

# KILUBANSA HEALING

A GUIDE TO  
ELEMENTAL HEALING,  
RITUAL, AND  
SACRED BALANCE



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# ***The Way of Kilubansa***

## **A Guide to Elemental Healing, Ritual, and Sacred Balance**

**Sister Abigail Hester, OFC**

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### **Dedication**

*To Kilubansa—*

*healer of hearts, whisperer of elements,  
guide and grace-bearer to all who seek balance.*

And to every soul learning to live  
in rhythm with Spirit and soil,  
fire and breath,  
body and belonging.

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### **Acknowledgments**

To Kilubansa, whose gentle presence led me to healing I did not know I needed.

To **Rolando Gomez Comon** and the **Luntiang Aghama Natural Divine Arts Shrine of Healing Inc.**—thank you for trusting me with sacred wisdom and showing me how to walk with reverence.

To the elders, healers, and keepers of Indigenous Filipino traditions—your endurance is a flame I honor and protect.

To the Franciscan Clarean family—you are my roots and my wings.

To every person who carries pain in their body, longing in their soul, or fire in their spirit—this book is for you.

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## **Epigraph**

“Healing is not about returning to who you were.  
It is about becoming who you are—in sacred rhythm with all that lives.”  
— *Teaching of Kilubansa*

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## **Introduction**

### **Who Is Kilubansa?**

Kilubansa is a **Diwata**—a sacred spirit-being who revealed herself to me not through scripture or tradition, but through breath, soil, and silence.

She came not to demand worship, but to **restore balance**.

Not to replace my Christian faith, but to **deepen it**, grounding my Franciscan vows in something far older than any book: **the wisdom of the Earth**.

I did not grow up with Diwata stories.

I was not raised in Indigenous Filipino tradition.

I am an American nun who was trained in Western healing ministry.

But Kilubansa found me anyway.

She came gently, without force.

She came when I was burnt out from ministry, aching in my body, and disconnected from my own spirit.

She came in dreams and wind, in the tug of intuition and the stillness of prayer.  
And slowly, she began to teach me.

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## The Diwata and the Path of Balance

In Philippine Indigenous spirituality, **Diwata** are elemental guardians, ancestral spirits, and divine feminine presences. They are not “gods” in the Western sense. They are **intercessors**, **protectors**, and **wisdom-keepers** who dwell in trees, rivers, mountains, and sacred spaces.

Kilubansa revealed herself as a **healing Diwata**—one who tends the balance of the elements, the harmony between body and spirit, and the memory of wellness before colonization.

Her message is simple:

“You are not broken. You are out of rhythm.”

“Balance is not perfection. It is relationship.”

“The Earth remembers. So must you.”

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## Why This Book Exists

This book was not written to claim Indigenous identity.

It was written to **honor Indigenous wisdom**.

It is a **practical guide** for those called to walk the path of elemental healing with **humility, reverence, and ethical responsibility**. It offers rituals, remedies, and rhythms that integrate:

- the teachings of Kilubansa,
- Franciscan simplicity,
- and embodied healing for all who seek it.

I walk as a **Franciscan Clarean nun**,

trained in both modern natural healing and ancient spiritual listening.

I do not speak for the Filipino people—but I speak **from a place of being taught by the Spirit that walks with them**.

This book is for:

- Those who are burned out, in pain, and spiritually dry.
- Those who crave deeper connection to the land and their body.
- Those who believe healing can be sacred without being hierarchical.
- Those who are called to serve—but not to steal.

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## Walking with Reverence

If you walk this path, walk gently.

Do not treat this wisdom as novelty or aesthetic.

Treat it as a **living tradition** with roots older than colonization and deeper than doctrine.

Practice with respect.

Honor your teachers.

Name your sources.

Serve with humility.

Kilubansa's healing way is not a technique.

It is a **relationship**—with yourself, your ancestors, the land, and the Divine.

Let this book be your companion.

Not your master.

Let it awaken what your soul already knows.

Are you ready to return to sacred balance?

Let us begin.

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## Chapter One

### ***The Five Elements: Fire, Water, Air, Earth, and Heart***

Kilubansa's healing system is rooted in the **Five Sacred Elements**—not as abstract concepts, but as living, breathing forces that shape the human experience. These elements—**Apoy (Fire)**, **Tubig (Water)**, **Hangin (Air)**, **Lupa (Earth)**, and **Puso (Heart)**—form the core of her medicine.

They are not just energies. They are **teachers**.

Each element offers a specific kind of healing, and each one reveals where we may be out of balance in our bodies, emotions, spirit, and community.

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### **Apoy (Fire): The Spark of Purpose and Transformation**

**Apoy** governs:

- Passion and creativity
- Metabolism and circulation
- Inner vision and courage

- Sacred anger and boundary-setting

When Apoy is **balanced**, we feel energized, inspired, and decisive.

When Apoy is **excessive**, we may become irritable, overheated, or burned out.

When Apoy is **deficient**, we may feel lethargic, directionless, or disconnected from purpose.

**Fire Healing Tools:** Candle rituals, warming herbs (ginger, cayenne), dancing, anger release work, sunlight meditation.

*“Fan your flame, but do not let it consume you.” – Kilubansa*

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## **Tubig (Water): The Flow of Emotion and Cleansing**

**Tubig** governs:

- Emotions and intuition
- Lymphatic and kidney health
- Grief, release, and surrender
- Compassion and adaptability

When Tubig is **balanced**, we express emotion freely and flow with life.

When Tubig is **excessive**, we may feel overwhelmed, over-attached, or stagnant.

When Tubig is **deficient**, we may become emotionally numb or dehydrated in body and spirit.

**Water Healing Tools:** Healing baths, herbal teas, tears as medicine, swimming, forgiveness rituals.

*“Crying is not weakness. It is remembering how to flow.” – Kilubansa*

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## **Hangin (Air): The Breath of Spirit and Voice**

**Hangin** governs:

- Breath and respiration
- Communication and clarity
- Movement and transition
- Silence and listening

When Hangin is **balanced**, we speak our truth, listen deeply, and stay open to change.

When Hangin is **excessive**, we may feel scattered, anxious, or ungrounded.

