

Soul Actions

In each issue we offer a meditation, exercise or contemplation.
Here, Mara Branscombe shares soul nectar for the times

Throughout history, the power of ritual has been integral to both ancient and modern civilisations. From high holidays to vision quests, tea ceremonies, moon gatherings, honouring the seasonal Wheel of the Year and birth and death rituals, humanity has experienced spiritual awakening and the deepening of self and community through the power of ritual.

When we activate intentional rituals, we track sacred life passages, attune to the present moment and honour the depths in which the ordinary and sacred realms co-exist.

Answering the call to activate the daily rhythms and rituals that generate a balanced mind-body state is generative of both possibility and positivity. Our preoccupation with daily dramas and the chaos of life no longer rules us. Ritualising our healthy habits becomes soul nectar: our perspective shifts more readily and we discover the practices that anchor us to our highest self, no matter what life throws our way. When we commit to soul care, a personal sanctuary awakens, reminding us of the vastness and beauty of this precious existence.

There is a sublime satisfaction that comes from consciously engaging in our healthy habits. We feel whole, connected, and intuitive. This is the gift that weaving daily rituals into your life brings forward.

Intuition and gratitude practice

Try this quick and simple practice to enliven intuitive, positive channels in mind, body and spirit.

1. Upon waking, call forth three or more gratitudes. If possible, light a candle to welcome in sacred space.
2. Place one hand on your heart and one on your lower abdomen. Welcome in your intuitive nature, or your gut instincts, in your lower abdominal area. Take calm, expansive breaths and visualise a loving, healing frequency in body and mind.
3. Tell yourself that you are love. You are healing. You are wisdom. Let these positive affirmations land inside your body.

ASK YOURSELF THESE QUESTIONS:

1. What am I evolving into today?
2. What am I releasing that no longer serves me?



3. What support systems and life lessons am I ready to receive today?

Trust that this daily intuition and gratitude practice is generative of living your best life, and journal anything that arises from your experience.

The power of presence

When ritual becomes embodied in a rhythmic way, glimmers of the sacred naturally reflect the riches of life's experience. From land to sea, sun to

moon and light to dark, we find depth in opposition and naturally attune to a range of perspectives.

We slow down, listen more deeply and align with what matters most. We nourish our natural quest to engage in our *bona fide* calling while observing our life through the lens of wonder, awe and compassionate inquiry. Indeed, the power of ritual is soul fuel for the times.

Soul care rituals for intuition, self-love and joy

- Upon waking, call forth three or more gratitudes
- Light a candle, give thanks for another day and call forward an 'I am____, I will____' statement
- Move your body and connect consciously to your breath at least once a day
- Practise intentional acts of kindness and compassion
- Spend time in nature to reset your nervous system
- Journal your negative or limiting thoughts and liberate yourself by connecting to the positive
- Forgive yourself so you can be forgiving to others
- Honour the full and new moons through nourishing, creative and grounding practices
- Light a candle at mealtimes, offering gratitude for the food and to the workers that help sustain us
- Turn your devices off 30 minutes before bed, drink tea and massage lavender on the soles of your feet and your temples, consciously releasing any unfinished work ●

✂ Mara Branscombe is a mother, writer, yogi, artist, teacher, mindfulness leader, ceremonialist and spiritual coach.

✂ ritualasremedy.com

✂ marabranscombe.com

✂ [@marabranscombe](https://www.instagram.com/marabranscombe)