

P A R T 1

G U I D E B O O K



R I T U A L I Z I N G Y O U R

B A T H S



THE GREAT SHAPESHIFTER — THE SOURCE AND
SUSTAINER OF LIFE



Through this offering we hope to invite the mind to settle into the body. Our mission through this text, is to offer tools that encourage the nourishment of both your inner and outer worlds.

"The mystery of spirit is in our ability to direct it, call upon it, and trust it"





T H E T A B L E
O F C O N T E N T S

INTRODUCTION

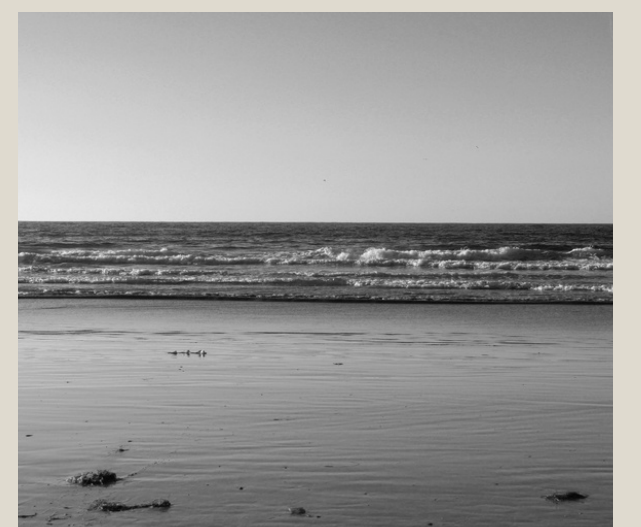
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WILD AND UNTAMED

“For whatever we lose (like a you or a me), It’s always our self we find in the sea.”

— *e.e. Cummings*

The idea that water is “larger than ourselves” is one we have long believed. Through journeying through both “modern” and ancient environments, one may acknowledge the wisdom that has always been within them; that this divine source - this primal substance from which all come to and return to - is above the “mundane” (that being if; the mundane even exists)

Water in its physical form is needed to live - be it a plant, animal or sentient life, all seem to depend to a large degree on this element to survive. There is a magical essence that lives within its presence - the river, the sea, the pond, the lake, a simple glass of water; an effortless ingredient that refreshes us, moves us, and quiets us.

We, similar to the surface of the earth, are at least 70% water. From the blood that travels through our vessels, to the oceans that nourish animal and plant kingdoms.

She resides in all areas of our lives; Moving in a path of least resistance she moves as she wills. Taking the form in which she is held - gently ebbing and flowing, - yet with the power to erode solid stone and shift ancient grounds

In effect, water is the medium through which all nature is governed, and it is constantly reshaping the world around us.

