



## *Traditions and Practices*

*Here six, simple yet potent practices/tools to bring into your life and the special seasons that arise. Add your own.*

\*Gratitude Board~Have a bulletin board chalkboard or dry erase board for all to see and reach in your home. Whenever someone feels grateful for something, write it down. Children love this. You can draw your gratitude too.

\*Remembering those who have passed on~Holidays can be painful when we have lost loved ones. Embrace the opportunity to remember them by lighting a candle or sitting together and acknowledging something you miss and/or love about them. Honor your own relationship with them and be creative about how you bring them into the present.

\*Spirit/Goddess/God Box~This is a small box that you have made or purchased in your home. When troubled, in pain or need direction from your Higher Power or Higher Self, write it down and put in the box. This simple action opens intuition, offers peace in the midst of the turmoil and keeps you focused on a spiritual solution.

\*Blessings before meals~Take turns saying something you are grateful for while holding hands before a meal. Children are full participants in this.

\*Raise the energetic vibrational field in your home and space~Use music, light incense or sage, use color or essential oils. A simple act can shift energy easily.

\*Breathing more consciously, connecting more deeply~Practice breathing more deeply each day. Simply remind yourself to breath.

