

New Year Ritual

This New Year's ritual embodies cleansing, renewal, and the power of manifestation.

- Salt and Water
- White candle
- Pen and paper



1. Begin by reflecting on the past year. Write down any negative experiences or feelings. Then, dissolve these papers in a bowl of salt water.

2. Write your aspirations for the New Year on a fresh piece of paper. Focus on positive goals.

3. Light a white candle to represent the light of hope and guidance in the New Year. Place it in a central position of your altar as a focal point.

4. Hold the paper with your intentions near the candle and chant:

*"With this light, I ignite my dreams,
may the salt water cleanse and the fire beam,
guiding my path in the year to come,
let my intentions and reality become one."*

5. Fold the paper with your intentions and keep it in a safe place as a reminder of your goals.

6. Take a small cup of salt water and gently toss it outside while saying:

*"With this water, I cleanse the past and welcome
fortune and joy in the New Year."*