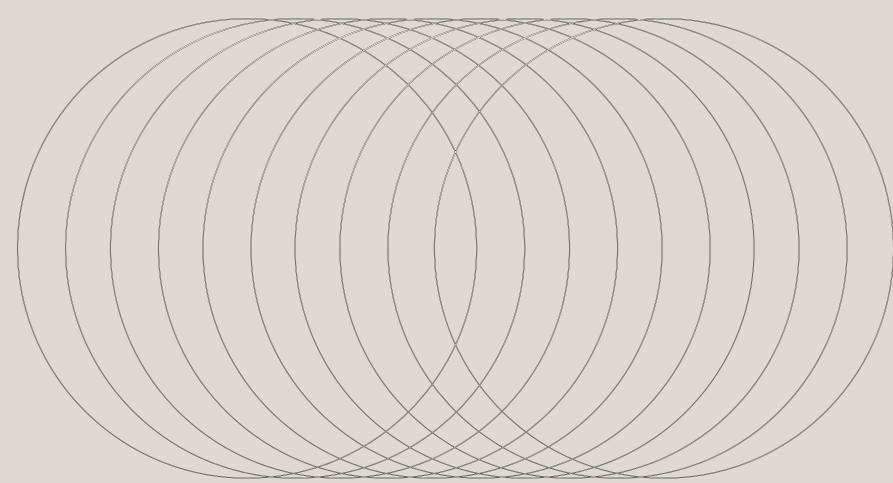
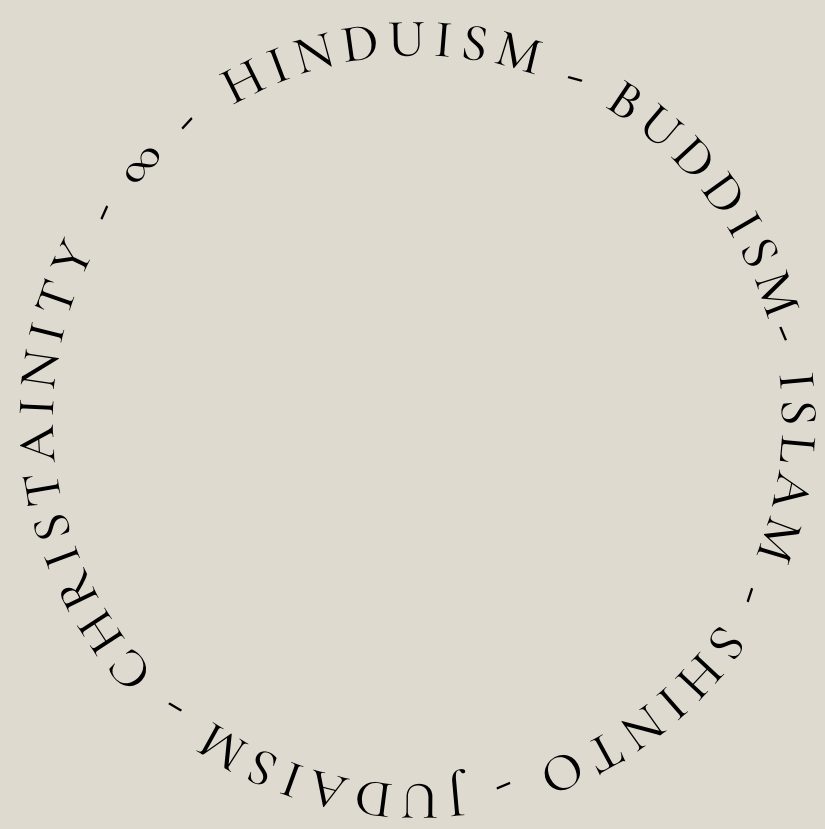
WHERE THERE IS WATER, THERE IS FERTILITY

It is not incidental that our ancestors (regardless of culture) see this element as the manifestation of all. The scarcity and inexistence of this crucial substance was often a life-threatening reality (as it is for many even today)

The nightmarish thought of a drought has caused immense distress. The unsure state of the waiting period during “dead seasons” has for years resulted in fear. However, through this fear, we have sown the seed of appreciation and with that - flourished the practice of rituals.

In Hindu philosophy, water is associated with the Moon and Venus, which represent feelings, intuition and imagination. Standing for freedom and independence - Water brings forth the creation and destruction of prior events, but also tranquility and health to restore what was once lost. She is the shapeshifter, the one who accepts change and transcends the limitations of external forces.

Is it any wonder then, that water provides sustenance, within physical and spiritual realities? Is it any wonder that we gravitate to oceans and streams when we desire to be calmed, connected, or healed?



R I T U A L



R I T U A L

ELEVATING INTO THE REALM OF SACREDNESS

Guiding us back into a state of remembrance - Rituals have been formed through rich history, shaped by our ancestors and passed down lineages, they have stood the test of time.

Through the cultivation of rituals we can reignite our appreciation for activities that to some are considered mundane. They are actions that transcend their appearance. Our unique practices, not only connect us to the depths of ourselves but to all that there is around us; lifting an everyday act into the realm of the divine.

