

# Union with Self



## You will need

- A token that you are choosing to dedicate to yourself (ideally something small that can be carried around with you easily)
- A pen and paper
- A glass or cup of something delicious to drink
- Some time within three days of the Full Moon

## Practice

- Begin by getting comfortable and dressing in a way that makes you feel in the fullness of yourself. This can mean anything you like, but for me personally would involve some red lipstick and a look as though I'm taking myself on something of a date.
- Call in a circle if you wish
- Take some time to write down all of the things you most love and respect about yourself, as well as the promises you will make to yourself as you move forward in a place of greater alignment with yourself.
- Get quiet and bring your hands into prayer position in front of your heart as you consider what it would mean to be wholly and completely in alignment with yourself.
- Moving your hands to your heart, read aloud all the reasons you have written that you love yourself. If any more come up as you're reading, feel free to read these aloud too. Take it slowly, giving yourself time for the energy of your words to settle within you.
- Take a deep breath and allow the energy of that love to flow through you, visualise it filling you like a beautiful, warm pink or golden light.
- Next move to your second list of the promises you are making to yourself and again, read these aloud slowly and deliberately, pausing between each to allow the words and their meaning to settle into you and your energy.



## Continued

- Take the token you have gathered for yourself.
- Hold it to your heart as you say:

*By Divine decree and in the name of Source, Gaia and my own soul,  
may this token be a continual reminder of the promises  
I make to myself on this day.*

*Of the union I commit to and of the wholeness of my self.*

- Place one hand on your heart and the other on your solar plexus as you recite, clearly and deliberately:

*I am my greatest ally, my fiercest supporter and my best protector  
I commit to these roles and to being all that I need for myself  
Here, now and always  
I commit to my wholeness  
I commit to myself.*

- Raise your glass high as you declare: "It is done." And take a drink to celebrate.
- Sit in the space for as long as you need, celebrate with cake, dancing or anything else that feels right and when you're ready close down your circle and come out of that space to return to your day. Be sure to wear your token or keep it close to you for at least seven days afterwards.
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