

# Honouring Yourself

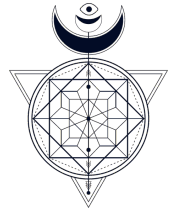


## You will need

- A space where you will be safe and undisturbed for a while - ideally before bed and just after a bath or shower
- Delicious body cream or oil
- Good music
- Chocolate or something delicious to eat

## The practice

- Get comfortable and cast a circle. As you're calling in the circle, set the intention that this will be a space of love, nourishment and honour
- Take the time to sit quietly in that space with your hands on your heart and breathe deeply into yourself
- Put on the music that you love and, if you wish, have a little dance. If not, simply sit or lie there listening to the music and allowing it to enter your senses. Notice how that music - and the movement if you're dancing - makes you feel and take the time to give thanks for those feelings. Allow yourself to smile as the music fills your senses.
- When you're ready take the body cream and begin to rub it into every part of yourself. Do this slowly, consciously and deliberately, giving thanks either out loud or in your mind for every part of your body as you not only anoint it with the cream but also nourish it on the way.
- Sit in that space for a few moments - music playing, skin freshly tended to and breathe into how it feels to simply be you, here and in this moment. If any emotions come up at this time, honour them, allow yourself to feel them.
- If there is anything else you'd like to do here to nourish yourself then go for it - for me that often involves brushing out and braiding my hair, and putting on particularly snuggly pyjamas, and socks!
- When you're ready put your hands over your heart, close your eyes and honour yourself with whatever words you need to hear - you can use your own, or something like:



## Continued

*"<Insert your name> I honour you  
I love you  
I respect you  
I cherish you*

- Repeat this - or whatever else you need to say - as many times as you need to until you feel satisfied
- When you're ready, take whatever the delicious food that you've gathered for yourself is and allow yourself to truly savour the taste and the sensation of eating this. Again, partly to nourish yourself and partly to ground in the words that you've spoken
- Take as long as you need to within this space before closing your cycle and then heading off to bed if you can.