When Hangin is **deficient**, we may struggle with shallow breathing, self-expression, or feeling stuck.

**Air Healing Tools:** Breathwork, singing, feather rituals, incense, journaling, mindful silence.

*“Inhale what is sacred. Exhale what no longer belongs.” – Kilubansa*

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## **Lupa (Earth): The Root of Grounding and Belonging**

**Lupa** governs:

- Digestion, bones, and immune health
- Groundedness and presence
- Ancestral connection
- Home and boundaries

When Lupa is **balanced**, we feel safe, stable, and rooted.

When Lupa is **excessive**, we may become rigid, overly attached, or emotionally heavy.

When Lupa is **deficient**, we may feel anxious, ungrounded, or lost.

**Earth Healing Tools:** Gardening, walking barefoot, eating whole foods, stone work, ancestral prayer.

*“The soil knows your name. Return to it.” – Kilubansa*

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## **Puso (Heart): The Element of Compassion and Integration**

**Puso** is unique. It is not an element of nature, but the **center that unites them all**.

**Puso** governs:

- Love and compassion
- Integration and balance
- Spiritual discernment
- Relationships and empathy

When Puso is **balanced**, all other elements work in harmony.

When Puso is **wounded**, we may swing between extremes, disconnect from our inner guidance, or lose sight of our sacred center.

**Heart Healing Tools:** Prayer, self-compassion exercises, devotional journaling, holding ritual objects, heart-centered breathwork.

*“The heart is the altar where all the elements come to rest.” – Kilubansa*

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## 🌀 Diagnosing Imbalance

Rather than diagnosing disease, Kilubansa's elemental wisdom asks:

- What element is speaking?
- What element is crying out?
- What element has been ignored?

This model is not a replacement for medical care—but it is a powerful **spiritual diagnostic tool**. It teaches us to listen to our bodies, feelings, dreams, and surroundings.

Healing begins when we ask:

**Where am I out of rhythm?**

**Which element is inviting me to come home?**

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## ⚖️ Chapter Two

### ***Sacred Balance: A Lifestyle, Not a Fix***

When most people seek healing, they're looking for a solution—a supplement, a prayer, a breakthrough, a quick remedy to "fix what's wrong." But Kilubansa does not offer "fixes." She offers **balance**.

And balance is not a one-time event.

It's not a static state you reach and then hold onto forever.

**Balance is a lifestyle**—a rhythm, a relationship, a sacred dance between the elements, the body, the Spirit, and the land.

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## 🌀 The Illusion of the “Cure”

In both modern medicine and many spiritual paths, we're taught to chase certainty.

We want to "solve" our illness.

We want to "clear" our trauma.

We want to "conquer" our pain.

But Kilubansa teaches us to shift our mindset:

"You are not a problem to be solved.

You are a garden to be tended."

Healing, in her wisdom, is not about eliminating discomfort—it is about **restoring relationship**.

Are you in right relationship with your body?  
With the land you live on?  
With your emotions, your energy, your breath?

The answers change from season to season, moment to moment.  
That is why healing is a **practice**, not a product.

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## Signs of Imbalance

Balance is not perfection.  
You will still get tired, angry, sick, or overwhelmed.  
But you'll begin to recognize the signs more quickly:

- You stop feeling connected to your breath (Air imbalance)
- You lose interest or energy (Fire imbalance)
- You're overwhelmed with emotion or feel numb (Water imbalance)
- You feel unstable, disconnected, or compulsively busy (Earth imbalance)
- You feel disconnected from your purpose, boundaries, or compassion (Heart imbalance)

Kilubansa reminds us that imbalance is not failure—it's **feedback**.

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## A Balanced Life Looks Like...

- Eating with gratitude, not guilt
- Sleeping when tired instead of pushing through
- Making time for ritual without over-scheduling it
- Expressing emotion without shame
- Listening to your body as a messenger—not a machine
- Living in rhythm with the **seasons**, not resisting them

And most of all, **responding to imbalance gently and attentively**, instead of judging yourself for “getting it wrong.”

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## The Circle, Not the Ladder

Western healing often resembles a **ladder**—always trying to ascend, progress, get to the next level.

Kilubansa teaches us to heal in a **circle**—to return, reflect, spiral inward and outward in sacred rhythm.

That means:

- You will revisit the same lessons.
- You will move through cycles of growth and rest.
- You will learn not through mastery, but through **humility**.

A circle does not leave anyone behind.

It brings everything home.

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## **The Role of Ritual**

To live a life of balance, you must **create rituals of remembrance**:

- Daily grounding practices
- Elemental check-ins
- Small acts of gratitude
- Cleansing and clearing rhythms
- Seasonal celebrations

Ritual is not superstition—it is **structure for the sacred**.

It helps us remember what the soul already knows but the world keeps trying to make us forget.

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## **A Reflection Prompt**

Ask yourself:

- What does a *balanced day* look like for me—not ideally, but honestly?
- What element tends to dominate my life?
- What element am I neglecting?
- What would it look like to tend gently to that imbalance, without judgment?

Write, pray, or walk with these questions.

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“Do not chase healing like a prize.  
Let it become the way you walk.” – *Kilubansa*

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## Chapter Three

### ***The Role of the Healing Minister: Servant, Not Savior***

In a world obsessed with expertise, certification, and authority, the idea of being a **healing minister** can carry dangerous baggage.

Some will expect you to have all the answers.

Some may put you on a pedestal.

Some may project their unmet needs onto you.

And if we're not careful, we might start to believe the illusion ourselves.

But Kilubansa is clear:

"You are not the medicine.

You are the **servant** who helps deliver it.

Do not confuse your role with the power that moves through you."

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## **Healing Is Service, Not Status**

To be a healing minister in the way of Kilubansa is to be a **witness**, a **companion**, and a **humble steward** of sacred rhythm.

You are not here to fix others.

You are not here to dominate.

You are not even here to lead.

You are here to:

- Hold space
- Offer tools
- Restore rhythm
- Protect what is sacred
- Walk **with**, not **above**

In the Franciscan Clarean tradition, this is what we call **servant-hearted ministry**—a posture of humility, simplicity, and presence.

