Self-Healing Ritual

Getting prepared:
Make a specific time for your ritual. It can be the same time each day, to build momentum or simply when you know you have time for yourself.
At least 30 minutes is ideal if you can. Set a timer if needed.

Set up a space for yourself where you are comfortable and safe to be with yourself, and you won't be interrupted.

Gather items which will help support you to create a healing sanctuary for your ritual. These might include:

- A cosy chair or comfortable couch with a blanket, or cushions.
- Candle with lighter
- Essential oil and diffuser
- Healing tea blend, tea pot, cup or mug, hot water, kettle or thermos
- Crystal bracelet or mala beads
- Flowers or something from nature

To Begin:
Place everything you need within easy reach, arranged in a manner that pleases you. Make sure you are comfortable, warm and safe.

Close your eyes, take a few easy breaths, feeling the weight of your body settling into the comfort of your chair. Tuning in to yourself, allow an intention for your ritual to arise. It might be something you'd like to strengthen, nourish, or let go of ... feel what's true in the moment.

My Intention:

Setting Your Intention: As you hold that intention for yourself, light your candle, taking in the beauty of the flame and feel that intention igniting within you.
You can write it here or in your journal if you like.

If you feel to, put a crystal bracelet on your wrist, hold it in your hands or place on your altar.

Prepare your diffuser, select your oil and allow the scent to fill your space, creating your personal sanctuary.

Self-Healing Ritual

Breathe in the scent and allow its medicine to fill you up.

Mindfully pour the boiling water over your tea and allow it to steep, patiently allowing this alchemical infusion to unfold.

Now, settle down into yourself. Taking some slow, easy breaths, allow yourself to drop out of your busy thinking mind and gently feel into your body. Take your time. Close your eyes. Welcome whatever you are feeling without judgment.

Ask yourself:

What is asking for my attention right now?

Can I be present with any discomfort with curiosity and kindness?

What might need to be met with support, love and understanding?

If you feel to, put a hand on that part of your body. Allow yourself to feel whatever arises. This might come as sensation, images, memories, feelings. It might not want to be named.

Give permission for this to move through you in its own way, in its own time. Take care not to be overwhelmed by too much intensity. If that happens you can bring yourself back to the moment with slow deep soothing breaths, taking in your surroundings in the present moment and attention on what feels good and supportive.

Self-Healing Ritual

Receive The Blessings:
When your tea has steeped, slowly pour your prepared tea into a mug.

Mindfully hold the cup. Feel its warmth. Drink the tea and allow the taste and feeling of the tea to move through you, soothing and easing what it touches.

Be curious. It might be a part of you that wants to be filled up or perhaps, letting out.

Slowing down. Breathing deeply.

Allow yourself to take in the sensations of sight, sound, smell, touch and taste. Awaken all your senses to this moment.

Let the magic of the medicine do its work.
Be mindful of your breath.

Feel yourself drop deeper into yourself.
Feel your whole body relax as you bring calm and rest to your nervous system.

Completion: When you feel your practice is complete, or the bell has rung (!) quietly acknowledge yourself for the time you've taken to practice self-care.

Bring yourself back now. Take in your surroundings.
Allow this feeling to spread throughout your body as the benefits continue to reveal themselves. Notice any subtle changes as you move through your day.

As insights arise, you may like to journal in your Healing Journal or personal journal. Moments of stillness and silence are potent and rare.

Love Note: Rituals are beautiful ways to honour yourself and practice self-care. Rituals are practices that you continue to repeat. Enjoy. ☺

Rituals for Every Season