

MAGIC & TRANSFORMATION

Exercises

RITUAL - DRINKING IT IN

You will need: Pen, paper, a glass, or bottle of water.

We can work magic with water in different ways. It can be used to clear and cleanse; it can be used to infuse and energise and lots of other ways too. For this ritual, we're going to use it to infuse and energise.

Just like when you make peppermint tea, you put mint leaves or a tea bag into water and after a while the water takes on the qualities, flavour, and nutrients of the mint. Then you drink the water and that passes on to you.

You can do the same with your intentions, infusing yourself with qualities, flavours, and ways of being that you wish for.

To begin with, sit up straight, close your eyes and take some long slow deep breaths. Relax your jaw, shoulders, hips and spine....

Drop into your heart and think about your intention. What quality, flavour or way of being would you like to welcome or amplify in your life. Think about how you will feel when this starts to show up in your life. See if you can get a sense of how your body will feel when your intention manifests for you.

When you feel connected to your intention and have an embodied sense of how it will feel when it manifests, grab your pen and write your intention down on a piece of paper. Draw a circle around the word or words to create a little container for them.

Now pick up your glass or bottle of water and hold it in both hands. Imagine pouring love and gratitude from your heart into the water.

Now place your bottle or glass of water on top of the intention you've written down on your paper.

Leave the water to infuse for a while and come back to it later.

Before you lift the glass or bottle off of the words you wrote place your hand on it and see if you can feel the new vibration in it - the vibration of your intention. It's totally ok if you don't feel it, just know that it's there.

Now slowly and mindfully drink some of the water. Feel the intention infusing into your body, into your cells. Know that your intention is now on its way to you.

To finish the ritual, hold your glass or bottle and offer the Element of WATER your gratitude for helping you with your intention.