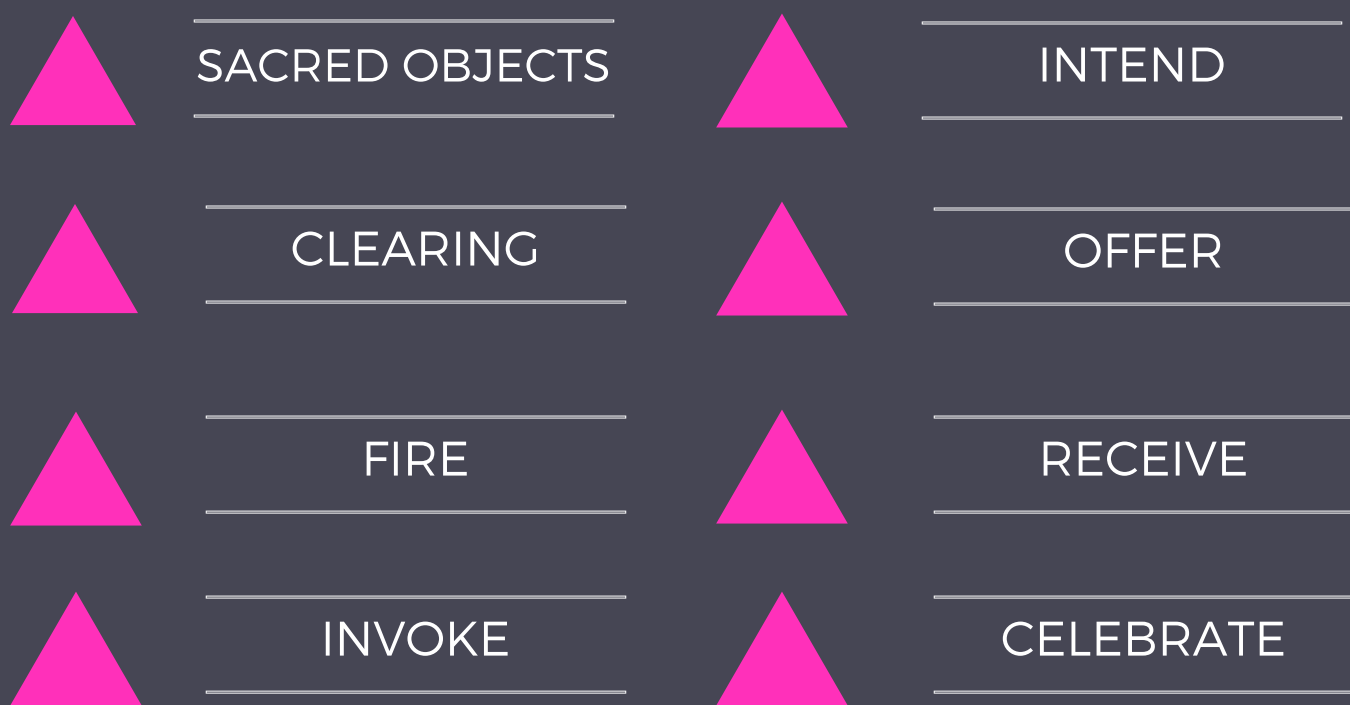




8 STEP GUIDE TO BUILDING YOUR OWN BRILLIANT RITUAL



RITUAL is an ancient practice, calling in the Universal Forces to intend for ANYTHING you'd like. Ancient doesn't have to mean dusty. Here's a modern process so you can create a custom ritual for any and every aspect of your life.

Ritual may be used for healing, clearing, heartbreak, manifesting abundance or love, moving obstacles, setting the stage for new or closing a chapter with grace.

For millennia teachers, healers, shamans, witchy people worldwide have used ritual in times of challenge and transition. Although it's fab to have an expert guide you through one, you have the inner juju to call in the Force on your own time. No experience necessary, just a earnest willingness and faith in the loveliness of All-That-Is.



1.

A SACRED OBJECT needn't be a fancy statue of Ganesh or a holy picture of Jesus, although it certainly could be. Find what resonates with you, that calls to the love within you, and dub that sacred. A ring from your grandmother. A google image of an angel. Mala beads, crystals, a seashell, bottled sunshine.

Take your objects (go crazy, use more than one) and place them in a temporary "altar" in front of you. This could be a table. On a cloth on the floor. Your windowsill. Anywhere will do.

2.



CLEARING: Go out and grab some incense, sage or palo santo. These items are readily available in most health food stores. Even good ol' Amazon can send them on if you live somewhere remote.

All of these items basically do the same thing, they are just native to different regions of the world. They clear out any negative energies and cleanse and purify your space, ready to set the canvas for your ritual and intentions. Set an end on fire, let it flame for a bit— blow out the flame and circle the smoke around your sacred objects. You might want to even take a trot around your house or apartment, really setting the stage for the Divine Forces to come in.

3.



FIRE.. Here you'll want a simple candle or tea light. Light the candle. The candle we light represents the light in us, that is the soul, which we offer to the Universe.

4.



INVOKE.. Say, sing, chant, yodel a prayer, calling the divine forces to this ritual. Ask that your God peeps make an appearance. This is your bat signal, your embossed invitation: "Hey Universe, this here party has started."

5.



INTEND. Now we get to the nitty gritty. Take the time to set an intention for the purpose of this ritual. Ask for what you want. Be clear. Be grounded. If you are doing in a group, you can all intend silently within or share and ask people to state their intentions.

6.



OFFERING. This can be flowers, or flower petals or fresh fruit, or dried fruit and nuts. Offer the gifts to your sacred object as a symbol of respect and generosity. (The Divine's about to give you a gift back, so the energetic exchange is important.)

Flowers represent the good that has blossomed in us. The offering of fruits signifies our surrender and self-sacrifice.

7.



RECEIVING. Take a moment and see your intention as already done. In 3D, in color, inside your heart.

8.



GRATITUDE/CELEBRATION. Still in your heart, offer gratitude for this process, to your sacred object and the Divine Forces. Then crank up Beyonce and shake that booty. For reals.

Throw on some music of your choosing, crank up your stereo or iPhone and C E L E B R A T E. You've just set forces in motion to bring you a delicious mini-miracle. Appreciate with you dance moves.

That's it! If you have a small candle, best to let it burn out completely. If a larger one, you can let burn for a bit and extinguish. Any food items are now blessed and it's auspicious to eat them or share with others. Any flowers or petals can be placed on an altar if you have one at home, or place outside somewhere in nature— in running water or at the foot of a tree, back to mother earth.

I hope you will use this process over and over again and that it (literally!) blesses you with all the yumminess you desire from this wild, beautiful life.

All love,

Margaret

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