

GRATITUDE RITUAL

A simple Ritual to start a gratitude practice that, as it grows, will have ripple effects on how you perceive the world and the way you receive lessons and situations in your life.

Botanical: Marigold + Helichrysum. Marigolds symbolize the sun's warmth + light. Helichrysum aids in self-healing

Crystal: Sunstone ~ boosts personal power, joy + optimism

Fragrance: Honeysuckle ~ an essence of true happiness + good fortune

Colour: Orange ~ represents joy, charm + confidence

Preparation:

Read through the whole ritual before beginning.

The crystals on the top of the candle are beads, they should be taken off the top and can be threaded through a piece of string or carried in a pouch (using the suggested colour) to wear on the neck, wrist or ankle, or can be added to your altar.

Suggested Moon Cycle or Day of the week:

New moon or Waxing Moon

Tuesday or Sunday

RITUAL

Start by setting the candle on a sturdy surface so you can see the flame and get comfortable.

Light the candle

Drop into this moment by bringing your focus to your breath. Use the 3-part breathing technique to fully fill the body with breath. This practice is easiest done laying down and goes like this:

Exhale fully, inhale for 2-3 counts sending the breath to fill up the belly, continue inhaling for 2-3 counts into the ribs, and finally 2-3 counts of breath expanding up into the chest and lungs. Then exhale, releasing the air from the lungs first, then ribs and fully emptying out the belly. Do this 4-6 times while you bring gratitude to the fullness of your breath, carrying oxygen to your cells.

Have a piece of paper or a notebook and a pen (we prefer using a pen in a nice colour, that writes well, as we find it makes this process more enjoyable and magical).

Start by writing down at least 3 things you are grateful for in your life.

If you are in a darker time and having a hard time being grateful here are some suggestions to get you started:

I am grateful for my eyes that allow me to see beauty.

I am grateful for a home that keeps me safe.

I am grateful for the food that nourishes my body.

I am grateful for the breath that brings me to live.

Once you have them written down, hold the sunstone in your hand and repeat the following incantation 3 times:

I am grateful for all the blessings I have in my life

Those I have acknowledged and the ones that have yet to be revealed

I embrace a life of gratitude so that I may live in the highest version of myself,

I appreciate all the universe provides for me.

So may it be

Once you have completed this, stare into the flame until you see a radiant orange light start to emanate from the flame. Allow it to grow, enveloping you. Draw it into your solar plex, feeling its warmth energize your chakra. Smile softly and give thanks for this beautiful ability to draw this light to yourself.

This practice is intended to be ongoing, one to build on, which is why it's nice to have a journal to record what you're grateful for. Start with once a week, lighting the candle and either repeat the whole ritual or write down at least one thing you are grateful for.

Start to challenge yourself- when an unfavourable situation arises allow yourself to feel the pain or anger of that situation but then change your perspective and find one thing you are grateful for as a result of that situation. By doing this you will start to see that life is not happening 'to you' but is happening 'for you' and the universe is always providing things to be grateful for.

Blessed Be