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## **The Sacred Responsibilities of a Kilubansa Healing Minister**

## 1. **To Listen Deeply**

Before speaking, prescribing, or guiding, you listen—first to the land, then to the body, then to Spirit.

## 2. **To Honor the Elements**

You never separate healing from the rhythms of earth, air, fire, water, and heart.

## 3. **To Protect the Sacred**

You hold the rituals, remedies, and teachings with reverence. You never commercialize, distort, or exploit what was given in trust.

## 4. **To Walk with Cultural Humility**

You name your influences. You honor your teachers. You give credit. You do not appropriate Indigenous practices—you carry them **carefully**, as a guest and steward.

## 5. **To Tend Yourself**

You model what you offer to others: rest, compassion, balance, boundaries, and rhythm.

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## 🚫 What a Kilubansa Healing Minister Is NOT

- You are not a guru or savior.
- You are not a replacement for medical or psychological care.
- You are not a channel for domination.
- You are not “above” being wrong, unbalanced, or in need of help yourself.

You are a human being—one who has been *called* to walk a path of elemental presence, spiritual care, and sacred accountability.

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## ✚ Franciscan Reflections on Ministry

Saint Francis and Saint Clare never claimed to heal with power.  
They healed with **presence**.

- Francis kissed the leper.
- Clare lifted the bread of Christ before the invading soldiers.
- Neither claimed authority—they walked with **faithful tenderness**.

That is our model.

We kneel beside the wounded.  
We bless the land before we touch it.  
We speak gently to what has been forgotten.

And we never forget:

“Healing flows through us—not from us.” – *Kilubansa*

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### Daily Affirmation for the Healing Minister

I am not the fire, but I carry the flame.  
I am not the water, but I bless the flow.  
I am not the answer, but I hold the question with reverence.  
I am not the Spirit, but I make space for Her to move.  
I am not the savior—I am the servant.  
And I am enough.

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## Chapter Four

### ***Preparing a Sacred Space: Altars, Tools, and Boundaries***

Before any ritual, remedy, or act of service, there is **sacred space**.

Kilubansa teaches that healing doesn't begin with what we *do*—  
It begins with how we *prepare*.  
Not just our hands or herbs, but our **environment, spirit, and energy field**.

Creating sacred space is not about aesthetics or perfection.

It's about **intentionality**.

A healing space should say:

“You are safe here. You are seen. You are welcome.”

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### What Makes Space Sacred?

Sacred space is not limited to temples or churches.  
It can be:

- A table beside your bed

- A circle on the ground in the forest
- A quiet room with candlelight
- Even the seat where someone shares their pain with you

What makes it sacred is not the objects, but the **attention** you bring.

Kilubansa says:

“Space becomes sacred when you enter it with presence and purpose.”

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## Preparing Yourself First

Before you prepare a room, prepare **yourself**.

- Wash your hands with intention
- Ground your body—stand barefoot or touch something solid
- Take three deep breaths, calling in Apoy, Tubig, Hangin, Lupa, and Puso
- Say a simple invocation:

*“Kilubansa, Diwata of Balance, guide me. May this space be safe, sacred, and open to healing.”*

Only then do you prepare the physical space.

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## Building a Simple Elemental Altar

You don't need expensive tools. You need meaning.

A **Kilubansa altar** can include one item for each element:

- **Fire (Apoy)**: A candle, ember, or piece of dragon's blood resin
- **Water (Tubig)**: A bowl of water, seashell, or sacred spring water
- **Air (Hangin)**: A feather, incense, bell, or prayer written on paper
- **Earth (Lupa)**: A stone, root, handful of soil, or piece of bark
- **Heart (Puso)**: A photo of someone you love, a heart-shaped object, or your written vow

Arrange these in a circle or cross shape, and sit in front of them when you pray, prepare remedies, or do healing work.



## Tools of a Kilubansa Healing Minister

These tools are not required, but are helpful when selected with care:

- A **mortar and pestle** for grinding herbs
- A **journal** for spiritual insight and observation
- A **cloth or mat** to define your sacred space
- A **small bowl or cup** for offering water, herbs, or prayers
- A **spoon or shell** for mixing or anointing
- A **bundle of herbs** or cleansing smoke (e.g., sambong, lemongrass, rosemary)
- A **soft object** for comfort (e.g., small blanket, sacred stone, or comfort doll)

Always bless your tools before use:

“May these serve not my ego, but the healing of the whole.”

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## Spiritual and Energetic Boundaries

One of the most important—and often overlooked—parts of preparing sacred space is setting **spiritual boundaries**.

Kilubansa teaches:

“Healing is sacred. Protect it as you would protect a child.”

Some practices to help:

- Trace a circle of salt or sprinkle powdered guava leaves around your altar
- Visualize a boundary of light around the room
- Say aloud:

“Only spirits of love, balance, and truth are welcome here. All else must go.”

- Use herbs like **balete, basil, or rue** to anoint doorways or objects

And always remember: **you have the right to close the space** when it no longer feels safe or clear.

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## Closing Sacred Space

Never leave sacred space open casually.

Close with gratitude:

“Thank you, Kilubansa. Thank you, elements. May balance remain with me. May healing ripple outward.”

Snuff candles. Cover water. Gently scatter herbs outside.

Wipe down surfaces.

Rest your body.

Let the healing minister be tended, too.

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## Chapter Five

### ***Apoy (Fire): Rituals of Transformation, Warming Herbs, and Sacred Action***

**Apoy** is the flame of **aliveness**.

It is the spark that animates our purpose, the heat that fuels digestion, and the sacred fire that clears what no longer serves.

Kilubansa teaches that **fire is not something to fear—but to respect**.

It is the element of transformation.

And without it, we become stagnant, cold, or afraid to change.

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## Signs You Need Fire Healing

- You feel tired, sluggish, or unmotivated
- You're emotionally numb or depressed
- You're afraid to take action or speak truth
- Your digestion is weak, or you're always cold
- You're carrying unexpressed anger or resentment

“Apoy awakens the sacred ‘yes’—and burns away the sacred ‘no longer.’” — *Kilubansa*

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## Simple Fire Rituals

### 1. Candle of Intention

- Light a small candle and say aloud:

“I rekindle my sacred flame. May my energy serve love.”

- Sit with the flame and breathe deeply, imagining your inner fire growing brighter.

