



## RITUALS for Self-Love & Divine Mate

### Introduction:

This time, I chose one ritual for you to activate your innate Self-Love/Self-Value and one ritual for magnetizing your Divine Mate. Here's what came up when I googled best crystals for Self-Love:

1. Rhodochrosite (Stone for Selfless Love and Compassionate Heart, Inner Child Stone)
2. Rose Quartz (Stone of Unconditional Love)
3. Citrine (The Lucky Merchant's Stone)
4. Rhodonite (Stone of Self Love and Unconditional Love)
5. Red Jasper (The Supreme Nurturer, Stone of Endurance)
6. Kunzite (Stone of Emotion)
7. Turquoise (Stone of Communication)
8. Moonstone (Stone of New Beginnings)
9. Malachite (Stone of Transformation)
10. Blue Kyanite

### What You Need:

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|---|---|
| Space Cleanser (Palo Santo/Sage etc)              | 5 Candles (votives or tealights)                |
| One Crystal for Self-Love (your choice)           | Special Robe or Wrap (white or red if possible) |
| Roses & Rose Petals, Massage Oil + Essential Oils | Handheld Mirror                                 |

Choose a day when you have some time & space to yourself for several hours – all day or night would be best if possible. This is a day dedicated to your own purification and rejuvenation of your self-love and self-value. The highlight will be a Ritual Bath, but there are several little details that you can do or modify as you see fit. But during this time, you cannot be interrupted by any worldly or family people or issues. You have to be able to really submerge yourself in this experience. Venus' day is auspicious if you can do it on a Friday or the 13<sup>th</sup> of the month is good too.

### SELF-LOVE GODDESS RITUAL DIRECTIONS:

**1 ~ Start by cleansing your space and your Self** by smudging with herbs. Be sure to do all Four Directions, plus Above, Below and at the Heart. Think of this like creating a powerful, protective field around your Soul Work for today. As you bless your Self and the Sacred Space, you can call in your Angels, Ancestors & Animal Spirit Guides to hold the boundary while you do this Soul Tending. They protect you so that NOTHING that is not for your Highest Good can penetrate the field. You are cleansed and you are cared for, now & always.

**2 ~ 5 Candles** placed in five-pointed star shape around the room if possible, otherwise, just place them safely on a tabletop so you need no artificial light. Basically, North, East & West work fine, but the South will hold two candles.

**3 ~ Roses** – If you can find multiple colors, great, but use what you've got. Plan to place some of them in vases around the room but save some or have a basket of rose petals to work with too.

**4 ~ Draw a Bath** – Set the atmosphere by adding some rose petals & essential oils to the bath. If you have white vinegar/baking soda/sea salt then you can add that too for purification.

**5 ~ Put on Robe** – Consciously remove your “civilian” clothes and wrap yourself in your favorite robe or a white towel or even a sheet, worn like an old roman toga can be used. Get comfortable. Play music that opens your heart and allows you to imagine that you are about to love and be loved as you never have before. Relax until you feel like a Goddess personified.

**6 ~ Walk to Bath Sprinkling Rose Petals on the Path** – No matter how many steps from your room to bathroom or if you're only in the bathroom, then sprinkle them the 2-foot space that you have for the 2-steps to the bathtub. As you are entering the hot, scented water, speak aloud as if making an offering to the Goddess of Love:

*I come to you pure of heart, mind & spirit. Let me bask in your loving embrace and know what it is to evoke the great love from the Goddess who dwells within me.*

**7 ~ Sit Back, Sink In & Relax** – Contemplate your own Goddess Nature, the part of you that can treat your Self with utmost reverence & respect. Connect with that part of you that is strong, beautiful & magnetic. Dream and visualize your most confident self, centered in your own truth, sharing your own unique creativity and receiving the love and positive reflections from those who get to receive the blessing of your company. Meditate on anything that needs healing or tending so you can anchor true self-love and self-value in your own system. Really engage your imagination and pretend like the most loving maternal presence is initiating you into womanhood. Receive that feminine blessing.

**8 ~ Take a Vow of Self-Love** – Begin with a prayer:

*Dear Venus, hear me please. I offer my vows to you for safe-keeping and for assistance in setting them forth and honoring them always.*

Take the handheld mirror, and as you look at yourself, know you are looking at someone Divine & Deserving. Let your thoughts flow freely and try to express them as vows, whatever comes to mind – say it ... for example:

*I promise to treat myself well & offer the same kindness, love & compassion to myself I do to others.*

*I will live my life in a manner that allows me to always nurture and love myself.*

*I will embrace my sexuality and express my passion.*

*I will always honor and cherish my Self.*

**9 ~ Recessional of the Roses** – When you are done with your bath and walk back out through the rose petals, imagine the Goddess is walking with you toward a fresh start, to a new beginning, where you appreciate yourself, nurture yourself and come to love yourself more and more each day.

