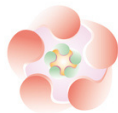


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12 initiation rituals  
to prepare for  
the coming year



RITUALS

According to an ancient esoteric approach, the first 12 days of the year correspond energetically to the 12 months of the year, the month of January being the 1st day of the month, the month of February being the second day of the month, and so on.

So I had the idea to introduce you to 12 rituals. These rituals are to be performed and followed in a given order so that they prepare you energetically for the year ahead. You can rehearse them at the beginning of each month of the year concerned and also at the change of Moon phases: as a result, the power of the ritual will be reactivated.

These 12 rituals can be practised alone, with friends, with your sisters, or your mother.

Remember to write down your emotions, your experiences, your encounters in your personal diary. They might shine like so many little stars guiding you to learn your intimate space better. Indeed, they will allow you to have boldness, vitality, and to live your year with enthusiasm as the months progress.

During these first 12 days, reveal the best of yourself, meditate every day, enhance your actions, dare, stay calm and attentive to signs!

## *Some ideas to guide you!*

Take stock of your life, do you want to stay on this path?

Faced with a given context, do you need to clarify your situation?

Do you want to start a story or end one?

What are your wishes and goals for the coming year, both professional and personal ones?

Do you respect yourself and your plans?

Are you staying true to your intentions?

# RITUAL FOR THE MONTH OF JANUARY

JANUARY 1

JANUARY (DERIVED FROM LATIN) IS NAMED AFTER JANUS, THE GOD OF DOORWAYS IN ROMAN MYTHOLOGY. HE IS DEPICTED AS HAVING TWO FACES, AN OLD ONE, LOOKING TO THE YEAR THAT HAS PASSED, AND A YOUNG ONE, LOOKING TO THE YEAR THAT IS COMING. JANUS IS ALSO THE GOD OF BEGINNINGS AND ENDINGS, KEYS AND DOORS. HE INDICATES THE TRANSITION BETWEEN THE YEAR WHICH IS ENDING AND THE ONE WHICH IS ABOUT TO START: THE WORK WHICH ACCORDING TO TRADITIONS HAS BEGUN SINCE SEPTEMBER. THE RED GARNET IS ASSOCIATED WITH THE MONTH OF JANUARY. THIS STONE BRINGS YOU VITALITY AND ENERGY.

## Preparation

You are going to create your altar for the coming year or remake the one from the previous year. This will accompany you during all your next rituals of the year. You will need small items that are important to you and a diary to write down your impressions.



## *Building your altar*

*The ritual*

Make up your altar which might include a photo, a small pebble, a drawing, a shell, a feather, a bell, a mandala, a terracotta object, a ribbon, a red garnet. Keep it simple if you want, your altar can fit in a miniature wooden or cardboard box.

Let yourself be inspired and make a commitment to put yourself in contact with your woman's belly, with your heart. Create a real bond of encounter with yourself by designing your personal and intimate altar.





Say aloud:

"I see the year ahead, I am committed to taking care of myself throughout the year!"

You can formulate the intentions that seem most relevant to you, let your creativity run free.

Feel your decision 'being imprinted' on your body, in your cells, in the depths of your intimate space. Visualize yourself in full possession of your means perfectly aligned and happy. Meditate for 15 minutes in front of your altar. At the end of this ritual of the month of January, write down, draw, paint your impressions in your diary.



# RITUAL OF THE MONTH OF FEBRUARY

.....JANUARY 2

FEBRUARY REPRESENTS THE MONTH OF PURIFICATION, IN LATIN, IT MEANS TO PURIFY. IT WAS NAMED IN HONOR OF THE GOD FEBRUUS, GOD OF DEATH AND PURIFICATION. THE FEAST OF CANDLEMAS IS HELD THIS MONTH. A PANCAKE LOOKS LIKE A HUGE SUN THAT ENTERS OUR HOMES! MOREOVER, FOR THE ROMAN PEOPLE, IT WAS THE LAST MONTH OF THE YEAR, AND IN CHINA, THE FIRST DAY OF THE NEW YEAR IS CELEBRATED IN FEBRUARY. AS FOR THE CHRISTIAN TRADITION, THE FESTIVITIES OF SHROVE TUESDAY FOLLOWED BY ASH WEDNESDAY BECAME A CARNIVAL THAT EMBODIES THE END OF WINTER GIVING WAY TO SPRING.

