



Crystal Blessings

A Ritual Bath for the New Year

Hey you!

It's been quite a year.

Though I suspect you can probably find call to say that about most years. Still, we've made it to another one and that? That is a very good thing.

Now it is time to close out the old year and put it to rest, along with all that is unfinished in your heart. Now is the time to begin afresh, with blessings of protection and connection to *That Which Is Bigger*, positive energy, uplifted moods, Self-Love, and a little bit of prosperity to boot.

Here is a ritual in the form of a bath to help you do just that! (Though you can do it just as easily as a shower!) I hope you enjoy it. I hope it leaves you refreshed.

Wishing you every joy in the New Year!

Bright Blessings,

LaPadre



Crystal Blessings: A Bath Ritual for the New Year

These five stones have very special meanings:

Amethyst (purple) for protection and connection to *That Which Is Bigger*

Aventurine (green) for transmuting negative energy into positive

Citrine (yellow) for uplifting moods

Rose Quartz (pink) for Self-Love

Jasper (red) for prosperity



Citrine, sometimes called *solidified sunshine*, corresponds to the solar plexus—the chakra of self-esteem.

The Ritual Itself: What to do

Fill the tub (to call in the element of water)

As the tub fills:

Add the bath salts (to call in the element of earth)

Light the candle (to call in the element of fire)

Read this invocation from John O'Donohue (to call in the element of air and to declare your intention)

To Come Home to Yourself

May all that is unforgiven in you
Be released.

May your fears yield
Their deepest tranquilities.

May all that is un-lived in you
Blossom into a future
Graced with love.



Drop in each crystal as you read the following blessings:

May I be blessed with a sanctuary within your soul,
a place to find rest and renewal.
(add the amethyst)

May I be blessed with the ability to turn around the dark times,
finding the good in the hard.
(add the aventurine)

May I be blessed with joyful days,
and the confidence to stand in your power.
(add the citrine)

May I be blessed with a soul-filling love,
And an abundance of self-nurturance.
(add the rose quartz)

May I be blessed with enough,
and also the wisdom to feel that enough-ness.
(add the jasper)



Climb in and relax

As you luxuriate in the tub, imagine these blessings swirling around you, soaking in.

Imagine what it might mean to live a life filled with these blessings. Let your mind wander and flow, fluid as the water in the tub, light as the candle flame.

Don't hold on tightly to any particular idea. Let the possibilities come and go, reveling in them, trusting that if they are meant to be that they'll come back to you.



When you're all good and pruney, drain the tub and climb out, wrapping yourself in a big towel.

Blow out your candle and read this blessing from John O'Donohue:

For Celebration

Now is the time to free the heart,
Let all intentions and worries stop,
Free the joy inside the self,
Awaken to the wonder of your life.

Open your eyes and see the friends
Whose hearts recognize your face as kin,
Those whose kindness, watchful and near,
Encourages you to live everything here.

See the gifts the years have given,
Things your effort could never earn,
The health to enjoy who you want to be
And the mind to mirror the mystery.

Gather up your crystals. They're now charged with your energy, aligned with your hopes and potential for the New Year.

Keep them on your altar, or gather up the strings on the included altar cloth and...
voila! A pouch! Slip your crystals inside and carry them in your pocketbook or sleep with them under your pillow.

Be on the lookout for hints and inspiration in the days following your ritual.

Catch them as they come to you.

I hope you enjoyed this bath ritual for the New Year.
I hope it carries you into the New Year with a sense
of potential and power.

If you'd like more support, or if you'd like a
personalized ritual to clear out any blocks and make
this year stunning and amazing, you can find me
over at LaPadre.com. Stop by any time for a visit!

