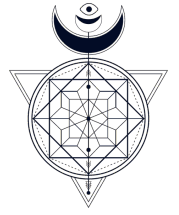


# Honouring Someone Else



## You will need

- A photograph of the person you're honouring, or their name written on a piece of paper
- Your journal or a piece of paper

## The practice

- Cast a circle if you wish
- Close your eyes for a moment and visualise the person standing in front of you - see them in a globe of golden light that represents the love and well wishes you are sending to them
- When you're ready take the piece of paper and write down all of the things you're grateful and appreciative for about this person, as well as what you wish for them
- Place the paper under the photograph or paper with their name on and hold these between your heart as you repeat

*<Name> I honour you*

*In love, and respect and for the greatest good of all I thank the Universe for you and wish that you be celebrated for the wholeness of who you are  
You are loved, you are honoured.*

- Now place the two back down together and leave on your altar - or just somewhere safe - overnight
- Close your circle or, if you wish, take the time to write a card to the person or make them a gift - perhaps some food or a plant that you can infuse with those same positive wishes and feelings.