

nurture yourself



for your pleasure

A Bath Ritual for Renewal

created by Ally Ayala

self care is essential

A Bath Ritual Is...

different from a regular bath because you take it with a specific spiritual intention, or purpose in mind.

Since the beginning of time, ritual bathing has been a part of cultures and traditions around the globe as a way to enjoy the curative power of water and to cleanse both body and spirit.

We invite you to this gentle, yet powerful, practice as a way to relax the body, calm the mind, comfort the heart, and purify the soul.



take care of you

Showering Is An Option...



Showering with intention is a wonderful way to engage with this ritual. Even better...find a lake or a river in nature where you can enjoy the water in natural surroundings. Adjust and adapt your ritual for your life.

Your most powerful experiences will come from listening to your intuition and moving from a place of effortless manifestation.

a few items for your bath ritual:

- Candles
- Salt- sea salt or pink himalayan salt
- Water from a Sacred Site*
- Essential Oils- orange, lemon, rosemary, lavender, ylang ylang or sandalwood
- Music- you can create your own playlist or use the playlist provided
- A clear quartz or rose quartz crystal**
- Towels



**This could be from a river, ocean or body of water sacred to you, or water from places such as the Ganges in India, the Chalice Well in Glastonbury, or other sacred sites visited for the curative effects of the water found there.*

***Please don't use any other type of crystal. Some crystals are water soluble and will dissolve when placed in water. Adding a crystal is optional.*

a bath ritual for renewal

- Step one:** Prepare the space as you desire.*
- Step two:** Read a love letter you've written to yourself while looking in the mirror.
- Step three:** Enter the empty bath tub and notice how you feel.
- Step four:** Allow the water to fill around you.
- Step five:** Add any ingredients you've chosen as the water fills around you.
- Step six:** Engage the senses. Enjoy the warmth and aromas as you listen to music.
- Step seven:** When ready, step out of the tub and return to the mirror.
- Step eight:** Re-read your love letter to yourself.

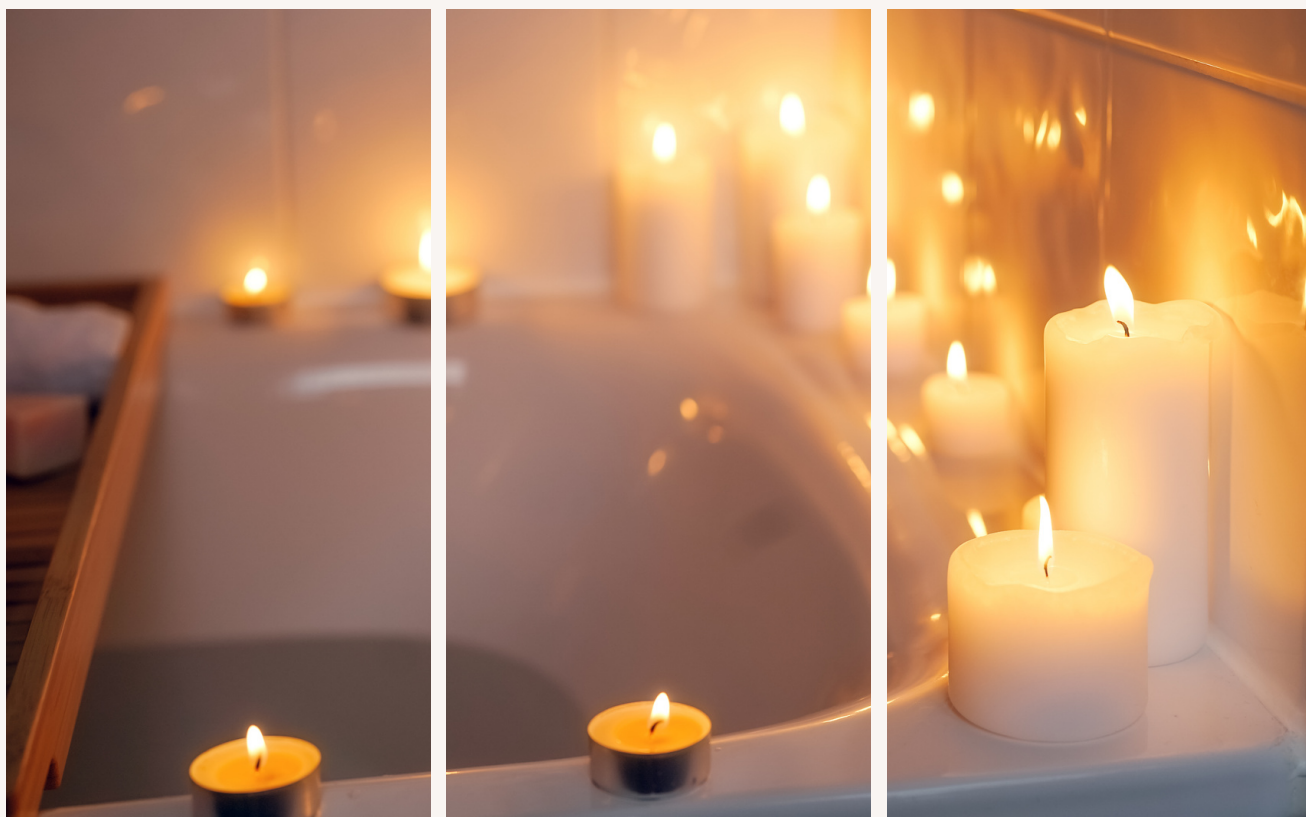
**PRO TIP: Place ingredients you plan to add to the water within arms reach of where you will be sitting in the bath so that you can easily add them as the water fills around you.*