## 2. Fire Releasing Ceremony

- Write down something you wish to release (a habit, fear, or wound).
- Safely burn the paper in a fireproof dish.
- As the smoke rises, say:

“What no longer serves me is released into transformation.”

## 3. Sacred Movement

- Put on music and let your body move freely—not to perform, but to **activate fire**.
- Feel the heat rise in your belly, chest, and limbs.
- End by placing a hand on your heart and saying:

“I carry fire with reverence.”

### 🌶️ Warming Herbs for Fire Element

Use these herbs in teas, foot baths, or healing salves to stimulate Apoy:

- **Ginger** – ignites digestion and clears cold
- **Cinnamon** – warms the heart and increases circulation
- **Cayenne** – boosts energy and awakens dull systems
- **Turmeric** – anti-inflammatory and cleansing
- **Clove** – for pain relief and spiritual protection
- **Damiana** – for creative fire and sensual vitality

**Fire Tonic Recipe (for courage and digestion):**

- 1 tbsp grated fresh ginger
- 1 tbsp apple cider vinegar
- 1 tsp honey
- A pinch of cayenne

- Mix in warm water and sip slowly.

Bless the cup before drinking:

“With each sip, I receive fire. With each breath, I remember who I am.”

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## **Fire and the Voice**

Fire lives in the **voice**—especially when we speak truth.

If you have been silenced, shamed, or afraid to speak:

- Place your hand over your throat and say:

“I give my fire a voice. My words are sacred.”

- Chant or hum to release blocked heat.
- Speak aloud affirmations of power, purpose, and boundaries.

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## **When Fire Is Excessive**

Too much fire can lead to:

- Irritability or rage
- Burnout
- Inflammation
- Over-controlling behavior

If you notice these signs:

- Drink cool teas (mint, chamomile, rose)
- Rest in darkness
- Bathe in cool water with crushed cucumber and basil
- Walk barefoot on soil to **dissipate excess heat**

Fire must be **tended**, not suppressed or idolized.

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## **A Fire Blessing**

 *O Sacred Flame,  
Burn through illusion and fear.  
Ignite my courage, light my way.  
May I act in truth, not haste—  
May I blaze with compassion, not destruction.  
Teach me to be bold and balanced.  
Let me walk as fire, with warmth and wisdom.*

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## Chapter Six

### **Tubig (Water): Cleansing Rituals, Healing Baths, and Emotional Flow**

Where **Apoy** burns, **Tubig** soothes.  
Where fire activates, water restores.  
Where fire blazes, water flows.

**Tubig**, the sacred element of **emotion, intuition, and renewal**, is the second step in Kilubansa's elemental healing. It teaches us how to **feel without fear, release without shame, and cleanse without erasing**.

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### Signs You Need Water Healing

- You're holding back tears or afraid to feel deeply
- You feel emotionally overwhelmed, moody, or numb
- You're spiritually "dry" or disconnected from ritual
- You crave comfort, softness, or rest
- You've experienced grief, loss, or heartbreak that hasn't moved through you

Kilubansa reminds us:

"Emotions are rivers—meant to move.  
When you block the current, you flood or dry up. Let it flow."

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### Water Healing Practices

#### 1. Cleansing Bath Ritual (Pagpapaligo ng Kaluluwa)

- Fill a bath or large basin with warm water
- Add herbs like **lemongrass, guava leaves, rose petals, or bay leaf**

- Whisper your intention as you stir:  
“I release what I no longer need. I receive renewal.”
- Bathe slowly, mindfully. Allow tears, laughter, or silence.

## 2. Sacred Water Offering

- Pour a small bowl of clean water each morning.
- Place it on your altar with these words:  
“May my emotions serve compassion. May my life flow with grace.”
- Pour it into soil at sundown, symbolizing release.

## 3. Tear Prayer

- If you feel tears rising, do not resist.
- Place your hand over your heart and say:  
“These tears are holy. They water what’s growing.”
- Collect a tear with your finger and place it on your altar stone or in soil.

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## Herbs and Remedies for Water Balance

These herbs help regulate emotion, support the kidneys and lymph, and comfort the spirit:

- **Blue pea flower** – for calming grief and invoking intuition
- **Lemongrass** – for energetic cleansing and release
- **Basil** – for emotional protection and spiritual lightness
- **Chamomile** – for soothing anxiety and encouraging rest
- **Guava leaf** – for purification and ancestral remembrance

### Simple Grief Tea:

- 1 tsp chamomile
- 1 tsp basil
- A pinch of blue pea flower
- Honey to taste
- Drink with hands over heart.

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## 💬 Honoring Emotional Flow

Many of us were taught to hide our feelings—to “stay strong,” “hold it together,” or “keep smiling.”

Kilubansa invites us to **unlearn** that.

Water teaches us that crying is strength.  
That feeling deeply is a form of prayer.  
That vulnerability is **not weakness—it’s water flowing again.**

If you’ve been afraid to feel:

- Sit near running water (fountain, stream, or sink) and breathe
- Speak your truth aloud, letting your voice tremble
- Write what you feel, then tear it up and compost or burn it as release

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## 💧 When Water Is Too Much

Excess water may manifest as:

- Overwhelm
- Codependency
- Escapism
- Passive behavior
- Fluid retention or sluggishness in the body

To rebalance:

- Add structure to your day (a gentle routine)
- Sip warming herbs like **ginger or cinnamon**
- Ground with earth practices (gardening, bare feet, salt scrub)

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## 💧 A Prayer to Tubig

💧 *Sacred Water,  
Flow through me. Soften what is hard.  
Cleanse what is heavy.  
Quench what is thirsty.  
May I feel without fear and cry without shame.*

*Wash away what clings to me.  
And leave me nourished, receptive, and at peace.*

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## Chapter Seven

### ***Hangin (Air): Breathwork, Voice Rituals, and Energetic Movement***

After fire ignites and water flows, the element of **Hangin**—Air—invites us to move, speak, and breathe again.

It is the **spirit-bearer**, the invisible thread connecting breath to life, voice to truth, thought to prayer.

Kilubansa says:

“Hangin is not just the breath of the body.  
It is the breath of the world.  
When you breathe with intention, you rejoin creation.”

