

Ritual Self-Care Guide

Ritual Self-Care

Well-being springs from within. It comes from the quiet moments spent decompressing, recharging, and tuning in with our beingness. It comes from spending time feeling all of the feelings we avoid feeling when we're on-the-go. Healing means coming back into connection with our wholeness; in fact, we are already healed. The way we take care of ourselves determines how we relate to our wholeness in any given moment. As we slow down, feel, and tend to our inner world, our outer world starts to organize itself more harmoniously.

We are living in incredibly pressurized and intense times, and it's up to each of us to choose how we want to show up and engage in our lives. The choices we make are a big part of how we care for ourselves. Each moment is an opportunity to choose to move through life with care and precision or stress and overwhelm.

Weaving daily ritual into your life provides a structure for making choices that are in alignment with healing and well-being. The elements of ritual are a recipe for creating the outcomes you desire each day.

Practicing self-care can be easy, fun, and entirely do-able. Below are some rituals and practices to help you take excellent care of yourself so you can be in the flow of life with grace and ease.

1. Slow Down

Most of us move at a faster pace than is best for us, and this can be anxiety-producing, ungrounding, and de-stabilizing. Practice slowing down your internal speed as much as possible. Even if you are on-the-go and have many things to do on a timeline, you can slow down your internal pace as you do them. A great way to do this is to imagine you have an invisible gear shift and see yourself downshifting when you notice you are moving too fast.

Another essential part of slowing down your internal speed is working with your thoughts. Thoughts can work to rev us up, and when we are moving too fast, the last thing we want to do is remain in a swirl of storylines.

A couple of great ways to cut through the clouds of dense and fast thoughts is to say to yourself slowly, "My name is _____, and I don't know." You might be thinking, "But I DO



know, or of course want to know.” but that’s not the point. The point is to use this phrase to stop the mind from striving to solve. When you choose not to know, it allows you to drop out of your head and into your body and heart.

One of my favorite tools for cutting through the negative thoughts in my mind is chanting a mantra.

- I use the mantra “Sat Nam,” which means “Truth is my name” to cut through looping thoughts.
- Another mantra I like to use is “Aum Mani Padme Hum,” which means “The jewel is in the lotus” and invokes love and unconditional compassion.

Slowing down can be challenging in this fast-paced world, but the benefits you will experience through caring for yourself in this way are 100% worth it.

2. Daily Prayer and Devotion

Prayer is a powerful way to set your intentions for your day, week, and entire life. You don’t have to be a religious person to experience the benefits of this metaphysical technology. You can think of prayer as a focused intention spoken from your heart and infused with your life force energy and love. Committing to a daily ritual of praying can be very grounding and helps you connect to what is important to you, instead of the stresses of life. Here is a template for creating your daily prayer:

- For what are you grateful?
- Where in your life, do you need help?
- Pray/intend for the healing, well-being, strength, and success of your family, friends, community, country, and the world.
- Pray for anything else you want to release and receive.

If you don’t feel comfortable praying to God, Great Spirit, The Universe, or any other ascended masters like Jesus, Buddha, Mother Mary, etc. You can ask your ancestors for help, or simply tune in with your soul and will the life force energy within you to support you in your prayer.

3. Daily Healing Yoga and Meditation practice

Most people think of yoga as a physical practice that makes your body strong and fit. However, yoga strengthens so much more than the physical body. Yogic kriyas and breathing practices work to quickly and powerfully regulate your nervous system, immune

system, and glandular system while awakening your latent creative life-force (Kundalini Energy).

As you practice, the Kundalini energy moves up your spine and through your energetic centers (chakras), helping you heal, balance, and tune yourself like the precious instrument you are. When you devote at least 15 mins a day to your yoga practice, you will experience more energy, vitality, and clarity. You will notice fewer fluctuations in your moods and emotions while feeling more patient and responsive in your life instead of short and reactionary.

