

EMBODY YOUR DESIRES

3-Day Ritual

Read through these steps before you start your ritual so you are prepared to have the time, vision and sacred objects you need. Day ONE Create Space and Hold Space. Day TWO and THREE focus the energy for your desires. You can extend the ritual duration for as long as you like to reinforce your intentions. Simply repeat steps in the Embodiment section.

Create Space

- **BODY (action)** – Clean out a drawer or a room, give something away, take a bath with Epsom salts, spray lavender mist or burn sage to clear your space.
- **MIND (choice)** – Let go of an outdated identity or view of yourself. This could be a role you have played, or a belief that it's not possible for you to have what you want.
- **HEART (emotion)** – Name the emotion that most commonly stops you in your tracks and its opposite. If multiple focuses for your desires, each may have different emotions.
- **SPIRIT (purpose)** – Call on your spirit guides and/or helpful ancestors to prepare the pathway to create a new experience at the deepest level.

Hold Space

- **BODY (action)** – Stand with your bare feet on the earth or if indoors, put your hands on the tops of your feet while sitting. Optionally, invite a witness you trust to put hands on your feet to assist in grounding you. Take a deep breath, then...
- **MIND (choice)** – Name your desires, writing down or speaking them aloud.
- **HEART (emotion)** – Close your eyes. Imagine a rainbow-colored balloon above your head, filled with the good energy emotions that are the opposite of your doubts. Pop the balloon and watch its good energy flow into your aura. Filling you up from your head to your toes.
- **SPIRIT (purpose)** – Open your eyes. In your hands hold an item that symbolizes good energy for you... a rose, crystal, photo of a happy place, etc. Intend that this item hold space for your desires to be embodied.

Embodiment

- **BODY (action)** – For two days after you start the ritual, once a day, hold the object that you infused with your intentions in your hands. Acknowledge your power to transform your intentions into reality. Then move the energy forward by moving the object to a new place: to a different room, to a higher place floor-table-bookshelf, from one end to the other of your dining room table, on to an atlas, \$100 bill or under your pillow.
- **MIND (choice)** – Re-state your intention each day as you move the symbol infused with your desires forward. Invite synchronicity.
- **HEART (emotion)** – Fill your self up with good energy (the Heart step of Hold Space).
- **SPIRIT (purpose)** – Ask your guides or Higher Power to gracefully show you the way to embody your desires. Invite them to be creative, say outloud:

"Please surprise me! Make it better than I can imagine."