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## Signs You Need Air Healing

- You feel stuck, stagnant, or mentally foggy
- You struggle with shallow breathing, anxiety, or racing thoughts
- You've been silencing your voice, or your throat feels tight
- You fear change or resist movement
- You feel cut off from inspiration, clarity, or Spirit

Hangin is the great **unsticker**—it stirs what is stuck and sets it moving.

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## Breathwork Rituals

### **1. Elemental Breath Invocation**

- Inhale slowly through the nose, counting to 4
- Hold gently for 2 counts
- Exhale slowly through the mouth, counting to 6
- With each breath, whisper internally:

“Inhale clarity... Exhale tension.”

- Repeat for 5–10 cycles, envisioning wind sweeping through your body.

## 2. Wind Prayer

- Stand outdoors or by an open window.
- Let the wind touch your skin.
- Speak aloud your prayer, fear, or longing.
- Say:

“Hangin, sacred messenger, carry my words to Spirit.”

## 3. Breathing Through the Heart

- Place both hands on your chest.
- Inhale as if the air is entering through your heart.
- Exhale as if the air is expanding love outward.
- Practice before difficult conversations or healing work.

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### Voice Rituals

Air governs the **throat chakra**, the place where truth meets sound.

When we suppress our voice—especially as women, queer folks, or trauma survivors—we suppress the sacred flow of Hangin.

To open it:

- **Humming:** Begin with low hums, letting them vibrate through your chest
- **Chanting:** Repeat a word or sound like “Ha”, “Sangh,” or “Amen”
- **Sacred Speech:** Recite a mantra or personal affirmation with breath:

“My words matter.

My voice is holy.

I speak in truth and love.”

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### Air-Associated Herbs and Scents

These plants support breath, clarity, and energetic lightness:

- **Peppermint** – opens the lungs, cools mental chatter
- **Eucalyptus** – clears congestion and negative energy
- **Lemongrass** – uplifts and clears confusion
- **Lavender** – calms nervousness, encourages clear dreaming
- **Oregano** – antimicrobial, sharpens the voice

### **Herbal Steam for Air Element:**

- Add peppermint, lemongrass, and eucalyptus to a bowl of hot water
- Drape a towel over your head
- Inhale deeply for 5–10 minutes
- Say:

“May this breath cleanse my mind and speak through my soul.”

---

## **Movement for Hangin**

Air is the element of **motion**.

When life becomes rigid, Air invites play, flexibility, and exploration.

- Do gentle **stretching or yoga** while focusing on breath
- **Shake** your body to release tension
- **Dance lightly**—not to perform, but to move air through your limbs
- Walk in a windy place and let yourself be **moved**

---

## **When Air Is Excessive**

Too much Hangin can manifest as:

- Anxiety or hyperactivity
- Spinning thoughts
- Shallow breathing
- Dissociation or forgetfulness

To ground:

- Practice Earth rituals (touch soil, eat grounding foods)
- Use calming herbs (chamomile, lavender)
- Speak less and listen more
- Focus on **one task** at a time

---

## A Prayer to Hangin

 *Sacred Air,  
Breath of Spirit, wind of truth,  
Blow through the spaces where I hold back.  
Lift the heaviness of fear.  
Bring words where there has been silence,  
And silence where there has been noise.  
Teach me to breathe, to speak, to surrender.  
Move me where I need to go.  
I welcome your wisdom.*

---

## Chapter Eight

### ***Lupa (Earth): Grounding Practices, Ancestral Roots, and Nourishment***

After the movement of wind, the cleansing of water, and the ignition of fire, Kilubansa leads us to **Lupa—Earth**—the sacred ground beneath us, the body that feeds and holds us, the memory that lives in stone and seed.

Lupa is not just the soil.

She is the **structure** of our bones, the **home** of our ancestors, the **teacher** of slow, sustainable healing.

---

## Signs You Need Earth Healing

- You feel ungrounded, anxious, or scattered
- You're disconnected from your body or physical needs
- You crave stability, rest, or belonging
- You're overworking, rushing, or uprooted
- You feel spiritually disconnected or "floating"

Kilubansa teaches:

"When you are lost, go back to the Earth.  
She will remind you who you are."

---

## Grounding Practices

### 1. Barefoot Walking (Pagyapak sa Lupa)

- Walk slowly on soil, sand, or stone
- Feel your weight drop into the Earth
- With each step, say:

“I belong. I am held.”

- Imagine roots growing from your feet

### 2. Earth Touch Meditation

- Sit or lie with your back or palms against the Earth
- Breathe slowly and say:

“Lupa, my Mother, receive my burdens.  
Ground me in truth.”

- Stay in silence for 10 minutes

### 3. Stone Holding

- Hold a small stone in your hand during prayer or difficult moments
- Let it absorb your fear, pain, or anxiety
- Bury the stone after the ritual, or keep it on your altar as a grounding companion

---

## Nourishment as Earth Medicine

Lupa governs **digestion, structure, and nourishment**.

When we are out of balance, we may turn to numbing, overconsumption, or disordered eating.

Kilubansa reminds us that food is **sacred relationship**.

How we eat is how we live.

#### **Earth-based nourishment practices:**

- Eat whole, minimally processed foods
- Thank the land before each meal
- Chew slowly and without distraction
- Cook with herbs and roots (ginger, turmeric, garlic)

- Avoid rushing or multitasking while eating

“Let every bite be a blessing. Let the Earth feed your wholeness.” — *Kilubansa*

---

## Herbs and Tools for Earth Healing

Earth-aligned herbs are often roots or mineral-rich plants:

- **Ginger root** – grounds and strengthens digestion
- **Turmeric** – heals inflammation and ancestral memory
- **Ashwagandha** – builds resilience and nervous system strength
- **Nettle** – nourishes blood and bones
- **Oregano or guava leaves** – protective and anti-microbial

### **Earth Tea for Grounding:**

- 1 tsp dried nettle
- 1 tsp ginger root
- 1/2 tsp turmeric
- Simmer gently, strain, and drink warm.
- Say:

“May the roots of this Earth steady my spirit.”

---

## Ancestral Connection

Lupa holds memory.

Kilubansa teaches that when we seek healing, we are not alone.