THE REBIRTH AND THE OUTCOME ARE INTIMATELY LINKED HERE. THE IMBOLC FESTIVAL HELD ON FEBRUARY 1ST LANDS ABOUT HALFWAY BETWEEN THE WINTER SOLSTICE AND THE SPRING EQUINOX. THE TERM IMBOLC MEANS SPIRITUAL CLEANSING. THIS FESTIVAL IS ASSOCIATED WITH SPRING AMONG THE CELTS AND WITH THE GODDESS BRIGID, GODDESS OF POETRY, RENEWAL, AND HEALING. NOW IS THE TIME FOR NEW BEGINNINGS AND NEW PROJECTS. EMPTY AND PUT AWAY THE LAST FILES, SORT, DISPOSE OF, DONATE, REDUCE. CLEAN YOUR HOUSE WITH SAGE AND ROSEMARY. MEDITATE FOR THE WATER OF MOTHER EARTH, THE WATER OF STREAMS, LAKES, RIVERS, SEAS, AND OCEANS. YOU CAN ALSO COLLECT VISIONS FOR THE COMING YEAR. AMETHYST, ASSOCIATED WITH FEBRUARY, DEVELOPS YOUR INTUITION!

## **Preparation**

You need a small cushion for your meditation, soft music, and incense (dry sage type), and a candle. Use a Tibetan bowl, mini cymbals, or your drum. You can put water in a nice container.



# The purifying song

*The ritual*

You are connecting yourself with February. Light your candle. You feel the end of winter and the sun is making its return. Sitting in front of your altar, you lay down your intention with faith and conviction, and you pronounce out loud intelligibly:

"May my body, my actions, my thoughts, and my house be purified, cleansed and regenerated perfectly, entirely!"

You can chant the "AUM" sound as many times as you feel like it.

Indeed, the mantra, (etymologically, Mala corresponds to the mind and Tra means protection), AUM, is one of the most powerful mantras, because it puts in vibration all the chakras of the body.

Contemporary science says that this sound is the sound of the universe and of the origin.

Your music can also accompany you. You light your incense, and in consciousness, you walk through the rooms of your place of life, with your bells and your Tibetan bowl, your drum and thus you purify, connected to your guide, to the goddess Brigid. At the end of this ritual of the month of February, write down, draw, paint your impressions in your diary.



# MARCH RITUAL

.....JANUARY 3

THIS THIRD MONTH HERALDS SPRING, AND THE BEGINNING OF THE YEAR. THE BEES EMERGE FROM THEIR HIBERNATION AND DELIGHTFULLY FORAGE WILLOWS AND HAZEL TREES. IT IS A MONTH OF COMMITMENT, BUT ALSO OF RENEWAL AND JOY. THE PERIOD FAVORS MOVEMENT! THE MONTH OF MARCH IS HOME TO THE SPRING EQUINOX AND CARRIES WITH IT ALL OF ITS SYMBOLISM. ON THIS DAY THE SUN RISES IN THE EAST AND IT SETS EXACTLY IN THE WEST! RED CHALK, THE STONE OF MARCH, CONVEYS COURAGE AND PERSEVERANCE.

## Preparation

You will need scarves, ribbons, your personal diary, a candle, and dance music.



*The 3 wishes*

*The ritual*

You are performing an act: you light your candle in consciousness near your altar. Write down your 3 wishes for your new year, and say them out loud and intelligibly, for the world to hear you. Formulate your intention connected to your belly and your female heart. Feel the full blossom of your life and the renewal within you. At the end of this ritual of the month of March, write down, draw, paint, your impressions in your diary.

