



*25 Sacred rituals for connecting  
to your soul and the infinite universe*

*Rituals are celebrations of life. They connect us with the sacred by helping us become more mindful during everyday life while also marking the turn of the seasons, passing of years, and transitions into different chapters of our lives.*

*Intention and awareness transform any activity into a ritual. Set the intention to connect to your heart and the universe. Allow yourself the release what no longer serves you and fill up on the universe's infinite energy and abundance.*

*Rituals are best done either daily, at specific times (like during a new moon), or for a specific length of time like a 40-day practice.*

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1. Each night before bedtime for one week, practice this: Gaze into a glass of water while repeating a positive affirmation, even "I love you," for one to three minutes. Then drink the water, which now holds positive vibrations.
  2. Welcome each nightfall with a salt bath and relaxing music. Burn a candle and allow yourself to sink into deep relaxation. As the water drains from the tub afterward, intend that the day's worries flow out with it.
  3. Set new moon intentions during a ceremony with candles and beautiful music. Create stillness to receive a new vision for the next 30 days or longer.
  4. Celebrate on the full moon, honoring your victories and consciously releasing any tribulations. Write in your journal and soak up the lunar light while standing outside.
  5. Chant a mantra with a mala, for one day or for 40 days. (There are great ones on Youtube.)
  6. Write morning pages each morning, three pages stream of consciousness in your journal.



7. Drink ceremonial cacao in the morning.

8. Make tea, consciously pouring the water, noticing steam, and giving thanks for the beverage. This could be a beautiful in the morning, after work, or before bedtime.

9. Pause and think of five things you're grateful for in the morning or before going to sleep. Set the intention to welcome more of these things into your life.

10. Journal your hopes and dreams. Light a candle before beginning and ceremoniously blow it out when you've finished.

11. Intentionally honor seasonal changes with a ceremony. Perhaps journal about your lessons and blessings and set new intentions for the coming season.

12. Let your body rest and reset while doing restorative or yin yoga. Burn candles, enjoy music, let yourself relax.

13. Have an intentional dance party! Move your hips in circles, visualize everything you no longer need releasing from your body. Connect to the divine feminine.

14. Stay connected to lost loved ones by having a small ceremony on their birthday or anniversary of their passing. Look at their picture, light a candle, and connect to their memory. Give thanks for having known them.

15. Consciously cook your meals. Intentionally put love into whatever you're making and give thanks for the food you're about to eat.

16. Walk outside. Rather than letting your mind ruminate over random things, consciously breathe in the earth, air and sky. Notice the plants around you. Connect to Mother Earth. You can also walk barefoot for grounding.

17. Write affirmations each morning. This involves writing empowering beliefs that you'd like to believe, like "I am unstoppable. I am a goddess. My gifts change people's lives."

18. Do a 40-day yoga practice, like the one I offer in *The Big Shift!*

19. Sing! Sing your heart out. Find a beautiful mantra or empowering song, open your throat chakra and sing! Do this for 40 days if you feel called.



20. Spend time intentionally daydreaming. Pick a time when your body naturally slows down, maybe in the late afternoon. And allow yourself to spend a few moments seeing what visions come up, and tuning into the vision you're creating.

21. Have a beauty ritual! Give yourself a face mask or steep herbs in a bowl of hot water and allow the steam to rise into your face. (It helps to put a towel over your head.) Make your own products, or indulge and buy luxurious ones that make you feel cared for.

22. Do abhyanga. This is Ayurvedic oil massage! Warm coconut or jojoba oil on the stove, and, starting at the scalp, lavish it over your entire body. Shower or bathe.

23. Consciously breathe. Try breathing in for six, holding for six, and exhaling for eight. Feel free to shift the counts to find a breath pattern that works for you.

24. Practice yoga nidra. This is yogi sleep, and it's beyond relaxing. Search on YouTube for free guided sessions.

25. Live in accordance with the seasons. Of course this won't be perfect, but consciously focus on letting go in the fall, rest and restore in the winter, plant seeds in the spring, and allow yourself to blossom and have fun in the summer.

## About Suzanne Heyn



Suzanne Heyn is a spiritual blogger, online course creator, and host of the forthcoming podcast *On the Road*. Known as the Queen of Authenticity, she supports soulful creatives on a quest to realize their fullest potential by releasing past pain and connecting to their truest gifts.

By the age of 27, Suzanne had survived the deaths of her father, her sister, and her own cancer diagnosis. Through these experiences, Suzanne faced the darkest places within herself to ultimately find her greatest light.

She believes you can heal any wound, transcend any circumstance and create any kind of life you want to — as long as you are courageous and willing to do the work. She's here to show you how.