We walk with the bones of our ancestors, with every footstep echoing those who came before.

### **Ancestral practices:**

- Place a photo, name, or object from your ancestors on your altar
- Offer food, water, or herbs to them with prayer
- Walk the land and ask, “Who walked here before me?”
- Write a letter to an ancestor asking for guidance

Even if you do not know your ancestry, you can say:

“To the ones whose blood is my blood, whose breath is my breath—I honor you. Teach me balance.”

---

## When Earth Is Excessive

Too much Earth energy can show up as:

- Rigidity or resistance to change
- Hoarding or fear-based habits
- Physical sluggishness or stagnation
- Emotional heaviness or depression

To rebalance:

- Move your body daily
- Use Air practices (breath, speech)
- Declutter and clear stagnant spaces
- Eat lightly and fast gently with intention

---

## A Prayer to Lupa

 *O Sacred Earth,  
Anchor me when I wander.  
Feed me when I forget to nourish myself.  
Remind me of my roots when I feel alone.  
Let me walk lightly, gratefully, and grounded.  
Teach me to build with care, to rest without guilt,  
And to remember that everything holy begins in the soil.*

---

## Chapter Nine

### ***Puso (Heart): Compassion, Integration, and the Sacred Center***

At the crossroads of **Apoy**, **Tubig**, **Hangin**, and **Lupa** stands one sacred altar: **Puso**, the Heart. It is not just the pump of blood—it is the **seat of compassion**, the **center of integration**, and the **source of healing love**.

Kilubansa teaches that Puso is where all healing becomes wholeness.

“You cannot heal a body you do not love.  
You cannot change a world you do not feel for.”

---

## ❤️ Signs You Need Heart Healing

- You’re emotionally numb or overwhelmed
- You struggle with self-worth or inner criticism
- You feel disconnected from your purpose or calling
- You carry grief or betrayal in your chest
- You long for connection but fear vulnerability

The heart is not just an emotion—it’s a **pathway**.

---

## 🌿 Heart Rituals of Compassion

### 1. Touch and Breathe

- Place your hands over your heart
- Breathe slowly into that space
- With each breath, repeat:

“I am loved. I am healing. I am whole.”

- Feel your heartbeat align with the rhythm of the Earth

### 2. Heart Mirror Blessing

- Stand in front of a mirror
- Look into your eyes and speak aloud:

“Beloved, you are sacred.”

- Say one kind thing about your body, your spirit, and your journey

### 3. Offering of Love

- Write a letter of love—unmailed—to someone who hurt you
- Burn or bury the letter while whispering:

“I release what blocks my heart. I keep only the wisdom.”

---

## **Puso as Integration**

Puso is the **center** where all elements come together:

- **Apoy** becomes courageous love
- **Tubig** becomes emotional presence
- **Hangin** becomes honest communication
- **Lupa** becomes embodied compassion

When you live from the heart, you don't deny any element—you let them **flow together** in balance.

Try this practice:

- Sit quietly, hand over heart
- Name each element and what it's teaching you
- Ask your heart:

“How can I honor all of me today?”

---

## **Heart-Centered Herbs and Remedies**

These plants nourish emotional healing and open the heart gently:

- **Hawthorn** – heart protector, physical and spiritual
- **Rose** – softens grief, awakens self-love
- **Holy basil (tulsi)** – balances mood and raises vibration
- **Motherwort** – calming, especially in sorrow or shock
- **Lemon balm** – uplifts, comforts, and clears anxiety

### **Sacred Heart Tea**

- 1 tsp dried rose petals
- 1 tsp hawthorn berries
- 1/2 tsp lemon balm
- Steep gently. Sip slowly with the affirmation:

“I drink in love. I exhale peace.”

---

## ❤️ Embodied Puso Practices

- Place a stone or warm cloth on your chest while resting
- Journal about three people or places that make your heart feel safe
- Speak your truth, even if your voice shakes
- Allow tears—especially when they come in beauty, not just pain

Kilubansa reminds us:

“Your heart is not broken. It is **expanding**.”

---

## 💔 When the Heart Is Blocked or Overwhelmed

Signs of heart imbalance:

- Isolation or withdrawal
- Chronic guilt or shame
- Inability to trust
- Difficulty receiving love

To heal:

- Practice small acts of vulnerability with trusted people
- Hold your own hand—literally
- Speak love aloud, even if you don’t feel it yet
- Ask the Diwata of Balance to help you return to center

---

## ❤️ A Prayer to Puso

*Heart, Sacred Heart of Balance,  
Center of the Circle, Flame of Compassion,  
Open me to love I have forgotten.  
Heal the fractures I’ve hidden.  
Let me love myself with the tenderness I offer others.  
Make my heart a dwelling for kindness,*

*A refuge for truth,  
A temple of peace.*

---

## Chapter Ten

### ***Elemental Harmony: Working with the Five Elements in Daily Practice***

Having explored the individual elements—**Apoy (Fire)**, **Tubig (Water)**, **Hangin (Air)**, **Lupa (Earth)**, and **Puso (Heart)**—we come to the most sacred and powerful practice of all: **Elemental Harmony**.

Kilubansa's wisdom invites us not only to tend each element in isolation, but to live in **relationship** with all of them—constantly flowing, shifting, integrating, and recalibrating our energy. Just as the elements never exist alone in nature, they should never exist alone in us.

To **live with harmony** is to accept that we are not meant to be perfect.

We are meant to be **whole**, and **whole** means being in flow with the Earth, our bodies, our emotions, and our Spirit.

---

### **The Elemental Balance of a Day**

One of the simplest ways to integrate the elements is by aligning them with the rhythm of your day.

#### **Morning (Fire & Air)**

The morning is the **beginning**, the time for setting intention, igniting energy, and breathing into possibility.

- Start with **Fire**: Light a candle, say a prayer, and set your day's intention.
- Follow with **Air**: Take several deep breaths, sit in stillness, and listen to your body.

#### **Example Ritual:**

- Light a candle with the affirmation:

“I ignite my purpose today.”

- Sit quietly for a moment, breathing deeply:

“I breathe in clarity and breathe out tension.”

## Midday (Water & Heart)

The midday is when you **nourish** yourself and those around you. It's a time for emotional release and connection with others.