# RITUAL OF THE MONTH OF APRIL

.....JANUARY 4

THE NAME, APRIL, IS DERIVED FROM A LATIN WORD MEANING "TO OPEN," WHICH IS THE MONTH WHEN FLOWERS BLOOM. YOUNG SHOOTS OF LIGHT ALMOND GREEN QUIVER. CHERRY TREES, APPLE TREES, AND PEAR TREES SHOW THEIR BEST COLOURS FROM PINK TO WHITE AND PREPARE THE ARRIVAL OF THE FRUITS THAT WILL NOURISH OUR VITALITY. THIS MONTH, IN THE GREEK TRADITION, IS DEDICATED TO APHRODITE, GODDESS OF FERTILITY AND LOVE. IT IS THE MONTH OF SONGS AND DANCES OF LOVING BIRDS. DIAMOND IS ASSOCIATED WITH THE MONTH OF APRIL AND CONSIDERED TO BE A SYMBOL OF PEACE AND ETERNITY.

## Preparation

At sunrise of this beautiful day, you get ready to perform your ritual. You light a candle on your altar. For a few moments focus on this pleasant day dedicated to the dawn of April.



*Regeneration of love*  
*The ritual*

In the morning, you voice your wish in front of your altar in connection with your belly and your woman's heart. You remain grounded and present to your inner tree throughout this beautiful day. Your feet feel the contact with Mother Earth which generates all your intentions.

You say out loud and intelligibly:

"I welcome the vibration of love carried by the month of April that runs through me, my projects take root in me."

At the end of this ritual of the month of April, write down, draw, paint, your impressions in your diary.



# RITUAL OF THE MONTH OF MAY

.....JANUARY 5

THE GODDESS MAIA, ONE OF THE PLEIADES AND MOTHER OF MERCURY, IS ASSOCIATED WITH THE MONTH OF MAY. LILY OF THE VALLEY WHITENS OUR UNDERGROWTH AND BRINGS US HAPPINESS, A SPRIG IS ENOUGH. DO YOU KNOW THE NAMES WE GIVE TO OUR LILY OF THE VALLEY ON MAY 1ST?

BELLS OF WOODS, LILY OF MAY, MAY BELLS, MUGUET OF WOODS, MUGUET OF BELLS. AND APOLLINARIS. INDEED, A LEGEND TELLS US THAT THE LILY OF THE VALLEY WAS CREATED BY APOLLO TO OFFER TO THE NINE MUSES WHO SURROUNDED HIM, A LAWN WORTHY OF THEIR FEET. IN ADDITION, THIS FLOWER IN THE SHAPE OF BELLS HAS ALWAYS SYMBOLIZED SPRING AND THE CELTS GRANTED IT LUCKY VIRTUES. THE NAVIGATORS OF ANTIQUITY ALSO SET SAIL ON MAY 1. AND IN THE MIDDLE AGES, THE MONTH OF MAY REPRESENTS THE TIME OF BETROTHALS. IN ANY CASE, THE MONTH OF MAY PROVIDES THE OCCASION FOR EXTERNALIZED CELEBRATIONS. NOWADAYS, THE TRADITION IS PERPETUATED BY OFFERING A SPRIG OF LILY OF THE VALLEY TO THOSE WE LOVE TO BRING THEM JOY AND HAPPINESS. EMERALD ACCOMPANIES THE MONTH OF MAY, SYMBOLICALLY ATTACHED TO KNOWLEDGE.

## Preparation

As this beautiful day rises get ready to simply perform your ritual which takes place throughout your day. You light a candle on your altar.

Channel your thoughts and breathing into the coming month of May.



*Positivity as a source of happiness*

*The Ritual*

You are voicing an act, all day long you make a commitment to formulate only positive intentions, to think about solutions rather than problems.

State:

"I am happy, my life is abundant and prosperous! "

At the end of this day, write down, draw, paint, your impressions in your diary. May it be filled with gaiety, joy, and gifts!

