What elements can I use in a ritual?

Personalise your ritual to what suits you. Don’t worry about what you think you should do, be led by what feels right for you. take a look and see if any or a combination of the ideas below speak to you or inspire you to create your own meaningful rituals;

Smudging

Prayer

Yoga stretches

Journaling



Writing

Meditation

Listening to music

Reading

Listening to a podcast

Affirmations

Gratitude journal

Colouring in

Mindful practice

Lighting a candle or incense

Burning essential oils

Spraying your space with an essential oil blend

Breathing exercises

Grounding – walking on grass

Pulling an oracle card

Set an intention

Chanting or humming

Choosing a crystal for the day