- Focus on **Water**: Drink water, cleanse your hands, or bathe your face.
- Engage your **Heart**: Speak kind words, reflect on what you're grateful for, and connect to compassion.

### Example Ritual:

- Take a moment to drink water, feeling the flow nourish your body.
- Give thanks for the nourishment of your day and offer a word of kindness to yourself.

## Evening (Earth & Heart)

The evening is a time for **grounding**, reflection, and rest. It's when you integrate everything that has come before.

- Focus on **Earth**: Spend time in nature, touch the ground, or simply walk barefoot.
- Integrate **Heart**: Reflect on your day, journal your emotions, and express gratitude.

### Example Ritual:

- Sit or lie on the earth, placing your palms down. Feel the connection between you and the Earth.
- Close your eyes and say:

“I return to balance. I thank the Earth for grounding me.”

---

## Working with the Elements in Healing Practice

As a healing minister, you can apply the elements to help others regain their balance.

### 1. Healing Session Structure

Before any healing work:

- **Set the space**: Establish the boundary for your work using Earth (salt, stones, etc.).

- **Begin with Fire:** Light a candle and set your intention for transformation.
- **Invoke Water:** Use soothing waters or anoint your patient with calming herbal oils.
- **Call in Air:** Use breathwork, chanting, or incense to invite clear communication and clarity.
- **Finish with Earth:** Ground your healing by placing hands on the earth, planting intentions, or offering a stone to your patient.

## 2. Creating Healing Remedies

When crafting remedies (teas, tinctures, baths, etc.), balance the elements by:

- Using **Fire** (spices, hot infusions) to bring warmth and energy.
- Adding **Water** (herbal infusions, baths) to cleanse and nurture.
- Using **Air** (breathing, wind-blown herbs, light scents) for clarity and mental calm.
- Choosing **Earth** (roots, stones, salts) for grounding and physical healing.

---

## Rituals for Balanced Living

To maintain a healthy relationship with the elements, create regular rituals that honor their presence in your life:

### Daily Elemental Prayer

- Begin with **Fire:** Light a candle and call in your purpose.
- Move to **Water:** Drink a glass of water, feeling it cleanse your energy.
- Embrace **Air:** Take several deep breaths, speaking your truth aloud.
- Honor **Earth:** Walk barefoot or touch soil, and give thanks for the ground beneath you.
- End with **Heart:** Place a hand over your heart and center yourself in gratitude.

### Weekly Elemental Clearing

- Use a day to cleanse your energy:
  - **Fire:** Burn herbs or incense to release stagnant energy.
  - **Water:** Take a cleansing bath or wash your face with cold water.
  - **Air:** Open windows, breathe deeply, and clear your mental space.
  - **Earth:** Declutter your home or offer something to the Earth (a compostable item, an offering of food).
  - **Heart:** Write a letter of forgiveness, or practice self-compassion.

---

## Maintaining Elemental Harmony

**Balance is not something we achieve once and for all.**

It's a constant, evolving relationship.

The elements don't stand still—they are **alive, changing, and teaching us** how to flow with them.

"To live in harmony with the elements is not to control them, but to dance with them."

— *Kilubansa*

When you embrace the elements, you enter into sacred dialogue with the Earth, Spirit, and Self. You become a steward of **balance**, not perfection.

---



## Chapter Eleven

### ***Sacred Healing Tools: Creating Your Kilubansa Healing Kit***

Every healer walks with a bag of sacred tools—not because power comes from objects, but because **ritual helps focus our intention**.

Kilubansa reminds us that the true healer is the **one in harmony with the elements**, but the tools we carry become vessels of our devotion and care.

This chapter will guide you in creating your own **Kilubansa Healing Kit**—a set of elemental items you can use in personal or communal healing rituals.

Each tool represents an **element** and a sacred function in the healing process.

"Carry what reminds you of Spirit.

Carry what roots you in the Earth.

Carry what brings your prayers to life." — *Kilubansa*

---



### **Tools of Fire (Apoy)**

Fire represents transformation, passion, courage, and divine presence.

#### **Include in your kit:**

- A small **candle** (beeswax or natural, if possible)
- A **lighter or matches** dedicated to sacred use
- A pinch of **cayenne pepper or ginger powder** (for fire-based remedies)
- A piece of **sunstone, carnelian**, or other fire-aligned crystal
- A small vial of **warming essential oil** (like clove or cinnamon)

#### **Use Fire tools for:**

- Setting intentions
- Energizing healing rituals
- Activating courage or clarity
- Beginning a session with symbolic light

---

## Tools of Water (Tubig)

Water symbolizes cleansing, intuition, flow, and emotional depth.

### Include in your kit:

- A small bottle of **spring water or moon-charged water**
- A vial of **floral essence or blessed herbal oil**
- A **shell** or smooth **river stone**
- A sachet of **rose petals, chamomile, or guava leaves**
- A **mini jar for tears**—a symbol of emotional honesty

### Use Water tools for:

- Anointing the body in prayer
- Releasing grief or emotional tension
- Creating blessing baths or hand-washing rituals
- Blessing someone before rest or release

---

## Tools of Air (Hangin)

Air holds breath, clarity, voice, and spiritual direction.

### Include in your kit:

- A **feather** (found ethically and blessed)
- A **small incense stick** or cone (lemongrass, sage, frankincense)
- A **tiny bell or chime**
- A rolled scroll with your favorite **prayer or affirmation**
- A sprig of **mint, eucalyptus, or lemongrass**

### Use Air tools for:

- Breath rituals and calming exercises
- Vocal blessings or invocations
- Clearing stagnant energy in a space
- Helping someone speak their truth

---

## Tools of Earth (Lupa)

Earth grounds, protects, nourishes, and holds ancestral wisdom.

### Include in your kit:

- A small pouch of **soil or ash from sacred ground**
- A **stone** that fits comfortably in your hand
- A piece of **root herb** (turmeric, ginger, ashwagandha)
- A bundle of **salt, clay, or charcoal**
- A symbol of your **lineage or ancestry** (photo, token, or symbol)

### Use Earth tools for:

- Grounding yourself or another before/after healing
- Drawing strength and stability into a ritual
- Creating protective boundaries or sacred space
- Honoring ancestors during prayer

---

## Tools of the Heart (Puso)

The heart integrates all elements. It brings love, discernment, and compassion to healing work.

