



DAMANHUR ALCHEMY SCHOOL

## **ELABORATE YOUR OWN RITUAL INVOLVING YOUR BODY, SPIRIT/SOUL AND MIND**

Take a moment, you can go for a walk. Find a suitable place to inspire yourself, and create a personal daily ritual to contact your divine part.

- You can look for evocative objects, gestures, things that represent elements, books, prayers, incantations, incense, etc.
- It is necessary to bring attention to the application of your willpower
- It is crucial to define a time. For example, it could be 20 minutes, to be applied daily, for a precise number of days a week and in which moment of the day you will do it (morning, evening ect..)
- It is important to decide beforehand what to do: physical exercise (what kind?), breathing, meditation, fire watching, reading, incense scenting, etc.....
- Define it, try it and write it down.
- It is only a first approach, then it can be chosen differently, but now try to imagine it in detail. How would you like your personal ritual to be, what elements should it include?
- How would it unfold from beginning to the end?
- After having designed precisely your ritual, test your willpower by deciding to apply it for ....ex: 20 minutes every morning, 4 mornings a week for 3 months. ....and then go for it! And see what happens!

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