



5 Five Minute Rituals to End Your Day

These five rituals you can do in around five minutes before you go to bed! YEP!! Ok, some might take less time, some might take a smidge longer, but all you need to know is.....if you 'don't have time' to do ritual, then these 5 five minute rituals will give you a start point!!

Taking five minutes before you go to bed will re-connect you with your practice and may even help with any sleep issues!!

Hey, you've got nothing to lose...right?!

Go on! How about it?!

Have a read through and see what flies for you :) and you never know....you will likely be inspired by your own ideas!!

Bright Blessings!

xxxAngiexxx





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1. Before bed, take time to check out the night sky :) Indoors from a window, or outdoors if you can! Even if the Moon and stars are not visible, they are still out there—feel that you are part of the expanse and say a few words if you feel like it!
2. Light a small spell candle (and incense if you like - **Earth incense/** Patchouli Leaf/Myrrh/Allspice), maybe say a few words too if you like - of gratitude if that feels right :)
3. Watch the Sun as it sets. Hey...get your camera out!! Talk to the Moon (I do this one ALL the time ;)
4. Cleanse yourself of the days' energies - take a mindful shower (so, not showering as in cleaning your skin n hair, but more as a way to allow the water to energetically cleanse you - you can use visualisation and/or 'erbs too!!). If you don't fancy showering before bed, then smudge yourself with sage burning on a coal or some Palo Santo :)
5. A little Candle Majick! Scribe a small spell candle (with your Athame or a pin) with a symbol or word which embodies your wish/need/dream/desire. You can also anoint the candle with an appropriate oil as an option. As the candle burns down, visualise what you want coming to you.

Brightest Blessings on your Path of Witchcraft! xxxAngiexxx