Step 1: Prepare the Space

The core intention of the ritual is to renew your energy through self care and simple pleasures. Your preparation can be as simple as lighting a few candles and having the ingredients you would like to use on hand. You may desire a more sophisticated sensory experience involving bath salts, incense, essential oils, crystals, and music.

If you are lucky enough to be in a place in nature where you are able to enter the water, you can adapt the ritual to your surroundings. Water is all you really need.

Inviting relaxation, pleasure, beauty and peace is essential to creating your sacred space for the bath ritual. Regardless of whether you take some time to gather items, or you enjoy the discovery of things, new or forgotten, let there be ease and grace in your steps.



In Plain Sight

It has been the quiet discovery
of the little things,
often overlooked,
tucked away out of sight,
or sometimes in plain view,
but somehow lost...
that has led to the
most profound shifts
in my sense of beauty.
The kind of beauty that never leaves,
can't be taken,
won't fade with the years.
It just rests there
in the bedrock of my being.
whispering quietly,
"I already am everything I need."

-Ally Ayala



listen to yourself

*Your most
empowering experiences
will come
from listening
to your intuition
and moving
from a place
of effortless
manifestation.*

Step 2: Mirror Work

This is one of the most important steps of the ritual. Please come to the bath ritual with a love letter that you've written to yourself beforehand, or you can use the letter provided below.

Read this letter while making eye contact with yourself in the mirror. Take in the words. Notice any cues your body, heart or mind provide.



A Love Letter to Myself

Dear Self,

I see you. And you are beautiful.

I hear you and your voice matters.

I feel you and your sensitivity is a gift.

I hold you and you are safe in this body.

You are divinely human, and your body is a temple to be cherished, nurtured, and adored.

I accept and love every part of you and your story.

I know you've been through a lot.

I know there are some things you wish you would've done differently, and I forgive you.

I am at peace with every step of the journey that has brought you to this moment.

I am so grateful to be able to spend every moment of my life with you.

I love you more than you may realize.

Love and Hugs,

Me



Steps 3-4: Let the Water Fill

Step into the empty bath tub and notice the difference of being in there without the water. Emptiness allows for greater receptivity.

Remain seated in the bathtub as the water flows in, and notice what happens. As the water rises, meditate on the meaning of the word "renewal".

Envision the flow of prosperity entering your life. What are you calling in?



Step 5: Add Ingredients to the Water

- 2 cups of sea salt or pink himalayan sea salt (for purification)
- water from a sacred site (if you have this but not necessary)
- 10 drops of one of these essential oils- orange, lemon, rosemary, lavender, ylang ylang, or sandalwood
- 1 clear quart or rose quartz crystal*

If you don't have some of these items it is okay...salt and water is enough.



**optional but please don't use any other type of crystal*

engage your senses

Step 6: Enjoy the Warmth & Listen

Enjoy the soothing water and listen to music that inspires you.