# RITUAL OF THE MONTH OF JUNE

.....JANUARY 6

THROUGHOUT THIS MONTH YOU FEEL THE SURGE OF ENERGIES THAT WILL GRADUALLY PEAK AT THE SUMMER SOLSTICE, THE LONGEST DAY OF THE YEAR. SO WHAT WAS INITIATED AT THE SPRING EQUINOX REACHES A CLIMAX AT THE SUMMER SOLSTICE THIS IS THE DAY WHEN THE NIGHT PREPARES ITS TIMID APPEARANCE FOR AN HOUR SOMEWHERE VERY CLOSE TO THE ARCTIC CIRCLE WHEREAS THE DAY BECOMES MORE POWERFUL THAN THE NIGHT! THE MAGIC OF THE MONTH OF JUNE, SYMBOLICALLY CONFRONTING THE MONTH OF DECEMBER IN THIS WAY, TAKES YOU ON A JOURNEY OF RICH COLORS AND SMELLS: A TRUE FESTIVAL CULMINATING THE FLOWERING OF NATURE. IT'S TIME TO HARVEST THE HERBS THAT ARE FULL OF SUN AND SAP THE OILY MACERATES OF ST.JOHN'S WORT. THE MAJOR SYMBOLISM OF THE PRIMORDIAL FIRE OF THE MONTH OF JUNE GUIDES YOUR STEPS AS A WOMAN TOWARDS OUR INNER FIRE. FIRE REPRESENTS THE ELEMENT THAT TRANSMUTES AND ALLOWS ALL SORTS OF TRANSFORMATIONS. THINK OF THE SALAMANDER OR THE PHOENIX. IN GREEK MYTHOLOGY INSPIRED BY ANCIENT EGYPT,THE PHOENIX,A MYTHICAL, NOBLE,AND PHANTASMAGORICAL ANIMAL, IS TIRELESSLY REBORN FROM ITS ASHES. ALEXANDRITE REMAINS THE STONE OF THE MONTH OF JUNE, A SYMBOL OF WISDOM AND JUSTICE.

## Preparation

You put on a beautiful feminine outfit full of shimmering colors, take your drum or turn on happy and rhythmic music. Get ready to dance your inner fire! Light your candle on your altar.



*The dance of your intimate fire*

*The ritual*

You are preparing to dance your intimate fire. Thus, you renew your energy as a woman.

You offer your dance to your inner beauty.

You can sing and say aloud:

"I love myself, I take my place, I accept myself as I am ".

At the end of this ritual of the month of June, write down, draw, paint your impressions in your diary.

# RITUAL OF THE MONTH OF JULY

.....JANUARY 7

JULY IS THE PEAK OF SUNSHINE, HEAT, AND POWERFUL THUNDERSTORMS. THE NAME OF THE MONTH IS PROBABLY DERIVED FROM THE LATIN JULIUS, GIVEN IN HONOR OF JULIUS CAESAR, BORN IN THAT MONTH. ACCORDING TO CHINESE TRADITION, SUMMER CONTAINS THE PEAK OF "YANG YANG", WHERE THE CONCENTRATED ENERGY IS MOST POWERFUL. INDEED, SUMMER, SYNONYMOUS WITH CELEBRATION AND TRAVEL, VISITS, AND SOCIAL GATHERINGS, FESTIVALS, AND CONCERTS, SYMBOLIZES THIS ALMOST PAROXYSMAL ENERGY OF THE YANG. THE FAVORABLE STONE IS THE RUBY WHICH EXALTS THE PASSIONS AND THE FIRE OF SEXUALITY.

## Preparation

When you wake up, you are preparing to naturally perform your ritual that takes place throughout your day. You light a candle on your altar. Channel your thoughts and breathing into the coming July. In the morning, you express your intention in front of your altar in connection with your belly and your female heart. You feel the sun on your skin.



*to act*  
*The ritual date*

You achieve something that you haven't accomplished yet, but of which you think frequently, telling yourself that you should do it, for example: giving your time to someone who needs it. Dress in an outfit that you bought but have never worn or give it away; apply make-up, cook, tidy up a room in your living space, take a bath, massage your feet, meditate. State loudly and clearly: "I am important to me". At the end of this ritual of the month of July, write down, draw, paint your impressions in your diary.

