

LET'S LEAVE THE CRAP IN 2018

Your Ritual Guide

THE PREPARATION

You'll want to set aside some time and space just for you to create each of the 3 lists for the ritual. Get some lavender oil, light a candle and get ready to deep dive into this journaling exercise that will help you identify what you're ready to let go of, what you've learned from it, and what you're ready to welcome into the New Year.

I do this ritual every year in lieu of setting New Year's resolutions, and it's become a simple, but powerful tradition that leaves me feeling liberated, clear, hopeful and excited for the year to come.

THE RITUAL

You can do this alone or have a shared ritual New Year's celebration with loved ones and friends. Take your first list – the one with all the crap that you want to leave in 2018 – and burn it. (Please make sure you do this somewhere safe and legal – the last thing you need is the fire department kicking down your door or the police ticketing you for starting a fire somewhere you shouldn't! Be safe, lovebugs!)

You are ritualistically burning the negativity and negative energetic ties out of your own experience and releasing it into the universe. As your list of crap is burning, visualize that it's being released back into the universal energy. When it's done, say this affirmation:

"I am so happy and grateful right now. I am free."

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Burning is a very powerful way of re-affirming to the universe that we are done with the unsatisfying or painful experience/emotion/circumstance, and freeing ourselves of it.

Now CELEBRATE – feel liberated and lighter! Then, take list two and three and put them in a place that you can see them often and easily.

Every time you read your lists of positive intentions, try to really FEEL the emotions you want to create. It's not enough to just see the list – take the time to really imagine the good feelings behind each item on your lists. That way, by taking positive action AND consciously conjuring the feeling of achieving it, you create a really impactful way of making these things manifest for you in 2019.

As always, take care of you,

with love Terri

