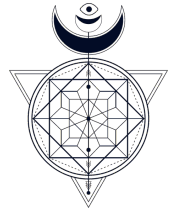


Rebirthing ritual



You will need

- An outdoor space where you feel safe and comfortable
- A morning in the first few days of the lunar cycle, when the moon is first beginning to show in the sky - ideally around sunrise, but do what feels right for you
- At least one blanket.

Practice

- Head outdoors somewhere where you feel safe and comfortable, and begin by casting a circle and/or calling in protective energies - particularly if you are out in public and are alone.
- If you're doing this around sunrise then time the next steps with the time that the sun is rising in the sky; but know that this isn't necessary - simply setting the intention of rebirth and visualising the rising Sun is enough.
- Get as close to the Earth as possible, and when it feels right to you safely retreat under the blanket, covering your entire body, including your face and head as long as that feels safe to do (simply draping it over your head like a cape will be enough if not).
- As you sit under the blanket, focus your mind on your hopes, dreams and wishes for yourself, and on all of the ways in which you would like to step forwards into whatever comes next for you.
- When you feel ready, remove the blanket from yourself and sit or stand up, with your face up towards the sky.
- Visualise - or embrace the energy of - a Sunrise above and in front of you and imagine it's light filling every cell of your body and every inch of your energy, renewing every part of you as it does.
- Stay in that position for as long as feels right to you, and when you're ready say "I am refreshed, I am reborn. I welcome the new beginning and I step into the new chapter of my life, of myself."
- Take a very deliberate step forward and out of the space you've been in as you head out and into your day.