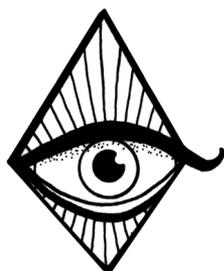

S E L F L O V E



S P E L L R I T U A L

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NOTES & INTENTION

SELF LOVE SOAK

Ingredients:

- 1 cup dried flower petals
- 3 cups Himalayan salt
- 1 Rose Quartz
- 30 drops Self Love Essential Oil

Mix all ingredients together in a bowl. Store in a jar with a lid.

SELF LOVE BUNDLE

Gather:

- Fresh roses with stem
- Fresh flowers with stem
- Fresh mint with stem
- Fresh sage or sage smudge
- Gold string

Bundle your flowers and herbs together, tie them with gold string and charge with your intention.

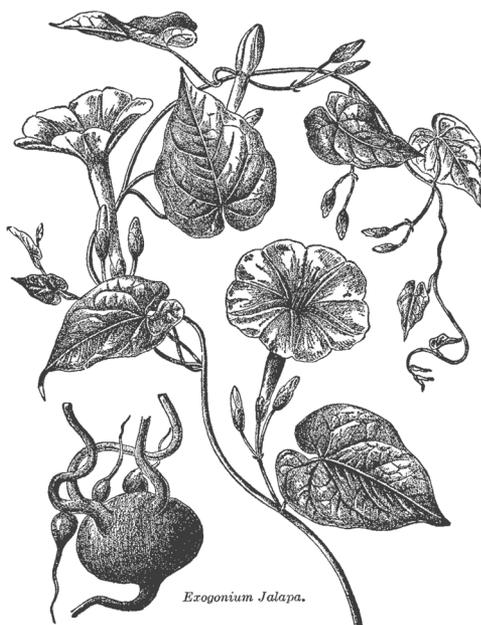
SET AN INTENTION | CHARGE YOUR BUNDLE

What is an intention? By definition it is “a thing intended; an aim or plan.” Clearly giving shape to our desires by conjuring an image in our mind, or stating our aim out loud gives rise to a certain forward motion which changes everything. We bring the “thing intended” into sharp focus and suddenly the steps which will bring us there come into view. You can feel it. The air around you is different. Your body becomes charged with a unique energy.

In this moment you have the opportunity to solidify your plans.

Charge your bundle and BREATHE

Hold your bundle, sit with your eyes closed. Breathe into your belly so that it expands. Fill up and empty out at least three times. Then allow your breath to flow naturally without changing it. Draw your mind’s eye inward to the center of your heart and listen. A single word or short phrase for your intention will make itself known. With love and gratitude, transfer your intentional



SELF LOVE RITUAL MASSAGE

SELF MASSAGE

To anoint the body with oil as a form of ritual and sacred respect is a practice which has existed for thousands of years. Ancient cultures across our Earth all carried out ceremonies utilizing oils believed to possess both spiritual and physically healing properties.

Taking time to anoint your own body in a similar manner is an act of love.

Your skin is your body's largest organ. When you massage oil into every square inch, you care for a multitude of aspects which support your health. Self massage improves circulation, helps the skin shed toxins, nourishes and moisturizes, reduces anxiety, enhances sleep—the list could go on to fill this page.

Above all, self massage helps you to know yourself.

PREPARE THE OIL

Gather together these items.

- Your Self Love essential oil.
- Another unrefined oil of your choosing. Coconut or sesame are good choices.
- A bowl or large measuring cup of hot, not boiling, water.
- A small bottle or smaller bowl to hold your oil mixture.

Measure out 4-5 ounces or a 1/2 cup of the oil of your choosing into your bottle or small bowl. Add a few drops of the Self Love essential oil. No need to stir as the oils will naturally mix. Set the bottle or bowl into the hot water to warm.

You may also wish to light your candle and supplement your oil mixture with the warm, melted soy wax of the candle. Its melted temperature remains just three degrees above body temperature, and so is perfectly suited for use during body massage. Try it—it's amazing!

PREPARE THE BODY

Gather towels, a robe, or blankets for wrapping yourself after. You'll want a warm space and warm skin. Enjoy a soak in the bath first, or warm yourself under a hot shower. Either way, emerge warmed and ready.

