



*Gratitude is the presence of NOW*

## **Bath Ritual**

- Bring some white Epsom salts, fresh pink rose pedals, hyacinth flowers or if you cannot find them essential oil.
- Bring a beautiful candle, clear or platter, toothpick
- Go into the bathroom, light the candle and dim the lights.
- Spread the Epsom salts on a plate, and
- place the flowers on the plate in a way that feels right to you.
- Then draw whatever comes to you in the salt with the toothpick. What every symbol comes.
- Now close your eyes and start praying for all that you are grateful for from your heart. Add all contents to your bath and feel your prayers being answered.
- Stay in the bath for as long as you feel guided too.

