

## SERAPHIMS EQUINOX RITUAL

### **Supplies:**

Paper

Pen or Green Marker

Sage

### **For the Sugar Scrub:**

1/4 cup Olive oil

1/2 cup Sugar

1Tbs Lemon juice

5 drops Essential Oil of your choice

### **Preparation:**

Set up your Altar - big or small it doesn't matter, you just want a space set aside where you won't be disturbed. You can set out crystals, candles, incense, feathers, tarot, angel or oracle cards, and any other spiritual treasures that are meaningful for you.

Mix the sugar scrub: Combine the olive oil, sugar and lemon juice

### **EQUINOX RITUAL:**

Sage your area and yourself, cleansing the energy so you are working with a fresh space.

1. Spring is a time of rebirth and renewal so I like to start this ritual with an intentional shower. Prepare yourself and comfortable shower and bring your sugar scrub with you. If you are able to do so in your bathroom safely, light a candle (green or yellow are a great colors for the vernal equinox, but any color will do).

As the water sprays down on you feel your gratitude for its warm cleansing energy. Bless and praise this water as it washes over you repeating 3 times in your mind or aloud 'I thank you and bless you, purifying water, and the source from which you come'.

Begin to spread the sugar scrub over your body gently exfoliating your skin. Enjoy the sensation of pampering yourself, and reinforce self love here for each part of your body you touch.

As you begin to rinse the scrub away imagine that any negative or heavy energy you are carrying is being rinsed away with it. You have scrubbed away all the limiting beliefs, fears, and discomfort you may have picked up over the previous season, and now you watch as they spiral into the drain with the sugar scrub.

2. Once you're dried off and dressed comfortably, get settled in front of your altar. Light your candles and incense. Begin with a grounding meditation;

Visualize your connection to Mother Earth through an energetic cord extending from your root chakra into the

center of the planet. Thank the Mother for all of the abundance and plenty she provides and send her your love and gratitude through this connection. Allow her to return this love to you energetically and know that she will keep you safe.

Now repeat this process, but this time, we are connecting to father sun. Visualize this cord of energy extending out from your crown chakra, all the way up to Father Sun, or the Universal Center, or however you interpret this masculine energy. Offer your love and gratitude for all of creation outside of this planet. All of the stars and galaxies and mysteries of universe. Allow him to return this love to you energetically, and know that he will keep you safe.

3. Now that you are in a heart-centered space, identify three things you are grateful for that are already in your life. Three blessings you are thankful for. Just think about these three things, you can say them out loud if you like.

4. Ask that Spirit recognize your circle as a sacred space. I don't use words for this but rather just my intention that this space is safe and nurturing. If you wish to speak a few words here, follow your intuition.

5. Write. Take up your pen and paper and write of list of that which you want to manifest in the coming season. I always encourage people to really think about this, please consider the following when creating your list:

*- If we are too specific in our request, we may actually miss or block exactly what is we want to create, from coming into our lives. Allow some room for Spirit to get creative here. Instead of asking to get that one specific job, ask for what you really want - a job that fulfills you on a soul level and rewards you well financially. If that particular job you have your eyes on is the right one, it will align and manifest for you. If not, trust that the universe*

*- We also must honour others free will - if you are setting intentions that infringe on other peoples free will, you're wasting your time. Spirit doesn't work that way. You can't force someone to love you, for example and it would be deeply wrong to try.*

Take as much time as you need here and really feel into each one of these manifestations. You can write about what it looks like once each desire has manifested. How does it feel? Wash yourself in those emotions, allow them to penetrate deeply into you and through you.

6. Read your list aloud. You can read your list to yourself, to the moon (since this IS a full moon as well), or to the sun (as the equinox marks the day when our days become longer than our nights). Use your intuition here and do what feels right. I connect deeply with the lunar energy, so I will be reading my list to Luna. As you read this list - read it with authority! You are a master creator in your life!

7. Burn your list in a cauldron or fire-safe bowl. I like to add sage and/or other herbs to the mix when I burn my manifestation list but it's not required. As the smoke flows upward imagine that it is carrying your intentions

out into the universe. Also a caution here - fire is a tricky element, be careful not to catch any unwanted fires.

8. Affirm your intentions with the statement - *I AM or I Have (your intention for manifestation)*.

9. Enjoy the energy of your circle for as long as you wish to. When you are ready to close your ritual, thank the Universal Source Energy for its love, presence and for witnessing your practice. Use the words that feel right to you. Universal Source Energy is my way of saying - however you perceive the Divine.

10. Extinguish your candles and incense. Say Aloud, *Blessed Be and THANK YOU!*