# RITUAL FOR THE MONTH OF AUGUST

.....JANUARY 8

IN THE CATHOLIC RELIGION, THE MONTH OF AUGUST CONSTITUTES THE MONTH OF THE IMMACULATE MARY, WHO IS INTIMATELY UNITED WITH THE SACRED HEART OF CHRIST PRESENT IN THE EUCHARIST. AUGUST WELCOMES THE ESSENTIAL FEASTS OF THE VIRGIN MARY (SYMBOL OF THE DIVINE MOTHER) AND THE HIGH TIDES OF AUGUST 15TH LINKED TO THE FULL MOON. THE LIGHT OF THE SUN AND THE FULL MOON BOTH UNITE TO ILLUMINATE THE SHADOWS OF THE SOUL. PERIDOT SOOTHES YOU AND STIMULATES YOUR CREATIVITY. IT ALSO INCREASES SELF-CONFIDENCE.

## Preparation

In the morning, define your intention in front of your altar in connection with your belly and your female heart. Light your candle on your altar.



*The divine feminine*

*the ritual*

Connect with the divinity within you regularly throughout the day and say the following words:

"I honor the divine feminine within me."

At the end of this ritual of the month of August, write down, draw, paint your impressions in your diary.



# RITUAL OF THE MONTH OF SEPTEMBER



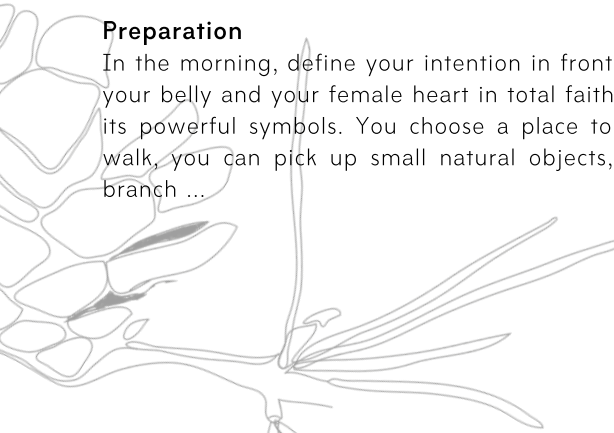
.....JANUARY 9

THE ULTIMATE HEAT OF SUMMER CAN MAKE US BELIEVE THAT SUMMER IS PLAYING OVERTIME. WE STILL FEEL A STEP IN SUMMER, THE LAST STRAWBERRIES DELIGHT OUR PALATE BUT THEY ARE VERY QUICKLY AND INEVITABLY REPLACED BY THE SWEET AND JUICY PEARS. WHILE GRAPE HARVESTS PUNCTUATE EVERY SEPTEMBER, THE HARVEST ALSO CONCERNS OTHER FRUITS SUCH AS APPLES, QUINCES, AND PEARS. THESE MAGNIFICENT FRUITS WILL SUPPORT OUR VITALITY ALL WINTER LONG. THE MONTH OF SEPTEMBER PREPARES AND WELCOMES AUTUMN.

THE AUTUMN EQUINOX FLOODS YOU WITH ITS POWER. IT DIVIDES DAY AND NIGHT EQUALLY, SO MALE AND FEMALE ARE BALANCED AS THE FORCES OF THE DAY AND THE FORCES OF THE NIGHT. THE EQUINOX WAS CELEBRATED BY THE CELTS, THIS HOLIDAY WAS CALLED "MABON" (PRONOUNCED MAY BON). IT INVITES YOU TO EXPLORE YOUR LIGHT AND YOUR SHADOW. BY THE WAY, THE MONTH OF SEPTEMBER IS THE NINTH MONTH IN NUMEROLOGY WHICH INDICATES EVERYTHING THAT NEEDS TO BE FINISHED, CLEANED UP. 9 ALSO EVOKES THE END OF A CYCLE AND THEREFORE CARRIES WITHIN IT THE GERM OF RENEWAL.

THUS, FROM SEPTEMBER TO DECEMBER YOU CAN REMAIN PRESENT IN THIS WORK OF LIGHTENING, FOR EXAMPLE, YOU CAN GIVE, THROW AWAY CLOTHES THAT YOU NO LONGER WEAR, CLASSIFY YOUR FILES AND YOUR IDEAS, CLARIFY YOUR RELATIONSHIPS, GIVE MEANING TO YOUR PROGRESS ... SAPPHIRE, THE STONE ASSOCIATED WITH SEPTEMBER, OPENS THE WAY TO YOUR INTIMATE UNDERSTANDING.

