whether or not you have talent. Brigid only cares about your intention and the courage it takes to try.

