

ALLOWING  
*The Light*

## A Ritual For Clearing Your Body (Ritual With Carnations)

*This ritual is originally from South America*

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Buy carnations (if possible, a few red, a few pink and a few white) and take a shower or a bath with them – either three days in a row (the first one with the red carnations, the second one with the pink ones, the third one with the white ones) or all at once, but still taking the colors in order if you chose to use the three colors.

Take the time to make this moment extra special. Light some candles, put on your favorite music, use some essential oils if smell is important for you... You don't want to rush this.



Rub the flowers on your body, insisting on the areas that you want to heal the most; feel your body releasing all remaining traces of emotional or physical pain that you may have.

At the end, gather what remains from the carnations and bury them into the earth in a spot that is special to you or simply a spot that you like so that they can go back to the earth and re-cycle whatever they have taken from your body.

This is purification and protection ritual, and also a way to honor one's body, in particular for women.