

# EVENING RITUAL

Unwind your day this way

## BE GRATEFUL

Positive reflection of your day. List 3 new things each day that you are grateful for.

## CLEAR & CLEANSE

Light a candle/sage/incense - let go of anything that bothered you! Ask for forgiveness, offer forgiveness. (heals the heart)

## GROUND

Massage feet with oil (grounding technique)

## VISUALISE

Visualise your Aura/ Energy being clear, shining and radiating pure light.

## MEDITATE

(5 minutes) (focus on your breath - nothing else)

## MOVE YOUR BODY

10-15 minutes (light yoga, stretching, gentle twists)

## INTEND & AFFIRM

Connect to your intention, or repeat an affirmation (e.g. I am adaptable, I am Light... etc.)