## **Preparation**



In the morning, define your intention in front of your altar in connection with your belly and your female heart in total faith in the month of September and its powerful symbols. You choose a place to go for a walk and during your walk, you can pick up small natural objects, such as small stones, a leaf, a branch ...





# Listen to the message of nature

*The ritual*

In the evening, in front of your altar, you sit comfortably and connect with the people of stones, trees.

I declare,

"I open my heart to the subtle message of nature!"

You take the natural harvest of your walk one by one and you hold them in your hands, you feel their energies and deep in your heart you listen attentively to the message that is being delivered, you are ready to receive it. At the end of this ritual of the month of September, write down, draw, paint the answers received in your diary.



# RITUAL OF THE MONTH OF OCTOBER

.....JANUARY 10

INDIAN SUMMER SETS IN DURING THE MONTH OF OCTOBER. THE GARDENS WILL FALL ASLEEP AND PATIENTLY AWAIT THE ARRIVAL OF NEXT SPRING. IT IS A FAVORABLE MONTH FOR PICKING NUTS AND CHESTNUTS. ON THE LAST DAY OF THE MONTH, YOU ARE INVITED TO PAY HOMAGE TO YOUR DECEASED, HUMANS, AND ANIMALS. YOU CAN LIGHT A CANDLE ON THIS DAY TO HONOR THE MEMORY OF ALL THOSE WHO HAVE PASSED AWAY. THE TOURMALINE THAT PROTECTS AND SOOTHES YOUR EMOTIONS IS THE STONE OF THIS MONTH.

## Preparation

You announce your intention in front of your altar in connection with your belly and your female heart. You light your candle and your incense or white sage stick. You have a compass to locate the four cardinal points of your home, your drum, or music with the sound of the drum. If that helps you, you can place a stone, a pebble, a shell, or a scarf symbolizing the 4 cardinal points.

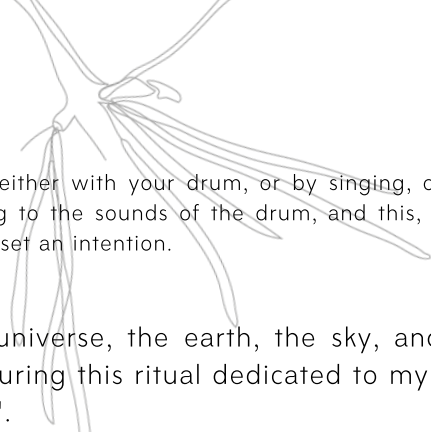
Idea: Drawing these symbols on a piece of paper above your altar can allow you to stay connected to it all year round.



## Protection and blessing

*The ritual*

You will bless your place of life and perform an act of its protection. The cross of the four directions, associated with the 4 symbols of the Medicine Wheel and used by the Amerindians, will be your guide. At the heart of this tradition, each direction of the wheel contains, among other things, sacred energy, a power, a totem animal. Its energy is harnessed to concentrate the power of a place, a sacred space, a meeting circle.



You will thus greet, either with your drum, or by singing, or by clapping your hands, or by listening to the sounds of the drum, and this, in the 4 directions, bless your home and set an intention.

For example :

"I'm asking the universe, the earth, the sky, and the angels to accompany me during this ritual dedicated to my protection, and that of my home".

Be attentive to stay connected to your power as a medicine woman and to the center of your belly. You can perform this ritual in the main room and reproduce it in every space of your living space.

Facing East, you say aloud:

"Power of the East, power of the beginning, I greet you and I thank you for your blessings, I summon the power of the great spirit embodied in the eagle, and I welcome the spring energy. "

Facing South, you say aloud:

"Power of the South, providing growth, I greet you and thank you for your blessings, I call wolf medicine, and I welcome the energy of summer."