When creating a ritual: The importance lies within finding something that uniquely works for you. A ritual does not need to be perfect or over thought, it simply requires intention. We gently advise you to remember; our practices are evolving, They don't need to be tedious, duty-bound obligations. Move slowly, breath deeply.

In the following pages we're going to explore the ritualization of a bath.

WE ARE INVITING IN

- PRESENCE
- INNER + OUTER CONNECTION
- BALANCE
- FREEDOM FROM LIMITING BELIEFS
- INNER & OUTER PATHWAYS TO ABUNDANCE
- DEEPER MEANING & SIGNIFICANCE TO DAILY LIFE
- THE RELEASE OF CYCLES
- TRANSFORMING THE MUNDANE INTO THE SACRED
- HABITS OF SELF-LOVE



“They both listened silently to the water, which to them was not just water, but the voice of life, the voice of Being, the voice of perpetual Becoming.”

<p style="text-align: center;">INTENTION</p> <p>As you start, set an intention for the ritual. How are you showing up?</p> <p>a) Release : Do you need to let something go? A person, event, expectation, limiting belief?</p> <p>b) The Call : What are you awakening? Guidance? Calm? Wisdom? Empowerment? Abundance? All?</p> <p>c) Remembrance : Are you honoring a specific time? Gratitude?</p> <p>d) Connection : Inner world? Outer-world? The Divine?</p>	<p style="text-align: center;">PRESENCE</p> <p>A key part of a ritual is to be as fully present as you can.</p> <p>HOWEVER</p> <p>Don't pressure yourself or hold an expectation.</p> <p>Allow yourself to - be.</p> <p>What may help: Bringing your attention upon your senses, Breath-work, Body Scan, Meditation, Prayer...</p> <p>Rituals are for you, there's no chance of getting it wrong.</p>
<p style="text-align: center;">SENSES</p> <p>Lift to sacredness; Stimulate your senses to further empower your Intention + Presence.</p> <p>Sight ◦ Sound ◦ Smell ◦ Taste ◦ Touch ◦ Soul</p>	<p style="text-align: center;">SPACE</p> <p>A place where you feel particularly at peace.</p> <p>Do you need privacy? Would you like to be indoors or outdoors? At home? A place of personal sacred significance?</p>
<p style="text-align: center;">TIME</p> <p>Follow your intuition. Whenever your heart desires. Feel your way around it..</p> <p>Cycles you may want to consider:</p> <ul style="list-style-type: none"> <input type="radio"/> Menstrual cycle <input type="radio"/> Lunar cycle <input type="radio"/> Seasons <input type="radio"/> Astrological calendar <input type="radio"/> Personal calendar 	<p style="text-align: center;">SACRED TOOLS</p> <p>Are there any candles? oils? herbs? flowers, figures? or any other elements you'd like to include?</p> <p>Are there any objects that remind you of your intention - something that comforts you?</p> <p>There's no right or wrong way; no right or wrong tools. Your essence is yours.</p>

R I T U A L I Z I N G Y O U R B A T H



PT 1. Setting Intention | Journal Prompts

PT 1. Preparation- what to incorporate

PT 3. The Ritual

PT 4. Reflection | Journal Prompts

O B E R V A T I O N A N D S E T T I N G I N T E N T I O N

“Journal writing is a voyage to the interior”~ Christina Baldwin

Personal Journals are the ultimate tool for self-exploration. They not only guide us to the present moment but they ignite a fire for what we desire to come.

Your ritual journal will become the fertile soil where seeds of inspiration and intention are able to grow and manifest.

We gently invite you to freely express your full range of written reactions in this e-book — confused or certain thoughts, light or heavy emotions — because each aspect of the truth of yourself will reveal valuable insights. Either follow these journal prompts as they are or use them as guidance to record the bouncing associations that follow.

What you externally need?

1. A pen,
2. A Journal, or just use the blank pages found at the end.

What you internally need?

