



The Power of Rituals Factsheet

Rituals are a beautiful way to connect to your inner being throughout life.

They can be powerfully symbolic and open the floodgates to a deeper connection to the Universe within.

The key essence of trying any ritual is to show up with an open heart, an open mind and a willingness to be open to all possibilities.

The new moon and the week leading up the new moon can bring some crazy energy with it.

However, it's a magical time to spark intentions that you are holding in your heart and take them to a new vibration in order for them to finally manifest.

It's a wonderful time to activate the Law of Attraction and manifest your deepest desires.

Use the new moons energy to set clear intentions with the universe and let it know exactly what you want.

Ritual Steps

1. Cleansing

Light a candle and burn an incense stick preferably sage to clear the negative energy away.

Say the following ritual...Dear universe may I now be permitted to clear this space so that the power of my manifesting ritual is magnified and amplified with the energy of the moon, so be it, let it be.

2. Grounding

Take a minute to ground yourself, centre yourself and bring yourself into the here and now.

A great thing to ground yourself is to imagine a white light all around you let that enter through your crown chakra and make it way down your body, when you feel it get to your feet imagine roots growing from the soles of your feet into the earth, really feel that alignment with the earth's centre.

3. Set Your Intention

Now it's time to tell the universe what you want, be crystal clear don't give out mixed signals by being indecisive.

Then fill out your abundance cheque to yourself to ask for what you want.

4. Visualisation

It's so important to visualise your goal so as you can connect to it and you then put the right energy behind the action you take.

Take time to create either a vision board or write a day in the life of you achieving this vision.

Then spend a few moments visualising it and really connecting through meditation.

5. Action

Now it is time to take action.

You have set your intention, connected to your vision, you now need to put together your plan of action and break your goal down into daily/weekly action steps.

Also take the time each morning to meditate, calm your mind and receive any messages from the divine guiding you to your next action steps to take to move you forward.

This is what they call inspired action and why meditation is a must for entrepreneurs.

The key to manifesting your desires is once you have set your intention you must trust and surrender.

Trust that it is going to happen, keep your thoughts positive, your feelings in line with your thoughts and this will then allow you to give off the right energy to attract what you desire to you.

You must have unshakeable faith and belief that your goal will be yours.

However, alongside all the visualisation and positive mindset you **MUST** take massive action.

A great way to stay positive is by using positive I am affirmations and also journaling helps to stay in the right frame of mind.

Also, take the time to connect to your vision each morning and get excited to achieve it.