

Creating Time

An Anti-Capitalistic Ritual with Grandma Buruku

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Hi, it's nice to meet you!

I am a Brazilian Makumba practitioner born, initiated and raised in an Umbanda terreiro dedicated to Oshun that also played Kimbanda. My family practice is very much considered 'backyard Makumba' or 'folk magic' and it's heavily influenced by the teachings of the Bantus, Yorubas and Indigenous Brazilian peoples. There are other cultures and spiritual paths that have influenced the practice due to ancestry and energetic synchronicity and I am constantly working to pay homage to everything I inherited from my godmother through activism, good character and my spiritual work. I am not a health practitioner of any kind nor I claim to be and any suggestions you follow are at your own risk.

Why Nana Buruku?

Nana Buruku, in one of her ancient stories, is the Spiritual Being who created cyclical time, binding all living things to it so we could be born, grow and die. She is a specialist in cycles well lived, letting go, and the joy of the present moment.

She teaches us patience and presence. With Nana we learn to appreciate and nurture our talents. In this ritual, I'll call upon Grandma Buruku to support your own spirit in aligning itself with cyclical time. You don't have to know Nana or be interested in building a relationship with her to join. Come as you are - we will figure out the rest together!

Who is Nana Buruku

The worship of Nana Buruku by the Fon, Ashanti y Arará (Dahomey) pre-dates the Iron Age. She is now incorporated into many traditions that work with the Orishas in Africa and African diaspora, commonly referred to as the most ancient one or the grandmother.

There are different spellings of Nana's name, all correct according to the tradition that uses them, for example in Brazil, it's common to write Nanã Buruquê. The Yoruba spelling is *Nàná Bùrùkúù*. *Nàná* means grandmother, old, ancient and *Bùrùkúù* means cruel, dangerous, angry - a reminder we should never evoke her for nothing.

She is a primordial ancestor, which means that she is one of the Spiritual Beings who supports life on earth and who helped the creation of our beautiful planet as well as our physical bodies. Nana is water and clay. She is also rest, patience, fertility, cyclical time, a life well lived, grief, death and wisdom.

She is also a civilizational hero, a historical figure to the Yoruba people: Nana was an Orisha, who became human and went back to being an Orisha.

Her sacred stories speak of the creation of the world and human beings, death, relationship with time, motherhood, grief, anger and preservation of the ancestral ways.

Orisha

Orishas, to many Makumba practitioners are Powers who give structure to our lives and magic. They are the catalytic forces of nature, the concentration of a natural power embodied. They can also be primordial and / or civilizational ancestors of the Yoruba people. Many have come to this earth as a Yoruba person, done something formidable (such as creating fire, or inventing agricultural tools) for their communities and then went back to being an Orisha. Orishas are expressions of the Creative Force (Olodumare, Nzambi).

It's important to pay homage to the fact that Orishas are expressions of nature from Africa, and their teachings embody the philosophical, scientific, spiritual and medicinal knowledge of ancient (and present day) African societies. It's common to refer to the Orisha's teachings as "Ancestral Sciences" and they embody African philosophical and healing concepts. In the Makumba, Orishas were many times conflated with Nkissis and Voduns.

You can work with the Orishas without being initiated in an African rooted tradition. As a non-initiated person, your relationship with the Orishas (or the Ancestors of the tradition) will look like devotional work and have different dynamics and boundaries than what is required and allowed by an initiated person. All spiritual relationships, you being initiated or not, require respect, study and care. If you are initiated in an African rooted tradition, please use the information from this PDF and ritual in a way that is aligned with what you have been taught by your elders: the idea here is to exchange knowledge and share, not to judge or impose a one size fits all magic.

I want more about Nana Buruku

To those interested in finding out more about Nana Buruku, here's where you can meet her at the Moon Garden:

Workshop The Wisdom of Water

You may purchase this workshop for an afternoon of water magic with Oshun, Yemanjá and Nana Buruku through the link below:

<https://www.moon7garden.com/product-page/the-wisdom-of-water>

Full Moon Talk March Episode: Resilience, Rest and Activism with Grandma Buruku

The Full Moon Talk series is a monthly class / ritual available to all our mailing subscribers at no financial charge. Use the link below to watch and consider joining our mailing!

https://drive.google.com/file/d/1qwFdR97WBht3G8Cys_W0PdG5Ehq4inny/view?usp=drive_link

Mystic South Nana Buruku Special Bundle

My Botanica Obscura 2026 Presentation “Gardens of Death and Despair: Plant Magic with Nana Buruku”

+ The Wisdom of Water Workshop for only \$60

Venmo me @Debora-Greer and make sure to let me know your email so I can send you the classes!

Don't have Venmo? Email me for my paypal/zelle info.