1. Raw, unfiltered courage for authenticity. Allow yourself to feel and be felt by what comes up.

JOURNALING RITUAL FOR INTENTION | A PRE- RITUAL REFLECTION

“If you have built castles in the air, your work need not be lost; there is where they should be. Now put foundations under them.”

- 1 How do I feel in this present moment?
- 2 Am I breathing shallowly or deeply?
- 3 Am I living true to what I value?
- 4 Have I been taking the space to listen to my own inner knowing?
- 5 Hows that inner conversation these days? Can I be any gentler with myself
- 6 How does my vessel feel today?
- 7 Do I Focus more on what I have or what I lack?
- 8 Where in my life have I been doubting my magic? Where in my life have I been honoring it?
- 9 What could I surrender to the oceans so I may walk lighter?
- 10 What am I calling in? What are my intentions with this ritual?

Now breathe, release and settle into a space of gratitude; for yourself and for your expression. Looking back at your answers, is there a phrase, sentence or feeling that sticks out to you? - Let this be a reminder of your commitment to grow and evolve. Conduct a quick scan of your body and mind to see where you are in this present moment.

WHAT EXTERNAL ELEMENTS YOU CAN INCORPORATE

Natural Bath bombs

Bath Salts

Herbs

Flowers

Sacred essences

Essential oils

Intentionally crafted candle

*Spiraling smoke of an
insence*

Favorite stones & crystals

Music that soothes

Oil Blends



THEODOR SCHWENK 1978

All these elements work in harmony to open your spirit to water's healing flow.

But, with this being said we would like to put an emphasis on :

INTENTION > TOOLS

WHAT EXTERNAL ELEMENTS YOU CAN INCORPORATE

<i>Essential oils</i>			
C L E A N S E	R E L E A S E	G R A T I T U D E	C H A R G E
 <p>Cedarwood</p>	 <p>Lavender</p>	 <p>Jasmine</p>	 <p>Eucalyptus</p>
<p>Promotes stillness and clarity. With cedarwood, no past exists, neither no future, only the heartbeat of the present moment. Assists in meditation and prayer practices.</p>	<p>Encourages feelings of compassion; Increasing dopamine and serotonin levels - Allowing you to work with intention to release what may not be serving you.</p>	<p>“Gift of God” For embracing unconditional love & positive wellbeing. Defuses aggression; bringing in security to ground one back into a space of gratitude. Known to bring ease to a grieving heart.</p>	<p>Calms breath and encourages mental physical rejuvenation. Eases joint pain & has anti-inflammatory properties. A little goes a long way, too much eucalyptus oil can be an irritant.</p>
<i>Alternatives</i>			
<p>Tea Tree Rosemary Lemon Amber Cypress Chamomile Clary sage Marjoram</p>	<p>Anise Frankincense Neroli Sandalwood Ginger Pine Cypress Jade Lemon</p>	<p>Ylang Ylang Geranium Juniper Rose Grapfruit Lime Neroli Bergamot</p>	<p>Patchouli Bergamot Cardamom Lemongrass Tea Tree Bay Laurel Basil Mandarin</p>
<p>Disclaimer Essential oils are highly concentrated, and they can be harmful if not used carefully. It is important to learn about, understand and heed essential oil safety</p>			

ALLOWING THE WISE INNER KNOWING TO EMERGE

“Water does not resist. Water flows. When you plunge your hand into it, all you feel is a caress. Water is not a solid wall, it will not stop you. But water always goes where it wants to go, and nothing in the end can stand against it. Water is patient. Dripping water wears away a stone. Remember that, my child. Remember you are half water. If you can't go through an obstacle, go around it. Water does.”

STEP 1 | The External Cleanse

- After journal reflecting; Start with cleaning your bath tub.
- Shower and wash yourself thoroughly. We do this to open ourselves to the cleansing of our body and space.

