

# Summer Ritual



This ritual can be as simple or ornate as you wish; you are the creatrix of your ceremony. The purpose of this celebration ritual is to express your joy for the fertility of Goddess and gratitude for life. This ritual is done in the bathroom! I have a very long counter space in my bathroom, so modify this as you wish. It is a fun ritual and inspires love for self. I hope you enjoy it as much as I did!

## **Items needed:**

candles: White for Goddess, Green for God (optional) Pink or White for yourself.

flowers: anything blooming!

beverage: wine or non alcoholic juice

luscious bath supplies: bath salt, bath gel, scrubbie (or loofah sponge)

incense: you can use any incense you like, but be sure not to overwhelm your senses in a small space.

eyeliner or lipstick: cheap ones that you don't mind using up!

oil or lotion: your favorite, of course!

## **Ritual:**

Arrange your candles and flowers in your bathroom, creating a celebratory space. Bring your beverage with you and place it on the side of your tub. Light incense.

Run your tub, adding your bath salts or epsom salts. You also may add essential oils if you like. When the bath is ready, light your candles and call your circle. You may invite Goddess to join you, or both Goddess and God if you wish. Remove the incense to another room. I take it to the bedroom to prepare for dream time.

Get into the tub and soak. Imagine all of your stresses coming off of your body as you scrub and enjoy your drink. Stay in as long as you wish, giving gratitude to Goddess and Her gifts of abundance and fertility.

Dry off with your favorite fluffy towel. Stand in front of your mirror. Take your lipstick or eyeliner and draw symbols on your body. With each symbol you draw, say things to yourself such as, "I love you", "bless my body", "Goddess is Love", etc. Be creative. I also like to write these things on my body.

If you have a full mirror (or even if you don't), stand in front of it (or your regular mirror, looking at your face) and do a body blessing, touching each part of your body as you speak blessings. Here is mine if you need one:

“Body Blessing”

Goddess, bless my mind,

That I may think on you.

Bless my eyes,

That I may see the beauty around me.

Bless my throat,

That I may speak my truth.

Bless my heart,

That love may flow unconditionally.

Bless my hands,

That I may give in your name.

Bless my stomach,

That I may feel content.

Bless my genitals,

That I may know I am a sensual being.

Bless my feet,

That I may walk in your path.

Finally, massage your favorite oil or lotion into your skin, and each area you cover, send it love and acceptance.

Open the circle and ground.

*c- 4/2008, Danu Gray-Wolf*