MASSAGE

- Remove your oil from the hot water and stand upon a towel or other non-slip surface. Begin by placing a bit of oil at the top of your head and work it into your scalp with both hands in a gentle, circular motion. Avoid the eyes as you work oil gently over your face, your ears, and neck.
- Next, massage oil into your non-dominant hand and arm, beginning with the smallest finger. Work your way over the hand, up the wrist, forearm, bicep, into the shoulder towards the heart. Repeat with the other hand and arm.
- Continue with your non-dominant foot and leg. Sit on a towel as your massage oil into toes, beginning with the smallest. Work your way over the foot. Take your time. Massage the ankle, the shin, calf, and knee. Stand to massage oil into the thigh and hip, up towards the belly. Repeat with the other foot and leg.
- Finally, massage the belly, buttocks, and chest. Draw your movements up and in towards the heart. Using your best reach, massage oil across your lower and upper back. Then move your hands once more over the whole body, a bit more swiftly, drawing movements in towards the heart.

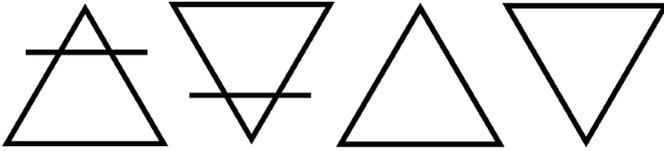
REST

Wrap yourself in warm towels, blankets, or a robe and set a timer for 10-20 minutes rest. (Items can be quickly warmed in the dryer.) Take care to protect the surface where you sit or lie down from the oil. You may wish to designate certain towels to use only for your regular self massage ritual.

After resting, rinse off in a warm shower. You may shampoo your hair, but there is no need to wash your skin with soap, as the oil will emulsify in the warm water and leave your skin soft and moisturized. Pat gently to dry.

Remind yourself of the preciousness of the body you inhabit,
the mind you utilize, and the heart you hold dear,
by following a way of life which respects and adores the self.

CAST YOUR CIRCLE



PREPARE

A sanctuary does not simply appear, it is created. Clean your space and cleanse your body with a soothing shower or bath soak. Consider turning off all devices. Be still and remember your intention.

CHOOSE A LOCATION

This can be indoors or out. Please protect the earth and follow local guidelines regarding outdoor flames. Walk your circle and smudge its entirety with sage or incense. You may wish to mark the directions or circle boundaries with stones, crystals, shells or other personal items.

BEGIN

Place your lit candle and incense at the center of your circle. Call in the elements and directions by reciting these words.

“Watchers of the North and Earth, I open.
Watchers of the East and Air, I open.
Watchers of the South and Fire, I open.
Watchers of the West and Water, I open.

My circle my heart my mind my body are open to your wisdom.

This circle is complete.”

PERFORM YOUR RITUAL

With clear intent, read or recite the words for your ritual as many times as necessary in order for you to feel the gravity of the affirmation. (Instructions for writing your own affirmation, as well as a meditation ritual are available on the next pages, but you may have others you care to perform.) Allow the ritual's intent to settle deep in your body.

In order to bring about change, one must feel it fully. Take as much time as needed within your circle for this. We build energy and make solid change as we continually return to the practice. You may suddenly voice your own words for casting the circle or performing the ritual and use them to connect more profoundly to your awareness.

CLOSE

To close your circle, release the elements and directions by reciting these words.

“Watchers of the North and Earth, I thank you. I release you.
Watchers of the East and Air, I thank you. I release you.
Watchers of the South and Fire, I thank you. I release you.
Watchers of the West and Water, I thank you. I release you.
With all my love and gratitude this circle is now closed.”

The power of ritual is now within your grasp.



WRITING AN AFFIRMATION

To affirm is to amplify life. When we lift up our words in the form of an affirmation, we are declaring the beauty and worth of our entire being. You need not be a writer to compose an affirmation. If you are willing to reflect upon your heart's desires, you are already halfway there.

REFLECT

Allow time for reflection through a long walk or resting in nature. In a way, this is the opposite of meditation. Instead of simply noticing thoughts as they rise and fall away, you are measuring them against your heart to take note of what resonates.

WRITE

Without thinking too much about the meaning, jot down words which came to mind as you reflected.

