



## GODDESS RITUAL

Have you ever had someone tell you that ‘rituals’ are important? That you need to ‘look after yourself’; that making Self Care a priority is super important? And, did you ‘roll your eyes’ at that person? It’s ok. I’ve rolled my eyes for *many* years!

I don’t do too well with people informing me of what I ‘should’ do. However, I have discovered that I really do enJOY moments of Indulgence and – when I think about it – those ‘moments’ are definitely about Self Care.

The dictionary definition of ‘ritual’ is “any practice or pattern of behaviour regularly performed in a set manner” (dictionary.com). A ‘Goddess Ritual’ is, therefore, a practice which involves nurturing and pampering Self, that you do consistently and in similar ways.

The JOY of Creating a Goddess Ritual is you can make it into anything you want. What I do may be exactly what resonates most beautifully with you. Maybe not. Maybe it’s just a suggestion which fires up inspiration and you create your own ritual. Any way you see it, this strategy is simply about you connecting with your Inner Goddess (Inner God for those Gorgeous JOYful Warrior Men out there), indulging in some self-nurture and self-pamper, and can involve lots of ‘pieces’ or just one or two actions.

### Suggestions for Creating Your Own Goddess Ritual:

- **“Instant Indulgence” Rituals** ~ a super quick and super easy process that allows you to fast track Feeling like a Goddess/God. It might involve deep breathing, visualising roots going through the soles of your feet into Mother Earth. It might be a commitment to standing outside and watching the sunrise or basking in the glow of the moon. Using hand cream or giving yourself a long slow head massage or standing outside on the grass with bare feet ... these Goddess Rituals are easy to do, take little time, and can have a big impact on Feeling Fabulous. Repeat regularly.
- **“Doing What I Love, Deliberately” Rituals** ~ a daily action. What is it you do or like to do, every day? Does it just happen, randomly at various times of the day, or do you find yourself

## A JOYful Warriors Add-on Card

doing it at the same time? This is simply a Ritual that involves Being Present in what you are doing. For example, Expressing Gratitude for your day, just before you go to sleep. Or setting the intention for your day, before you rise. I love Oracle Cards and take at least one each day. My process is to shuffle the deck with intention (keeping focused on receiving insights from the Universe/Angels etc), choose a card and spend a few moments either thinking or writing about it, putting it on display on my shelf, and lighting a candle. This daily, deliberate behaviour soothes and centres me. Another Deliberate Action might be walking around your garden either as you begin your day or at the end of the day. It might be a time when you breathe in nature and centre your thoughts for the coming day or a way to breathe out the happenings of the day in preparation for rest. The key element in this kind of ritual is Being Present and Being Deliberate.

- **“The Gourmet Ritual”** ~ like a gourmet meal this involves going All Out. Spa days. Long soaking bubble baths with ‘wine’ or crystals, followed by body lotion all over and a fluffy robe. Meditating in a beautiful environment with essential oils in a burner and soothing music in the background. A commitment to weekly or monthly massages and/or facials and manicures. Regular sessions of Energy Healing and/or other Alternative Health Practices. This is the Ritual which is the biggest investment in your wellness and allows you to Feel Like a Queen or a King.