

Creating a Ritual for Your Practice

Creating a Ritual for Your Practice - a nourishing & sacred time for yourself -

- ▶ Making the ritual special could include:
 - ▶ Special chair or cushion used only for meditation
 - ▶ Set up an altar
 - ▶ Light a candle or incense; use patchouli, rose oil, etc.
 - ▶ Items on the altar that have particular meaning for you

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- ▶ Create a ritual that nourishes you ...
 - ▶ Options include:
 - ▶ Journaling: What does my soul want to tell me today?
 - ▶ Chanting
 - ▶ Movement
 - ▶ Breathing practices
 - ▶ Asking for Guidance/ Gratitude/ Praying/ Call in the Divine
 - ▶ Meditation