

Ritual for a Humble and Compassionate Heart

By Heather Rae

To be humble is to be respectful, modest. To be compassionate is to be sympathetic to other's distress and to find empathy, concern and tenderness. In this ritual we will focus on working with the heart chakra located at the center of the chest and it's connection to the element of air. To can use as much or as little as I suggest, you need nothing more than yourself and your intention. Follow your intuition and tap into your own innate ability to heal

Suggested materials:

Rose quartz crystal

White, green or pink candle

Piece of paper/pen

Feather

Sage/matches



Ritual:

I always prefer to take a cleansing bath before any ritual or healing work, you may add your rose quartz crystal in or near the bathtub to connect with that energy. Imagine the water cleansing any negative thoughts or intentions that may form an obstacle to heal and tune in.

When done sit in a comfortable position, light your candle and hold the sage to the flame. Carefully blow out sage and use the smoke to smudge and clear the energy of your space. You may use your feather to further move the smoke around you and your space. The feather connects you with the element of air, representing communication, imagination and free flowing energy.

Sit with your rose quartz, paper and pen-you may choose to hold your rose quartz in your hand or place next to candle. Close your eyes and connect with the element of air through the breath, offering a few cycles to tune into the self and clear the mind. Begin to meditate on the heart center, drawing the breath in and out from that space. Allow free flowing energy to move throughout your entire being. The heart is the bridge between our earthly selves and our higher selves. Imagine that bridge moving from the heart to the throat to offer open communication. The heart chakra regulates love, compassion, universal loving kindness and forgiveness, the throat chakra communication, purification.

Bring to mind the aspects of yourself you respect, that you are proud of. Take a moment to hold those attributes into the heart with love. Think of all the lessons you are thankful for in getting to where you are at in your life up until this moment. See your challenges with respect and honor the growth and opportunity that's come from each. Bring to mind all that you are grateful for in this day. The people, the experiences, all you hold dear in your life. Draw a sense of gratitude and abundance into the heart with the breath, spend as much time here as you'd like.

When you are ready, write yourself a note. It can be a message, it can be a list of things you respect about yourself or what you are thankful for. Fold that piece of paper in half 3 times, one for the body, one for the mind and one for the spirit. Hold the paper to your lips and blow your loving intentions into your hands. Keep that paper somewhere you can with see if often or where you can take out when you need to remember who you and all you are thankful for.