STEP 2 | Tools

- Dim the lights
- Light an Incense
- Place and ignite candles
- Add 1 cup of Himalayan or Epsom salts to help you relax and support cleansing
- Float flowers if you're called to
- Play the sounds you desire
- Prepare the oils / herbs you want to incorporate
- Add Herbs; You can make a strong herbal tea and add that to your bath or sprinkle plant medicine directly into the bath / place in a muslin bag.
- Consider adding a dash of sweet almond or jojoba oil

ALLOWING THE WISE INNER KNOWING TO EMERGE

STEP 3 | Intention

- Start drawing your bath, filling the tub with warm water.
- As the water elevates, focus upon the sounds you hear & set your intentions.
- Listen to the rushing sounds in meditation.
- Call in your guides to join you in your space - allowing yourself to reconnect and receive.

STEP 4 | Submerge

- Now, gently get into the bath, submerging yourself; breath deeply as you intentionally focus upon your senses.
- Take a clean glass and fill it with water from the bath. Start a cycle of pouring the water over yourself (wherever you feel needs clearing)
- Affirm to your self that the presence of loving clarity is with you.

STEP 4 | Release

- This is your time to be deeply honest and clear with your inner dialogue with the Divine, trust you are heard as you receive yourself.
- Ask to release all that you wish not to carry.
- Allow what desires to surface to be seen.
- Push aside judgement and hold your vessel tenderly.
- Visualize what you're calling in and perceive the reality of it in fruition.
- Rest in the bath for 15-30 minutes. Time spent is up to you.

ALLOWING THE WISE INNER KNOWING TO EMERGE

STEP 4 | Gratitude

◦ When you feel pulled to completion, send gratitude to the water, your guides and yourself. Open the drain and allow what's been released to be freed; feeling the unveiling and lightness of your body and mind.

STEP 5 | Emerging

◦ Optional but beneficial; Air dry as you come out of the bath. You may put a robe on, but avoid towel drying - depending on the temperature of your space. Listen to your body.

STEP 6 | Nourish

◦ Massage your body with an oil of your choice.

If you don't have a bathtub, you may ritualize your shower. As mentioned previously; the importance lies within intention and not external belongings. A bathing ritual can take place anywhere you desire.

Despite this text being a guidebook, one must remember that a ritual is personal to the creator and not necessarily to the speaker.



THE PRACTICE



THE PRACTICE

“Quiet reflection is often the mother of deep understanding. Maintain that peaceful nursery, enabling stillness to speak.”

Grab writing material and find a cozy place to nest. Think back upon the ritual you have experienced and allow your thoughts to fall upon the paper. Don't filter your self - each thought has a purpose. You'll know you're done when no new words come to mind.

- 1 How do I feel in this present moment?
- 2 How do I physically feel?
- 3 What are some of my energy givers?
- 4 What are some of my energy drainers?
- 5 If my mood was a color, what would it be and why?
What can I appreciate more?
- 6 What does giving and receiving love feel + look like?
- 7 Ten things I admire about myself?
- 8 What should I make more time for?
- 9 As "time" moves forward I want to...?
- 10 Did my ritual shine light upon anything? If yes - what?
- 11 How can I implement the insights that flow through me into my daily life?

W R I T I N G



S P A C E

WHAT GIVES ME ENERGY

WHAT DRAINS MY ENERGY

WHAT CAN I CONTROL

WHAT CANT I CONTROL

“This above all; to thine own self be true.

"...the sole purpose of human existence is to kindle a light in the darkness of mere being"

"Love of self for self is the creative force of the universe. Desire is the primal energy, and that energy is erotic: the attraction of lover to beloved, of planet to star, the lust of electron for proton. Love is the glue that holds the world together"

"and so it is..."

"The simple awareness of being aware - the fruitful act of becoming conscious of consciousness itself"

“As you love your own body, so regard everyone as equal to your own body. When the Supreme Experience supervenes, everyone’s service is revealed as one’s own service. Call it a bird, an insect, an animal or a man, call it by any name you please, one serves one’s own Self in every one of them.”

T H A N K Y O U



A N D S O I T I S



A N D S O I T I S

A R R A E I | R H E A . S