

**This ritual is for all textures and lengths of hair, including people who are bald and extremely tight curls. Please adjust it to suit your unique hair, moving as slow as you need and finding ways to make it work for you.*

Brush Ritual

I invite in the elements for this ritual. The earth of our bodies. The air of our breath. The fire of our attention. The water of our emotions.

Please gather yourself, your hair brush, a glass of water, and a burning candle. Find a comfortable and quiet place to sit.

Settle into your seat. Take a sip of water. Let your weight sink into your hips, feel your seat meet the ground beneath you. Soften, settle, relax, feel yourself held by the earth. Take a long, deep breath. Imagine a circle of protection around you in this sacred space you have created for yourself.

Bring the fire of your attention to the earth of your physical body. What are you feeling? Where are you tight? Where are you comfortable? Where is there ease? Just notice.

Bring the fire of your attention to the air of your breath. Draw it in and imagine it is carrying vital life and movement to the stuck places in your physical body. Breathe a few times this way. In for nourishment. Exhaling stuckness.

Bring the fire of your attention to the water of your emotions. What is alive for you right now in your emotional landscape? Are you content? Heavy-hearted, distracted? Just notice. Take a sip of water and feel it flowing through you, touching the tender places in you and bringing love and compassion there.

Take another long breath in and out. Hold your brush in your hands and give a moment of gratitude to it for supporting you to reconnect with yourself today.

Begin to brush your hair. Starting gently, in the ends if your hair is longer. Detangle them, Imagining your thoughts and emotions untangling from each other as you work through knots. This is creating space for things to move.

Begin to bring the bristles of the brush to meet your scalp. Keep breathing in- giving air into the tight places in your body as you brush your hair slowly, straight back. Stroke by stroke. Move slow enough that you can feel every part of your head touched by a bristle. There is no rush.

As you brush consider what supports you in your life, where you go to feel resourced. What fills you up when you are empty. Just notice. Send love there.

Be present with the sensation of your scalp. Feel the pleasure of it. Receive it fully by keeping your body as soft as you can as you breath. Move your body however you need to to stay comfortable as you continue to brush.

I brush in all that is for me in this moment, for the greatest good of my life and all lives that I touch. I brush in all that I am in my truest nature.

Brush from the left side to the right side now, again feeling the sensation of bristles touching every part of your scalp. Keep your breath flowing in and out. Keep moving slow.

I brush out all that is not for me, anything that does not serve my greatest purpose. I brush out all that I am not.

Now brush from Right to left.

I am the bringer of light into the shadows. I am strong. I am courageous. I have what I need to make it through this day and all days. I am loved. I am love. May love flow through me and into everything.

Now gently flip your hair upside down and brush it from back to front. Feel the blood flowing to your scalp with each stroke, aided by gravity. Know that this flowing blood will bring nourishment to the cells that make your hair grow. This nourishment feeds the muscles that give us sensation and the 6th sense of intuition, supporting us in knowing our own truth, our safety, our YES and NO, our animal instinct. Brushing our hair helps us attune and connect to ourselves, and to the world around us. Take a few breaths here.

Come back to neutral, bringing your head back up and flipping your hair behind. Return to brushing straight back. Settle into your seat, and check in again with the fire of your attention. Where is it focusing? Bring it to the sensations of your physical body again. Then to your breath. Check in again with your emotions as you continue to brush.

Know that the nourishment you are creating on your scalp is supporting the flow of lymph throughout your body so that your immune system can be strong. You are supporting your bodies information superhighway, the fascia, to soften and release, helping relieve mental stress and chatter. You are supporting your nervous system to rest and digest, giving you pause to just be in this moment with yourself.

I am whole, I am present. I am. May I forever be as present as I can for what is real, true and free in this life.

And so may it be.

Blow out your candle, drink the rest of your glass of water, letting the freshness flow through you, purifying and reviving you from the inside. Take a few more breaths, thanking yourself for the gift of taking the time to connect inward and be in ritual.

Thank you.