

BASIC MONTHLY RITUAL

- Choose a rune or a word to guide the month (optional: ink it or glue it onto the goddess on the monthly snapshot card).
- Watch the month's practice video (optional: fill out the monthly worksheet).
- Light a candle.
- Offer a self-blessing (companion cards available in classroom)
- Offer the Simple and Sacred affirmation prayer.
- Offer the prayer from the month's primary snapshot card.
- Do the monthly card layout.
- Optional: throughout the month, continue a simple ritual of lighting a candle and offering a prayer or repeating the month's affirmation.

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JUNE

THEME: FLOURISH



Let us take a moment of pause to celebrate where we are, these breaths in our bellies, these feet planted on a flourishing Earth, the wind in our hair, stars in our bones, under a great, wide bowl of sky and sun. Let us open our eyes to the gift we have in front of us, beneath us, and around us and cherish it. Let us live with intention, choose with care, and act with the love we were entrusted with when our bodies first slid forth onto this holy land we still have time to save.

AFFIRMATION: I FLOURISH IN MY WHOLENESS.

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Deep breath.
Speak the name of the Goddess aloud.
Offer her three breaths of presence.
Lay a hand against your forehead.
Offer the first breath from here: center of curiosity.
Lay your hand against your heart.
Offer the second breath from here: center of compassion.
Lay a hand against your belly.
Offer the third breath from here: center of creativity.
Return your hand to your forehead.
Say: goddess, guide me.
Lay your second hand against your heart.
Say: peace fill me.
Move your first hand to your belly.
Say: joy lead me.

QUESTIONS TO CONSIDER

- Where are the pockets of presence in your life?
- What are your doorways to the sacred? Are you overlooking some of them?
- What do you need to flourish? How do you tend to your own flourishing?
- What is already flourishing in your life? What is flourishing around you?
- What is coming easily for you, what is flowing naturally for you, what is expanding for you, what is flourishing all on its own?
- What can you notice? What can you appreciate? What can you savor? What can you delight in? Where can you find joy?

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