

BELTANE PRIESTESS SPA WEEKEND

Day 1: Personal Creative Retreat

Sister, we invite you to take a moment and create personal ritual space. This is your retreat. We highly encourage you to take the precious time and deepen here.

This may include lighting a candle, some incense, taking a bath, and/or listening to the [spotify list](#).

In whatever creative form calls to you and would bring you joy (journaling, drawing, painting, collage, etc.), create what your inner sanctuary looks like and feels like.

Remember this is the ultimate place of beauty and nourishment, designed by your soul especially for you.

When you arrive here, it feels completely nourishing; it literally vibrates with the frequency of your own soul's signature tune. It is the ideal sanctuary that you would imagine for yourself ... the most perfect for you.

Allow yourself to immerse in the symbols, images, sensations, and light food that you receive. Take all the time you need to really feel this sacred, beautiful place.

Please contemplate the following deepening questions:

- 🌀 What is nourishment for you?
- 🌀 What nourishes you? List out all the things that come to you.
- 🌀 What does nourishment feel like in your body? Really feel into this: How do you recognize nourishment?
- 🌀 In what ways are you being called to more deeply nourish yourself at this time?

After you're complete, create a personal altar that anchors at least one of these elements or messages into form.

If you feel called, we'd love for you to share on the [Facebook temple page!](#)