**Somatic Integrative Healing Program**

**The Five Fold Kiss**

Our bodies long to be blessed, received, adored. We long for safety and connection. Being blessed is the opposite of trauma.

Always ask for consent before each kiss. May I kiss your \_\_\_\_\_. Let me know when.

**To Prepare:**

Lengthen your breath. Feel your feet. Clear your mind. Open your heart. Slow down.

**The Five Fold Kiss:**

The **five-fold kiss** is an element of Earth Honoring Spirituality that says the Divine is immanent, here, now in our bodies, our sexuality, our earth and each moment. It involves kissing five parts of the body. Each kiss given is accompanied by a blessing:

Blessed be thy feet, that have brought thee in these ways (or to me)

Blessed be thy knees, that shall kneel at the sacred altar (of our bodies)

Blessed be thy [womb/phallus], without which we would not be

Blessed be thy breasts, formed in [beauty/strength]

Blessed be thy lips, that shall utter the Sacred Names. (our own).