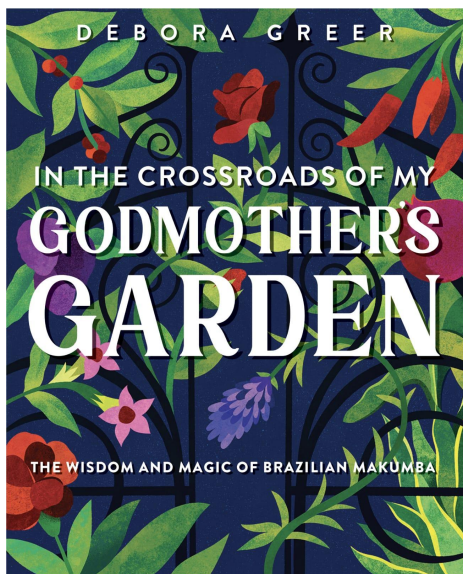
Future Offerings with Nana Buruku

Rose & Thorns of Death and Despair: The Teachings of Nana Buruku

In person at Good Medicine Confluence in October of 2026

<https://www.goodmedicineconfluence.com/>

Consider purchasing your tickets from me, not only I offer a discount, but you also support my work when you do it!



In the Crossroads of my Godmother's Garden: Wisdom and Magic of Brazilian Makumba

My upcoming book is a love letter to the tradition as I have inherited from my godmother, full of historical background, practices you can engage with and story telling. *You'll meet Nana Buruku among flowers, in the African Violet Chapter.*

Follow me on social media and keep an eye on our website for pre order dates!

Our Mystic South Creating Time Ritual

Saturday, July 18th 7 PM

Bring: non plastic bowl or mug with water. One per participant (no sharing!)

This ritual is about aligning ourselves with cyclical time (also known as ancestral time and nature's time), which should support groundedness and harmony in our everyday lives as well as release anxiety, depression, and discouragement. The ritual should also disconnect us from the constant need to produce that capitalism has ingrained in our bodies and minds, allowing us to enjoy our talents and the talents of our friends, coworkers and family members.

To *create time* is an African concept also present in many other Indigenous cultures. Basically, only the past and present exist because they have been experienced. The future has not been experienced yet and therefore it doesn't exist, which means that whenever we sacrifice the joy of the present moment worrying about a possible future outcome, we are creating time to worry about something that it's not tangible or real to our earthly experience.

In this concept, time is not a commodity like capitalism made us believe it's. It's not something we can waste or save, but only experience through the creation of it in the present moment which is influenced by our past experiences (memory, which includes ancestral memory, the teachings of those who came before us.) To create time, we have to experience it, and to experience it, we have to create it: when you stop scrolling down social media to play with your dog, you create time to play with your dog and both of you get to experience time together. This moment of playfulness will become a memory, which will become part of you and it's something that you can pass along to your descendants and community.

Another important aspect regarding the passage of cyclical time is that it's observed and experienced through the passage of the seasons: Spring (birth), Summer (peak), Autumn (learning to let go and share) and Winter (rest and digest our experiences to hopefully create wisdom.) So, it doesn't matter how old you are in calendar years, what matters is how many times you birth something (which can be a career path, hobby, habit, a new version of your reality, etc.), learn how to tend to it so it will grow, then learn how to let go of it and share with others, finally taking a break from the whole thing and simply resting, because rest is a very important part of cyclical time, it's when all the experiences become wisdom. Remember that wisdom is when we are finally able to embody a concept through experiencing it.

A simple change of vocabulary in our inner monologues can be powerful. Next time someone invites you to hang out for example, consider asking yourself “*do I want to create time for this?*” instead of “do I have time for this?” and see what comes up to you emotionally. Also, don’t pressure yourself into connecting with cyclical time! Understand it with your mind first, then cultivate it and eventually it will become part of how you see the world, making you a more emotionally regulated, kinder person.

We will discuss this further in person at Mystic South with practical examples of how to embody this ancient, complex subject in our patriarchal, capitalist society.

Post Ritual Care

You can show up to this ritual as you are, no previous knowledge about Nana Buruku or preparations needed, however, there’s a little post ritual care that I encourage you to do.

Post ritual care is not mandatory, but it’s a way to keep feeding the energy so you can experience real change in your life. Here’s what you can do:

- Use the aromatic water (the one I gave to you during the ritual) often. You may add a tsp of witch hazer extract or alcohol to preserve it for longer.
- Spend at least 5 minutes per day doing nothing, simply staring through the window, watching a plant grow, people watching, looking around your beautiful home as if you were in a museum.
- Connect with your physical body in any way shape or form that brings you joy! Self massages, physical activity, doing your make up, etc.
- Try a technology free hour, day or even week! No need to go to extremes, but see how tech free you could go without jeopardizing your job or health.
- Finish whatever you start, but if for whatever reason you don’t want to, make sure it’s a conscious decision.
- Rest often and shamelessly.
- When things get rough and you feel disconnected from cyclical time, hold the little amulet I gave you, take a couple of deep breaths and state “I am aligned with my purpose, my needs, and my community!” You may also bury this amulet on a plant pot (we will discuss this in person.)