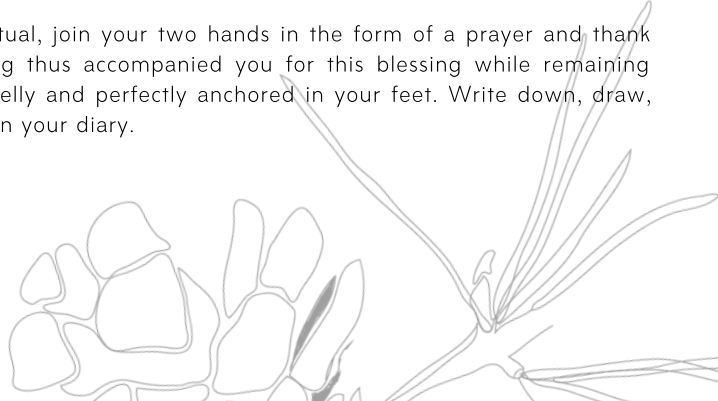
Facing North, you say aloud:

"Power of the North, providing balance, I greet you and I thank you for your blessings, I connect to the bear's faculty of introspection, and I welcome the energy of autumn.

Facing West, you say aloud:

"Power of the West, power of potential, I greet you and thank you for your blessings, I unite myself with the prayer and abundance of buffalo medicine, and I welcome the energy of winter."

At the end of the ritual, join your two hands in the form of a prayer and thank the divine for having thus accompanied you for this blessing while remaining connected to your belly and perfectly anchored in your feet. Write down, draw, paint the messages in your diary.



# RITUAL OF THE MONTH OF NOVEMBER

.....JANUARY 11

HALLOWEEN NIGHT IS CELEBRATED ON THE NIGHT BETWEEN OCTOBER 31ST AND NOVEMBER 1ST, A FEAST WHERE DEATH IS EMPHASIZED IN SOME ANCIENT MYTHS. IN IRELAND, IT IS CALLED SAMAIN.

SAMONS, SAMHUINN, NIGHT OF THE ANCESTORS, FESTIVAL OF THE DEAD, NOVEMBER EVE, CALANGAEF, SAMHAIN, SHADOWFEST, MARTINMAS, OLD HALLOWMAS (SCOTTISH, CELTS), ALL HALLOW'S EVE (WHICH MEANS ALL SAINTS EVE), DAY OF THE DEAD, FEAST OF THE SPIRITS, THIRD HARVEST, CELTIC WINTER, SAMANA, APPLE FESTIVAL. SAMHAIN IS THE FIRST OF THE CELTIC YEAR BECAUSE FOR THE CELTS AND FOR MANY OTHER PEOPLES THE CYCLE OF THE YEAR DOES NOT BEGIN WITH THE VISIBLE EMERGENCE OF THINGS, BUT AT ACTUAL BIRTH, AS A CHILD'S HEART BEATS FROM CONCEPTION. THE DAY BEGINS AT MIDNIGHT, EACH PART OF LIGHT CONTAINS ITS NIGHT POTENTIAL AND SAMONIOS CONTAINS THE PROMISE DUE TO THE COMING OF THE SUN AND THEREFORE OF THE NEW YEAR. SAMHAIN MEANS GATHERING, THE TIME OF THE GATHERING OF CATTLE WHOSE RETURN WAS MARKED BY FIRES LIT ALONG THE PATHS. THESE FIRES GUIDE US DURING THE CURRENT RITUALS TOWARDS THE PATH OF THE FUTURE. OTHER TRADITIONS ALSO SAY "END OF SUMMER" OR NOVEMBER IN GAELIC. CITRINE, A NOVEMBER STONE, PROMOTES CONCENTRATION AND CREATIVITY.

## **Preparation**

You announce your intention in front of your altar in connection with your belly and your female heart. You light your candle and your incense or white sage stick. You need your meditation cushion as well as soft music that promotes inner peace and calm



## Life-death-life cycle

*The ritual*

Put your music on while sitting calm and relaxed.

You should say:

"I relate to all my benevolent deceased and to the beautiful moments shared together!"

