

Ritual of Thanksgiving



May the blessings of the November Moon be yours. I invite you to take part in a ritual of Thanksgiving. This is a fallow time, between the Sabbats—a time to be thankful for blessings and harvests of the past.

We will use this ritual time to communicate, honor and give thanks to ourselves.

1. Gather needed items
 - Your favorite perfume or oil
 - An ink pen
 - Stationary & envelope (or a blank greeting card)
 - 1 yellow candle (for communication)
 - 1 self candle (color of your choice)
2. Cast circle in your personal way
3. Anoint yourself with the perfume or oil
 - Saying: "I welcome myself to this sacred space.
 - I've come to honor myself, in all of my grace.
 - I am blessed to let myself be.
 - I am the Goddess inside of me."
4. Light the self candle
 - Saying: "I thank myself for all I have done
 - I give thanks to myself that I get the job done
 - I give thanks to myself for the woman I am
 - I give thanks to myself for the Goddess I am."
5. Light yellow candle
 - ~Relax and breathe...Remember, you have spent your life communicating with others, thanking them—communicating to yourself is sometimes difficult, let alone stopping to thank yourself for all you do.
 - At this time you are **only thanking** yourself for your words, actions, thoughts, etc...just your precious self.
 - Take this time to be as self centered as you can get ☺
6. Take up the paper and the pen and begin writing yourself a letter.
 - Thank yourself. Praise yourself. Whatever you would like to write is great!
 - Write down what **you** want **you** to know.
 - (I think one thing I will be thanking myself for this year is keeping myself healthy. I also think about the killer brownies I made a few months ago... I am definitely thanking myself for my babies! I want me to know how much I like the curve of my hip, and the choices I have made.—I'm not sure how much paper I'll need!)
7. When you have finished writing your letter (writing raises energy!)...send and receive it back to yourself as you place the paper in the envelope
 - Saying: "All I have done, said, thought, I am thankful for.

I am thankful for the opportunities and the choices I have had and I have made.”

8. Seal the envelope. (You may drip some of the candle wax and seal it with your fingerprint upon it.)

Saying: “I’ve come myself, to this sacred space.

I’ve honored myself, in all of my grace.

I am blessed to let myself be.

I am the Goddess inside of me.”

9. Place the envelope on your altar until such a time as you feel ready to place it elsewhere. You may even want to open it and read it on your birthday, or next November, or whenever you choose.

10. Ground an excess energy

11. Open circle.

12. You may extinguish the candle or let them burn safely.