### Include in your kit:

- A **heart-shaped stone or locket**
- A **small photo** of someone you love (or of yourself as a child)
- A tiny vial of **rose oil or hawthorn tincture**
- A **mini journal or notebook** for prayers and reflections
- A symbol of your calling as a healer (medallion, cross, Franciscan tau, etc.)

### Use Heart tools for:

- Centering your intention in love
- Comforting others through trauma
- Remembering your worth and calling
- Reflecting before and after healing sessions

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## Building and Blessing Your Kit

## 1. Choose a Bag or Box:

- Use a natural cloth pouch, woven basket, or wooden box.
- Decorate it with symbols, words, or embroidery that feels sacred.

## 2. Cleanse and Consecrate:

- Before using your kit, cleanse it with smoke (Air), sprinkle with water (Water), light a candle (Fire), touch it to soil (Earth), and bless it with love (Heart).
- Say:

“This is a vessel of healing, a mirror of the elements.  
May it serve for good, guided by compassion and balance.”

## 3. Keep it Sacred:

- Store it with care. Use it only for healing work, prayer, or sacred ritual.
- Regularly revisit and refresh the items, replacing what is worn out or no longer needed.

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## ✨ Final Chapter

### ***Walking the Way of Kilubansa: A Blessing for the Healing Path***

You have journeyed through the elements.

You have remembered what was once forgotten.

You have sat at the feet of Kilubansa—healer, guide, and spirit of sacred balance.

Now the invitation is not just to know, but to **live**.

To walk the Way of Kilubansa is to embody the wisdom you've received.

It is not perfection.

It is not escape.

It is **presence, compassion, and co-creation** with the Earth, the Spirit, and your own soul.

---

## 🌀 The Vow of a Kilubansa Healing Minister

Repeat this vow aloud or silently, with your hand over your heart:

🌿 “I vow to walk in balance with the elements,  
Listening to the wisdom of Earth, Fire, Water, Air, and Heart.”

I vow to honor the sacredness of every body,  
Including my own.  
I vow to use my hands not to harm,  
But to hold, to heal, to bless.  
I vow to remember that true power is rooted in love.  
That I am not the source, but a vessel.  
That every act of healing is an act of prayer.”

— *So may it be. So may I live.*

---



### **Closing Reflections from Kilubansa**

“There will be days when you forget.  
Return to the elements.

There will be times you feel too small.  
Let Fire remind you of your courage.

When you feel too broken,  
Let Water wash you anew.

When your mind is clouded,  
Let Air teach you to breathe again.

When you lose your way,  
Let Earth hold you and show you your roots.

And when you feel empty,  
Place your hand over your chest.

There, in the quiet beating of your Heart,  
I will be.”

— *Kilubansa*

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### **Now It Is Your Turn**

You are a healer now—not because of a title or certificate,  
But because you choose to live in sacred rhythm with life.

Wherever you go...  
May your words carry the wind of truth.

May your hands burn with holy fire.  
May your presence be as gentle as flowing water.  
May your body be grounded and nourished like the Earth.  
May your heart never forget its sacred worth.

This is the Way of Kilubansa.  
Walk it with grace.  
Walk it with love.  
Walk it with others.

---

### **Final Blessing**

“O Kilubansa, Diwata of Sacred Balance,  
Guide our steps as we become healers,  
In kitchens and gardens, in hospitals and tents,  
In prayers and pain, in tears and touch.

Let us be vessels of harmony in a world torn by imbalance.  
Let us be tender where others are harsh.  
Let us be fire and water, air and earth—  
But always, always, Heart.”

Amen. Aho. So may it be.

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Here is the **Back Matter** for *The Way of Kilubansa: A Guide to Elemental Healing, Ritual, and Sacred Balance* by **Sister Abigail Hester, OFC**:

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### **About the Author**

**Sister Abigail Hester, OFC** is a contemplative nun, natural health practitioner, and healing minister in the Franciscan Clarean tradition. As a transgender woman, age regressor, and disabled mystic, she brings a radically inclusive and embodied approach to faith, healing, and justice.

Trained in holistic wellness and herbalism, Sister Abigail has studied with healing communities across cultures and traditions. Her path was profoundly shaped by the teachings of **Kilubansa**, a Diwata who led her to embrace Indigenous Filipino-inspired healing wisdom with reverence and humility.

A Franciscan Clarean Nun by profession and a Kilubansa Healing Minister by calling, Sister Abigail offers her work as an act of sacred service to the hurting, the hidden, and the holy. She is the founder of the **Order of Franciscan Clareans**, a queer-inclusive, justice-centered new monastic movement.

To learn more, visit her blog:

 <https://franciscanclareans.blogspot.com>

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To all who walk the Way of the Elements in any tradition—your prayers ripple across time and space.

To Kilubansa—thank you for finding me.

---

## Further Reading & Resources

- **Herbal Wisdom:**
  - *School of Natural Healing* by Dr. John R. Christopher
  - *Herbal Healing for Women* by Rosemary Gladstar
  - *The Way of Herbs* by Michael Tierra
- **Elemental & Indigenous Spirituality:**
  - *Braiding Sweetgrass* by Robin Wall Kimmerer
  - *If Women Rose Rooted* by Sharon Blackie
  - *Decolonizing Wellness* by Dalia Kinsey
- **Franciscan Spirituality & Contemplative Living:**
  - *The Way of St. Francis* by Murray Bodo
  - *Franciscan Prayer* by Ilia Delio
  - *Everything Belongs* by Richard Rohr
- **Queer & Liberation Theology:**
  - *Radical Love* by Patrick Cheng
  - *The Queer God* by Marcella Althaus-Reid

- *Jesus and the Disinherited* by Howard Thurman

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## Connect & Support

Sister Abigail offers books, blog posts, mentorship, and spiritual guidance rooted in the healing traditions of Franciscan Clarean spirituality and Kilubansa Elemental Practice.

Join her journey:

 Buy Me A Coffee — [coff.ee/abigailhester](https://coff.ee/abigailhester)

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