

New Year Ritual

Closing out the Old Year

The Good, the Bad and the Ugly

- Good –
Wishes that came true
Positive experiences
Evolutionary or awakening moments
Actions and moments that you are proud of
- Bad -
Not so great things that you have manifested or made happen
Sad or negative experiences
Moments of going backward or darkness
Actions and moments that you aren't so proud of
- Ugly -
Oh hello shadow, both personally and of the collective
Conditioning and patterns that have been revealed to you
The ugly truth that has previously been hid

Know Thyself

How do I know myself better? What lessons have I learned? How have I grown? How have I surprised myself in a good way? What limits do I now realise I have? Who am I going forward compared with this time last year?

Letting Go

What habits no longer serve me? Who have I outgrown or who is holding me back or a toxic influence in my life? What do I need to release from this past year?

Grateful For

List the people, experiences, places, things, qualities of yourself etc. Go to town on this list for it holds the dream seeds for the next year. You could even create categories. Do the big and the small, this is the kindling for the new year.

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The Fire and Water Ritual

You will need two candles and a bowl of water

Light the first candle. This candle represents the year just gone. Spend as long as you need contemplating what has been. Get clear on what you are letting go of and happy to say goodbye to. Get clear on what you are taking forward include all that you love, some lessons and learnings, and some solid truths.

Take three conscious breaths, with your awareness on the flame. Focusing on the inhale, breathe in all you are taking forward into next year. Then when you are ready light the other candle from the Old Year candle.

May the embers of the Old Year that's been and done

Be the kindling of a New Year just begun

I take the light of all that's good and grown

So that my path ever onward be brightly shown

Take three conscious breaths with awareness on the Old Year Flame. Focus this time on the exhale. As you breath out concentrate on all you are wishing to release. Feel the breath begin to push out of your body the energy of things you no longer want. You could even use the three breaths to hold gratitude for the last year, then acceptance for what has passed, then peace to be letting go. When you are ready use a steady intentioned out breath to blow out the flame of the Old Year, blowing through the flame and into the the bowl of water. Keep the breath going until you are done releasing the Old Year into the water. Now you can consciously pour the water away.

Into the stream of time the Old Year flows

Along with it that which no longer serves goes

I let go and release, I now feel freer

To step across this threshold lighter and clear

You can now take your New Year candle and sit in short contemplation, before planting the dream seeds on the next piece of paper.

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