

# EVENING RITUAL



**An evening ritual can improve the quality of your sleep, and it is also a way to soothe your body and soul with kindness and gratitude.**

**Health benefits:** re-charging, relaxation, wellbeing for the body, mind, and soul.

**Where:** at your own home or in a holiday home, hotel, B&B etc.

**Duration:** 1 hour.

**Preparations:**

Check the ritual beforehand and make sure you have at hand the elements you decided to use in your ritual. They include, pen and paper, essential oils, candles etc. This is an individual activity, but it can also be performed together with a friend or partner. To start, decide what time to perform your evening ritual. Preferably, give yourself approximately 2 hours between the last meal of the day and the start of your ritual. It is a great addition to do relaxation exercises before you start, such as: yoga, go for a walk, read a book, watch the sunset, or have a cup of soothing herbal tea within the hours. Turn off cell phones, computers and TVs.



## WHAT TO DO:

**1. Acknowledge the body.** Start by "washing the day away" gently and lovingly. You can take a warm bath or a nice shower. Massage the body gently and slowly to dissolve muscle tension. Be attentive to each body part and thank them for their contribution to your movement, your life and your experiences during the day. Remember to use natural products with soothing scents, such as lavender and chamomile, as they aid the relaxation. When you are done, dress comfortably for the night.

**2. Acknowledge the mind.** Find yourself a place to reflect on the day that has passed. Before you make yourself comfortable you may want to light a candle, an incense or have soothing essential oils scent in the room. Sit comfortably and write down your thoughts with pen and paper, note what has been challenging, what you have experienced as positive, what you leave behind and what you look forward to tomorrow. Feel free to set an intention for the night's sleep with the help of affirmations such as "I sleep deeply and wake up rested", or "I am inspired in my dreams and wake up with a renewed clarity".

**3. Acknowledge the soul.** Turn off all lights so that it gets dark and if it is still bright outside, darken the room you are in. Breathe with deep, calm breaths; the easiest technique is to breathe deeply is to relax the your belly muscles, as well as ribs, backs and eventually legs allowing the breath in. After a few relaxed inspirations, activate the heart by breathing through it, it can help to put a hand on the chest. When you feel how the chest opens up (feeling of relief) put your focus on spreading this positive feeling throughout the body and further out into the universe. Feel how the contours between yourself and your surroundings blur and let a feeling of lightness, gratitude and love take you deeper into yourself until you fall asleep.

### Tips:

- Spend about the same amount of time on each part.
- In the beginning do it regularly so you can see how it affects you and your life.
- You can also adapt the ritual, by adding or even selecting specific parts to create a shorter ritual that you can do every night