You can make your own playlist or listen to the playlist provided below.



a playlist for renewal

Please Prepare Me by Beautiful Chorus

Mother of the Water by Alexa Sunshine Rose

O Come Ye by Ayla Nereo

Bathe In These Waters by Donna De Lory

Kuan Yin: Attracting Supreme Blessings Through the Heart by Alana Fairchild

Agua del Amor by Ayla Schafer

Healing Waters by Alexa Sunshine Rose

Peace Like A River by Beautiful Chorus

The Secret Kissing of the Sun and the Moon by Hang Massive

[Link to Playlist on Apple Music](#)

[Link to Playlist on Spotify](#)



Step 7: Return to the Mirror

- Close your bathing ritual with attention and care.
- Return to the mirror and re-read your love letter to yourself.
- Note anything that is different or the same.
- Take some time to journal about your experience if you desire. Journal prompts are provided below for your consideration.
- Be gentle with yourself.



Journaling Prompts for the New Moon in Pisces

The journaling prompts are curated to help you develop an understanding of the qualities of the current New Moon.

Describe what it means to be compassionate.

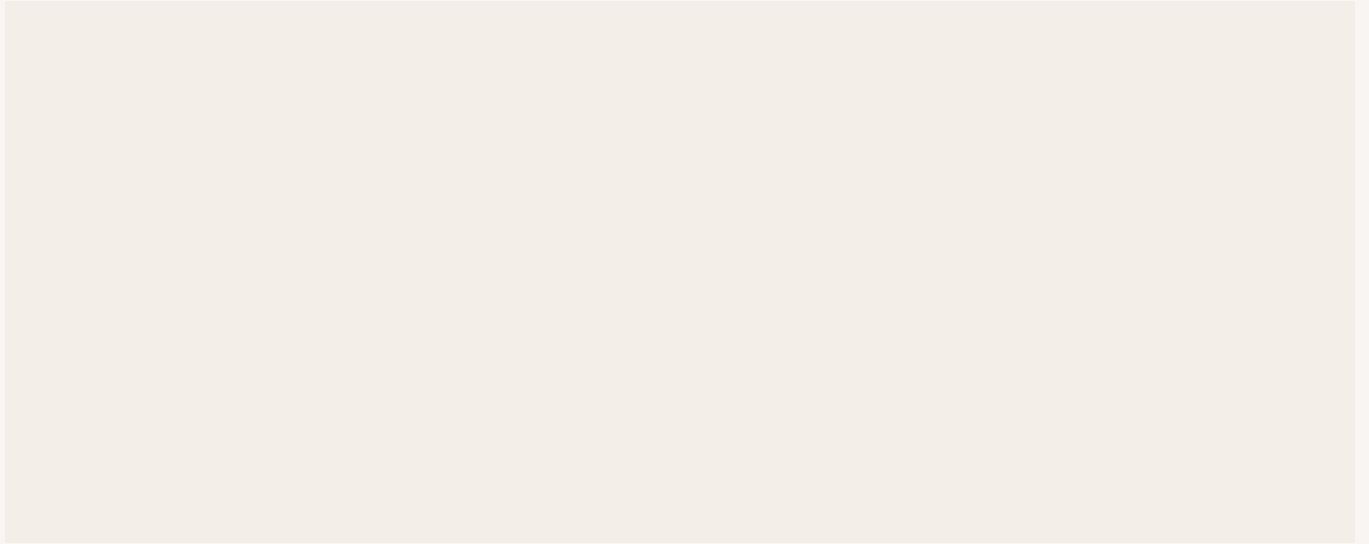
Where does compassion come from?

Describe generosity.