The practice of meditation helps balance and regulate your mind for more focus and clarity. I recommend doing your daily self-care healing yoga routine every day, and at least for 40 consecutive days to experience the maximum benefits of the practice.

4. Healing With Water

Water reminds us of the flow of life and is a beautiful tool for helping us reset, center, and radiate positivity. Working with this element is life-changing and essential to a well-rounded self-care routine. Here are some ways you can work with water daily to take care of yourself.

- Drink at least a half-gallon of water a day.
- Get into natural waterways like rivers, lakes, and the ocean. Even a quick dunk can work wonders for clearing your aura and changing your mind and mood.
- Take regular Epsom salt baths (I recommend three times a week) to clear your aura and soothe your body.
- Take Cold Showers for 3 - 10 mins a day. Ideally, you take a cold shower in the morning before you do your Kundalini practice.
- The benefits are:
 - It helps you wake up!
 - Keeps the skin radiant
 - Opens the capillaries
 - Detoxifies organs
 - Keeps the composition of the blood healthy
 - Activates the glandular system
 - Strengthens the entire nervous system
 - And, every cold shower that you take is a victory in itself!

5. Energetic Hygiene

Humans are spongy beings, and we subconsciously take in way more information than we know. Have you ever been around someone in a bad mood, and then you all of a sudden feel your mood changing to a darker shade? It's undeniable that we pick up on the energetic frequencies around us. Just like radio signals, humans, buildings, symbols, and places on this earth emit frequencies that we are tuning into subconsciously. If you are a particularly empathetic person, which many of us are, then these frequencies can be very de-stabilizing.

Just like we wash our skin, brush our teeth, and wash our laundry, it's essential to cleanse ourselves of the negativity and excess information we pick up from our environment daily. Here are some ways you can cleanse yourself.

- Shake your body vigorously and bounce around for 1 -5 mins
- Feel your feet on the ground and imagine you are sending any negative, oppressive, or excess energy down into the earth to be neutralized. Doing this barefoot with your feet on the earth is ideal, but if you are on-the-fly and need to do it in-the-moment, you can do this anywhere with shoes on or off.
- Use organic high vibration sprays to spritz yourself when you feel overwhelmed. If you are sensitive to scents, you can use pure water or holy water. I like to use these:
 - [Rose Petals Rosewater Spray](#)
 - [Dr. Bronner's Lavender Hand Sanitizer](#)
- Use sage or cedar to smudge your cleanse yourself and your home.

6. Resting every day for at least 15 mins (doing nothing)

Rest. We all need it, and we need way more of it than we usually get. Scheduling in time to rest and do nothing for at least 15 mins a day will help you rejuvenate your energy like nothing else!

All you have to do is lay down in a comfortable place, gently close your eyes and breathe naturally, or stare at a wall. Thoughts will come, but allow them to fade into the background. Practice slowing down and not knowing. You might drift off into a nap, you might not, but the practice is just to be and allow your body to do nothing.

You can set a timer on your phone for the amount of time you would like to rest. Resting doesn't mean reading media on your phone or even a book. This practice is resting your body and doing absolutely nothing.

7. Unplug From Your Devices

Statistics show that the time Americans spend on their smartphones is increasing by large percentages each year, and more than 50% of young adults have admitted to cell phone addiction.

Consistently engaging with your devices, social media, and all types of media is a way to avoid having to be with ourselves and feel our feelings. This dependency on our devices is stunting our growth and feeding the current epidemic of anxiety, depression, and suicide.

To genuinely care for yourself means that you must take the time to be with you, feel, listen, rest, and love on yourself. Laptops, tablets, and cellphones direct our attention outside of ourselves when we need to be looking within to cultivate that consistent spring of well-being.

Choose to unplug from your devices as much as possible. See if you can only use them for the task at hand instead of browsing and loitering online. Get outside and take a walk, sit quietly and meditate, rest, or spend time with friends instead of feeling constantly chained to your devices.