



4 Simple Rituals
*to Support Health, Clarity
& Life Purpose*

**Rhythm
Health.**

The following rituals can be done at any time of the day. They serve to strengthen connection to self and develop awareness around patterns and habits that are self-limiting and/or self-sabotaging.

My suggestion is to do these first thing in the morning. Second to that, I would recommend you prioritise finishing your day with these rituals to maximise their impact. That said, any time is better than no-time, so introduce one, some or all of these rituals into your day wherever and however you can - just make a start.

Remember - how you do anything is how you do everything. These rituals are your 'anything'. Master these and you will experience a positive flow on effect in your life.



Spiritual



Ritual Intention

To connect to something bigger than you, your life and your melodrama. Zoom way out and connect to the energies that can't be experienced by your lower mind (ego).





Agreements with the Higher Self

Take a few breaths to begin. Choose to become present with yourself, allowing your thoughts to quieten and simply acknowledge that you have a higher self - even if it's difficult to occupy this consciousness straight away.

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Spiritual



Ask Yourself:

© Today, what does my higher-self want from me?

© What do I want from my higher-self?

© What do my higher-self and I want from each other?



Mental



Ritual Intention

To heighten awareness around hidden thought forms that feed a self-limiting narrative.



Catch

To establish your 'Catch', answer this. The limiting thought I am going to catch today is, for example:

“ I don't have enough money. // I've lost 'it' in my old age. // They don't respect me. // It's out of my league. // Not yet. ”



Redirect

Premeditate your switch of the thought form, for example:

“

I am resourceful and creative. // I embrace
the mystery of getting older. // I fiercely
respect myself. // All I need to do is show-up.
// There's never a 'good' time to leave the
comfort zone so I may as well start today.

”



Emotional

Emotional



Ritual Intention

To acknowledge, understand
and honour the emotional body.



Emotional



Scan your body for these core emotions:

Mad, Sad, Glad, Fear



When you identify what's alive in you, acknowledge it without needing it to leave or be 'fixed' in any way. If there's a story that is attached to the emotion, write it down as succinctly as possible to further acknowledge and understand this energy that lives in you. Breathe into the energy once more and visualise a warm, gentle, pink light holding this part of you. Offer it your acceptance, blessings and reassurance.



Physical

Physical



Ritual Intention

To support the physical body through conditioning the primary muscles of respiration, oxygenate cell mitochondria and support the body's detoxification process.

Physical



Breathe to Receive



Step one:

Sitting on the floor or a chair, draw a long breath in through pursed lips (the pursed lips will help activate the diaphragm muscle). This needs to be a full breath, where you imagine you're breathing all the way down into your feet. Once your lung is 'full', hold the breath for 3 seconds.



Continued →

Physical



Breathe to Receive



Step two:

Then, 'sip' in a short & fast manor, a little extra oxygen into your already full lungs. Hold this for 3 seconds.

Step three:

Then, once more, 'sip' a little more oxygen into your lungs. Your lungs should feel totally full, which will require you to use your repertory muscles (for inhaling) in a controlled way.



Continued →

Physical



Breathe to Receive



Step four:

Hold this completely full lung for 5 to 10 seconds - then exhale through pursed lips (try to take at least a 5 second duration to exhale).



Continued →



Breathe to Receive



Step five:

You may feel light headed, which is why this needs to be done sitting or laying down. You will likely notice a relaxed experience through the body as you return to a normal breathing rhythm/cycle. Choose to allow yourself to stay in this state of relaxation for a few minutes.



Continued →



Breathe to Receive



Step six:

As you practice this more regularly you can repeat this cycle up to 3 times, making sure you leave a few minutes in between each round (1 round = 1 full inhale + 2 'sip' inhalations, finishing with a controlled exhale).





Rhythm Health.

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