

Morning Ritual

STEPS

STEP 01

Night before gather supplies:
elements of air, water, fire and earth
tarot or oracle cards
Smudging supplies

STEP 02

use some aromatherapy method to shift the mood
center and ground

STEP 03

Light incense "I honor the element of air, bless my day
with wisdom and clear communication"

STEP 04

Light sage stick or Palo santo and smudge over entire
body to cleanse and protect

STEP 05

Light candle "I honor the element of fire, bless my day
with joy and creativity"

STEP 06

Hold water "I honor the element of water, bless my day
with serenity and healing" drink moon water

STEP 07

Hold crystal "I honor the element of earth, bless my day
with stability and prosperity"

STEP 08

Take 4 deep breaths focusing on each element
. "I honor the spirit of the universe, the spark of life that
fills all things. May I shine with positivity to those
around me today"

STEP 09

Draw a tarot card and journal

STEP 10

Center and ground with gratitude. "I carry the
benediction of the elements with me today. May I walk
this day protected and blessed. So may it be". Clap
hands and put out candles and incense.