By thought, you will revisit all the highlights of the past, your loved ones, your animals, and the bonds of love that united you. Then you should feel what is left alive in you today. Once this ritual is performed, you can write in your diary what touched you during this backward "journey" and what is the constructive energy that is building in you now.



# RITUAL OF THE MONTH OF DECEMBER

.....JANUARY 12

THE MONTH THAT WELCOMES THE DESCENT OF ENERGIES UNTIL THE WINTER SOLSTICE MAY COINCIDE WITH THE FULL MOON IN DECEMBER, WHICH GIVES ITS ADDITIONAL POWER. ABOVE ALL, IT IS THE LONGEST NIGHT OF THE YEAR. IT IS ALSO THE BASIS FOR THE CELEBRATIONS OF THE PAGAN FESTIVAL OF "YULE", WHICH COMES BACK EACH YEAR, AS IF IT IS BROUGHT INTO THE WORLD BY THE EARTH. THE HOLIDAY OF "YULE" ALSO REFERS TO THE CHRISTMAS PERIOD IN THE NORDIC COUNTRIES AND HAS BEEN GRADUALLY REPLACED BY THE CHRISTMAS LIGHTS. THE WINTER SOLSTICE CELEBRATES THE INNER SUN, NOURISHES THE FLAME OF JOY, WHICH COMES FROM THE OPENING OF THE HEART. IT IS AN OPPORTUNITY TO MEDITATE AND TO LISTEN TO SLEEPING NATURE. A MOMENT OF GRATITUDE, OF GRATITUDE FOR ALL THAT MOTHER EARTH HAS GIVEN YOU IN HER SURGE OF GENEROSITY. ALL THE PROMISES OF WINTER REMAIN AT REST, REMEMBER TO BE PATIENT BY CULTIVATING INNER WISDOM!

## **Preparation**

Throughout the week, the days get shorter. The night invades you and envelops you in its black velvet coat to the most intimate of your light where the magical spaces of your feminine appear. So you are guided to connect even more intimately with your shadow. For this inauguration, you are invited to look in-depth at all the key moments of this year on the emotional, professional and individual levels that have marked you in order to transfer the energy portal in consciousness towards the following year. Topaz with its protective power supports and inspires you.



*Gift*

*The Ritual*

You say aloud:

"I am fully and perfectly connected to my power and to my creation!"

Then, you write to yourself, in perfect connection with your sacred feminine, a magnificent letter of the most daring, the most adventurous, the wildest, the most wonderful wishes for the new year. Then you put it in the envelope with your address, sealed and stamped. And you ask someone you trust to post it within the next three days. Once you receive your card, take your time to read the wishes you have made for yourself with due attention.

You have just experienced a magnificent adventure by performing the 12 rituals day after day thus preparing your new year. I recommend that you perform the rituals at the beginning of each month concerned again in order to reactivate the energetic power of your rituals.

I wish you a beautiful and magnificent year of achievement, renewal, inspiration, and daring.





## *Johanna Dermi*

French through her mother, Algerian through her father, Johanna Dermi experiments and unifies the duality of her origins. Trained very early on in various tools, such as Yi-Ying and dowsing, she invites her patients to follow this path of tolerance towards themselves thanks to holistic naturopathy, flower essences in the tradition of Dr Bach and his family. Auvergne, to the NAET, TIPI methods, to positive psychology. Trained in leading women's circles, Johanna Dermi provides individual and group support around human values. Furthermore, creator of the Theranessence © (global health) and Luna-Femme© (feminine bonds) concept, Johanna Dermi is Moon Mother Advanced. In 1996, she created her range of floral elixirs, which she produces and distributes. She is the author of the book *Rituel de Femme: Exploring the Secrets of the Feminine Cycle* at ED °Trédaniel.

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## *Julie Berthet*

Julie Berthet has worked as a freelance graphic designer for 15 years. Nature is his primary source of inspiration. All the elements that compose it are for Julie the starting point of her artistic work. She nourishes her creativity with colors, shapes, and spaces, of nature which are for her linked by their energy, their beauty, and their light. Julie Berthet is a great esthete and observer of the world around her. She likes to think about a free project that has meaning and ambition.

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