

*A Ceremony for Opening the
Mind, Body and Spirit
to Positive Change.*

This is an exercise in opening your mind to the possibility of positive change in your life.

By spending time, energy and attention creating and performing a ceremony you are forcing yourself to clearly define the future you want. You open your mind and spirit to opportunity and naturally seek ways to fulfill your goals. A ceremony makes a strong statement to yourself and the universe about what you desire. This act excites your imagination, gives images to your mind to replace with reality, and opens your spirit to a realm of possibility.

So, remember as you put your ceremony together that the more effort and attention you put into it, the more powerful it will be for you. Any resistance you feel to making the effort (This is too hard; I haven't got time; I can't be bothered; This won't work) are just old thought patterns that want to hold you back from positive change. Try to resist these thoughts, and throw yourself into something new, fun, creative and something especially for you. After all, this could be the beginning of your new happy life!

You Will Need:

*1 Orange or gold (these colors represent positive thinking) candle and something to hold the candle when lit, or a plate to stand the candle on. Use white if you can't find orange or gold.

*Lavender oil (for happiness)

Optional extras:

Ginger oil (for success) AND orange oil (to open the mind)

*12 smooth stones, pebbles, or shells (or some other natural objects)

*Incense sticks. There are many types available, choose one that speaks to you – success, riches, peace, harmony.

*Some small precious thing that means a lot to you. (If you have nothing small, find a nice stone, shell, piece of wood – something small, but natural that feels nice in your hand.)

*Colored pencils, textas or crayons. A pen.

*3 sheets of plain paper, and a book or board to lean the paper on to draw and write.

*Matches to light your incense and candle.

A lot of these things can be found at a bigger \$2.00 shop/bargain shop, including the stones.

Preparation:

Collect together all the above ceremony tools, plus this print out. You will want to choose a night to do your ceremony after the kids go to bed. The universe is most open and receptive during the waxing moon, when the moon is growing toward full, and the full moon itself. You can find out when this period is coming through the internet, or in the newspaper.

Read through the ceremony below, so you will know how it will run.

The Ceremony:

Put all your collected tools in the centre of the area you plan to hold your ceremony. (You may want to leave a light on in another room for some gentle illumination)

With a sense of seriousness put 4 stones out to mark a circle, like the 3,6,9,12 of a clock. Then between each of these, place 2 more stones to mark out a full circle with all 12 stones.

Holding the small precious item in your hand, walk clockwise around the inside of the circle, twice. Speak these words as you walk.

“I open this circle to the universe.

With the power of my thoughts, energy and love combined with the unlimited resources of the universe – this special circle creates.”

Sit in the centre of your circle. Take out the candle, and using your pen, scratch your initials into the wax. Using your fingers, lightly rub lavender oil onto the candle (and ginger and orange if you have). Light your candle.

Light your incense.

Using much color, write out all the ways you think your life would change if it was completely positive. You can draw pictures, as well as writing how things might be different. Think of happy faces, fun, laughter, friendship. Think of how prosperous your life would be when all is positive. Think of harmony in your home. Think of really enjoying your work. And positive happy people coming into your life.

Take as much time as you want, use as much color, words, imagination as you desire.

Once you have completed your pages to your satisfaction, hold them in your hands, and open your heart to the universe while you speak these words:

“Mother Earth, Father Sky,
Bring me my joyous desires,
Brother Sun, Sister Moon,
Make it quick, make it soon.

So Make it be.”

Close your eyes now, with the pages in your hand. Imagine your mind and heart opening up to the light of the universe. Imagine warmth, and happiness all around you. Feel yourself open to the world, as you breath deeply.

Open your eyes, and now fold the pages of your desire twice. In half, and half again.

Pick up your precious item, ready to close the circle again. Walk anti-clock wise this time, inside the circle,twice, as you speak these words:

“Thank you Universal power for joining with my thoughts, energy and love to hear my desires. I now close this circle.”

Collect up your stones, as you placed them out. Extinguish your candle and incense.

Place your folded pages under your sleeping pillow. Leave them there for three days and nights. Before sleep each of the three nights, put your hand over the pages, and open your heart and spirit to

positive change in your life. Ask the Universe to guide you to make the changes you want in your life.

After three nights, the next morning put your pages somewhere special to you to keep them alive.

(I love the smell of the ceremony that I find in the house in the morning, reminding me that something special happened here.)

Pay special attention to all the nice things that happen in the next few days. Remember how nice it felt to imagine a happy, positive life. Realise how easy it is to **choose** to set your mind to positive.

With a positive outlook you can live any life you desire.

**Some ideas, concepts, and words taken from "Notions and Potions, A safe, practical guide to creating magic and miracles." By, Susan Bowes.