a birthday ritual

SUPPLIES

☐ Bath supplies: bath salts, epsom salt for an amazing detox, candles, music, etc.
☐ Tea light candles in the amount of the years you’ve been on this earth and a tray
☐ Your favorite music playlist
☐ Your favorite incense
☐ A bouquet of your favorite flowers
☐ New pajamas
☐ A freshly made bed
☐ Old and recent photographs
☐ Your journal from the past year
☐ Champagne
☐ A beautifully wrapped gift from your authentic self

RITUAL

- Distinguish the birthday of your life in a special way
- Take a soothing bath, symbolically washing away any of the past year’s pain, sorrow, regrets, mistakes, and guilt
- Light a small candle for each year; put them on a tray or spread them around your bedroom
- Put on your favorite playlist, light your favorite incense, and have your favorite bouquet of flowers next to your bed
- Put on brand new pajamas and get into a freshly made bed
- Offer a personal psalm of thanksgiving for your life. As the candles burn, reflect on your personal journey so far. Look through old and new photographs. Read through parts of your journal and remember all of the wonderful moments from the past year.
- Ask for a birthday gift that only the Universe/God can bestow.
- Have a glass of champagne and open the perfect gift you’ve beautifully wrapped for yourself.
- Birthdays are new beginnings and also moments of personal closure. Only you know the last year you’ve lived and what you need.

“Stop treating yourself as an afterthought. Eat delicious food, walk in the sunshine, jump in the ocean. Say the truth you are carrying in your heart like a hidden treasure. Be silly, be kind, be weird. There is no time for anything else.”
- Richard Gere

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