

Creating your Ritual

Setting up your ritual, space, and cues pt. 2

Creating your space.

There are a few ways that I like to create associations between my daily rituals, and how I want to feel. One very effective way is to have a consistent space that you associate with a habit or ritual. And planning that space in a way that reflects and reminds you of how you want this ritual to make you feel.

You may have heard of having an altar space for meditation or yoga. This doesn't necessarily have a religious meaning, although it can if that resonates for you. The main reason for this is that when you intentionally put yourself in an environment focused on introspection, and use the same space regularly, your brain will shift into your desired state much more quickly. This makes your 5 minutes a day incredibly powerful and effective.

So let's start by setting this intention. How do you want to feel? **In the worksheet, write this in the space on the front page.** Not sure? Do you want to feel joyful, focused, peaceful, motivated, beautiful? Try to think of one or two words that embody what you want more of in your life. If this is challenging, think about what you dislike about how you feel. Do you feel stressed, overly busy, sad, tired? Then your intention might be to feel relaxed, calm, happy, or energetic. If it doesn't come to you right away, I highly encourage you to journal on this for a bit and see what comes up.

INTENTIONAL SPACE

So, where do you put this? Short answer, wherever you plan to do your daily gua sha ritual. Which will also likely be near a mirror, as that's helpful for facial gua sha. Personally, I do have a larger meditation altar, but I do my daily gua sha in my bathroom. And there isn't a lot of space. As long as you have somewhere you can put a few items, or even just a card, you can create intentional space around your daily gua sha practice. Below is a picture of my bathroom setup. It's just a small shelf with a few crystals and a mala. I usually will have an inspirational phrase of some sort in there too.



WHAT DO YOU INCLUDE?

This is where there are no rules. Thinking back to your intention, to how you want to feel, what helps you to feel that way? Is there a place you associate with that feeling where you could include a photo? If you like crystals, look into what crystal has a meaning in line with your intention. Is there a quote or phrase? Include anything that has a special meaning to you that is in line with your intention. Also include anything that brings you joy! If it makes you smile it can help shift your mood. For me, plants always make me happy, so any intentional space I create has to include a houseplant.

Go back to your worksheet and brainstorm 3 – 8 object or phrases/quotes that support your intention or overall joy.

Choosing Your Cues

I'm focusing this course on developing a ritual that is quite short at only 5 minutes. Despite this, I'm going to encourage you to have a ritual with a beginning, middle, and end. Having an opening and closing routine helps to further intensify the power of this daily practice.

Opening the ritual with a sound, scent or action will develop a mental memory to get you to how you want to feel more quickly. Especially as time goes on and you develop the associations in your brain. Closing the ritual allows you to respect this time but also transition back into your daily life.

Some ideas of how to do this are:

Bell/Singing Bowl/Chime
Lighting a candle or incense
Specific song/chant
Putting on a specific piece of clothing/jewelry
Smoke Cleansing
Aromatherapy
Power phrase
Power pose

However please don't feel limited by this. Be creative, have fun! I do recommend that whatever it is takes less than a minute to set up or do. And to have any supplies needed for your opening/closing kept near your gua sha stone or altar.

Going back to your worksheet, fill in your "developing your ritual" section. If you can, keep this worksheet near where you will be doing your Gua Sha practice.

This ends Module 1. Please make sure you complete Module 2 before starting your daily routine or the longer guided routines.