- Begin in a general way with broad topics such as love, care, peace, or mind.
- Next, write three more specific words in each category. What kind of love? Describe each.
- Finally, list phrases which will begin your affirmations. Common beginning phrases include "I am, I can, I will, I know."



The writing of your lists may look a little like this:

Love	Honest, Complete, Enduring	I am, I can
Spirit	Perfect, Devotion, Honoring	I know
Happiness	Daily, Thoughtful, Simple	I choose, May I
Mind	Calm, Spacious, Whole	I open, I let
Heart	Firm, Tenacious, Lasting	I will, I focus
Care	Gentle, Necessary, Kind	I have, I deserve

MAKE YOUR LISTS

1 Word

3 Descriptive Words

Affirmative Phrase

--	--	--

PLAY

Play with your lists. Use an affirmative phrase, followed by descriptive words in random order to see where your heart leads you. Or, maybe cut out your words and move them around in various combinations. There is no right way for an affirmation to be born. Let intuition be your guide.

Your affirmation is yours. It is perfectly suited to your needs.

AFFIRM

The combinations which make you gasp, or smile, or cry—those are the affirmations you need to hear spoken aloud. From the given example, an affirmation born from those lists may look a little like this:

I am complete love.
I know and honor my perfect spirit.
May I choose happiness daily.
I open my whole mind
and focus my heart
on lasting, necessary care.

Write out your affirmation and place it where you will see it each day. You may also choose to recite it the ritual step of casting your circle.

Know that yours is the right affirmation for you, right now.

COMING INTO LOVE | MEDITATION RITUAL

PREPARE

Choose a place which soothes. Arrange a comfortable chair or cushions on the floor. Be sure the space is a good temperature for sitting for a time. The body cools as it rests. Keep this in mind. Gather your rose quartz crystal to hold for this practice.

THE BODY

The position of the body is important. The body has a way of communicating outwardly to the world and inwardly to oneself. The most effective placement of the body is a stable, symmetrical position.

If seated in a chair, place your feet flat on the floor, your hands resting in your lap, a pillow supporting your lower back. If seated on the floor, you can use a small pillow to elevate your seat so that you may cross your legs and allow your knees to relax towards the ground. It is best if they fall lower than the hips as this releases tension in the lower back, allowing the spine to soar.

Also prepare ahead of time, a space for the body to lie down comfortably during the last part of this ritual. Have plenty of support available in the form of pillows and blankets. You may also like to have calm music ready and set to loop continuously.

FOLLOW THE BREATH

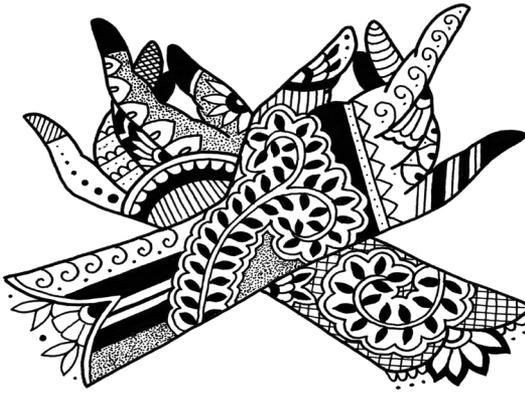
Take your seat and begin simply by following the breath. Identify a place in the body where you notice the breath. Either at the nose, the back of the throat, the chest, the belly, the back. Wherever you notice the breath, focus there, not changing the breath in any way. Naturally allow the air to flow in and out however deep or shallow, however short or long.

PRACTICE

Hold your rose quartz in your dominant hand.
Breathe in long. Breathe out fully.

Speak distinctly: “I choose love. I deserve love. I am love.”

Reaffirm through repetition, until both the heart and the head ring true. Allow a gentle rhythm to come into the words as the power of repetition lends strength to your voice.



I choose love. I deserve love. I am love.

REST & KNOW

After several minutes of practice, light your candle, set your music to play. Set a timer for 10-20 minutes and lie down supported well and comfortably. Cradle your rose quartz at the heart and allow your eyes to close. Breathe in long and exhale fully. It is possible to shift and change your life in any waking moment through love. Be kind to your tender soul and know you are love.

Know.
Your heart and soul know.
Love is the foundation of all.

After your rest, come slowly back to a seated position. Allow time to observe and take note of the changes in your body, your heart, and your mind.

NOTES & INTENTIONS