**10 ~ Closing Magical Circle** – anytime you go into liminal space like this to engage your active imagination, you have to consciously come back to regular reality. In this case you may want to save the petals or give them to the land in a Sacred place that you like in Nature, whatever your heart calls you to do. Then, use your now \*charged crystal\* as the reminder of the Goddess within.

#### **Additional Practices:**

Write yourself a love letter.

Choose a magical garment to wear when you want to embody your Goddess Self. (robe, wrap, scarf etc)

Write ten self-love affirmations and post where you can see daily or record in your own voice and play/say daily.

# DIVINE MATE RITUAL



## What You Need:

Space Cleanser (Palo Santo/Sage etc)

3 Crystals for You, Mate & Together (your choice)

3 Candles (7-day, votives or tealights)

Bowl of Fruits & Sweets

Pink/Red or White Candle for Love

Choose a day when you have a good 4-hours to spend on your ritual, uninterrupted. The Goddess guiding this one is a Hindu Goddess named Mahagauri, she helps your Higher Self pave the way for soul mates to find true love. She is who we can make offerings to when inviting a reliable, loving mate. In their language it is “virtuous partners” and she’s known as the “Cosmic Matchmaker”.

## DIVINE MATE RITUAL DIRECTIONS:

### BUILD MARRIAGE / SACRED UNION ALTAR

**1 ~ Start by cleansing your space and your Self** by smudging with herbs. Be sure to do all Four Directions, plus Above, Below and at the Heart. Think of this like creating a powerful, protective field around your Soul Work for today. As you bless your Self and the Sacred Space, you can call in your Angels, Ancestors & Animal Spirit Guides to hold the boundary while you do this Soul Tending. They protect you so that NOTHING that is not for your Highest Good can penetrate the field. You are cleansed and you are cared for, now & always.

**2 ~ Light Pink/Red/White Candle** placed on the altar and lit with the intention of the flame being the energy of the love in your heart, as well as the love you want to experience with your soul mate. In this ritual, you do not want to have a particular man or name in mind, but hold the “Essence of My True Love” – that removes any manipulation that can back-fire on you later.

**3 ~ Light 3-Candles** – in this order: first one for YOU, light it holding the intention of being the most loving, generous, kind partner that you can be. Light the second one for your PARTNER, light it holding the intention of attracting your soul mate and true love, the one who makes you feel loved, balanced, free & cherished. Light the third candle for what you two will create together and the blessings that will result from your union.

**4 ~ Place 3-Crystals** – in the same order next to your candles, one for you, one for your true love and one for what you will create together. Anytime you light the candle and sit with the crystal, you are activating the energy field around your sacred union (marriage).

**5 ~ Place Fruit & Sweets on Altar** – choose ones that you love and imagine a variety that your partner would like or choose something you've never tried before. Place these on the altar at the beginning of your ritual and plan to eat them after the ritual. You don't have to eat them all or all at once. It may even be fun to have one piece a day until they are gone, extending your ritual beyond today and keeping that energetic field charged.

**6 ~ Say Prayer** – feel free to edit as you see fit – this is from Laurie Sue Brockway's Goddess book.

*Dear Divine Matchmaker of all there is. In the name and spirit of the Goddess Mahagauri,  
please fill this place with your sacred presence. My heart is pure; my intentions clear.  
I ask for your guidance and your help in moving forward wisely and maturely  
to marry my true love, the one who is my most perfect partner, the partner  
who enhances me by their very being, who brings  
more love, joy, peace & prosperity to my life,  
who I can love fully and who can fully receive my love,  
who loves me fully and whose love I can fully receive,  
who loves, honors & cherishes me completely and always.*

**7 ~ Your Commitment** – now call out the qualities that YOU will bring to the sacred union. You can write them out in first person and present tense, for example: *I always keep the lines of communication open between me and my Divine Mate.* Try to come up with ten things you bring to a healthy, happy relationship.

**8 ~ Close with Benediction** – again edit as you see fit to tailor it to your own needs.

*I have spoken truly from my heart. Please grant my desires for love – of self and with my true love.  
I trust you will bring this to me lovingly and gently, at the exact right moment in time,  
in a way that is completely right for me and my love.  
I give thanks for your presence, your guidance and your love.  
And so it is. Ashe! Or Amen (as you wish)*

**9 ~ Enjoy the Fruits & Sweets** – they have been blessed and infused with love and their vitality will infuse you with love and goodness.

**Additional Practices:**

Repeat the Prayers

Read Love Poetry

Daydream/Visualize Your Wedding