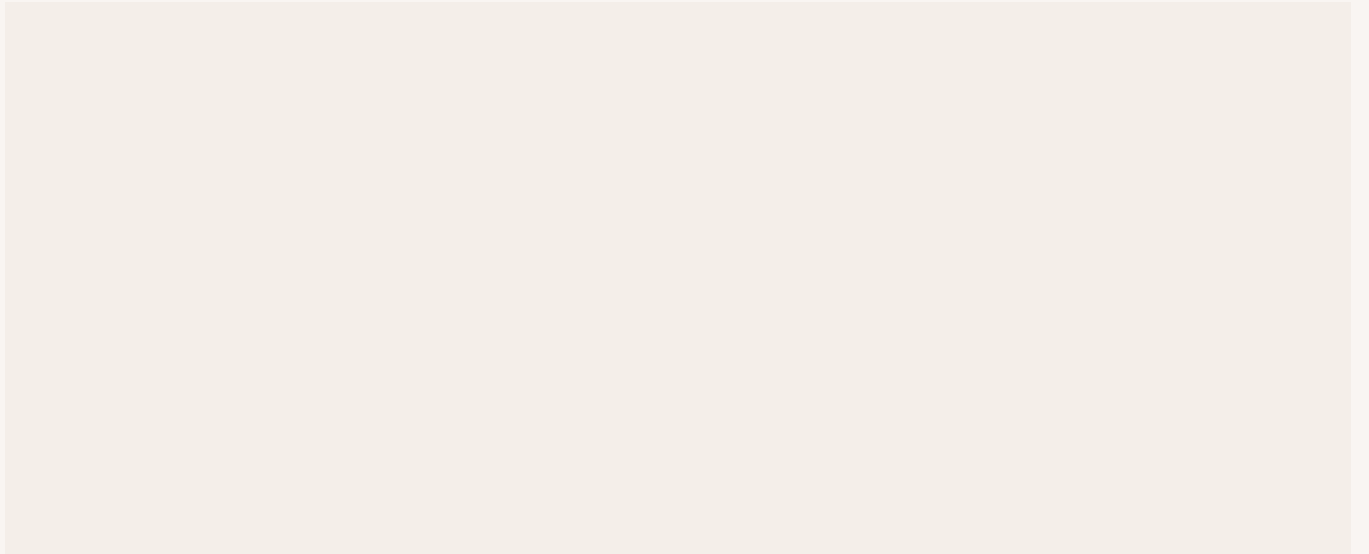
What emotions are present when feeling generous?

What does it mean to "over give" or to be selfless?

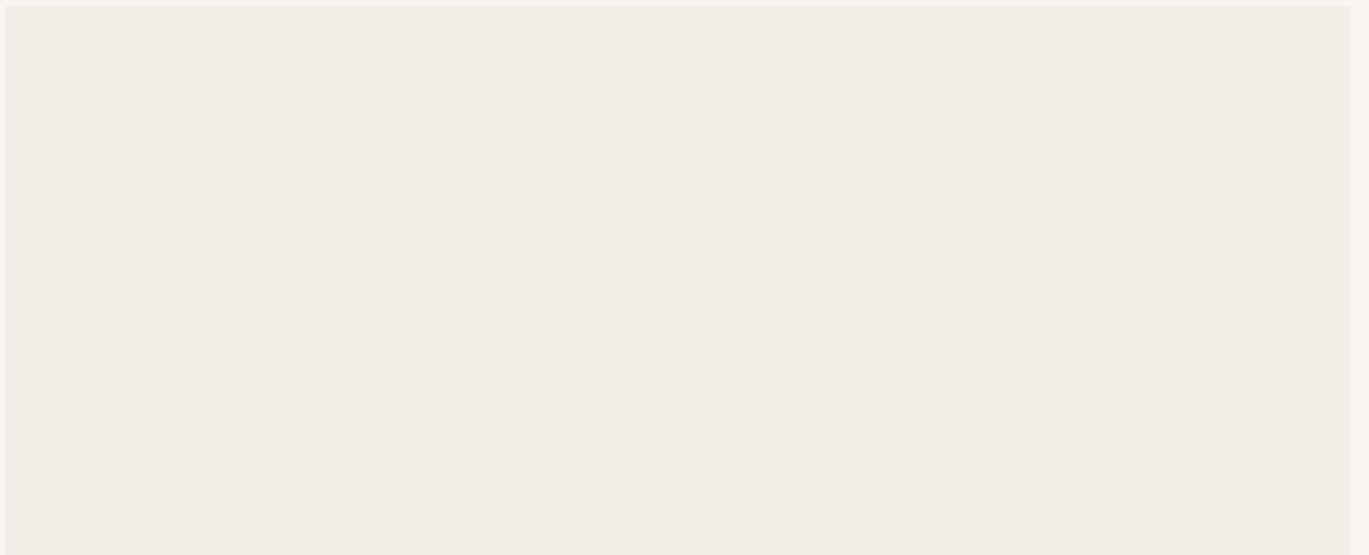
Have you ever had an experience where you felt lost in a daydream?
Describe the experience.



Define "imagination".



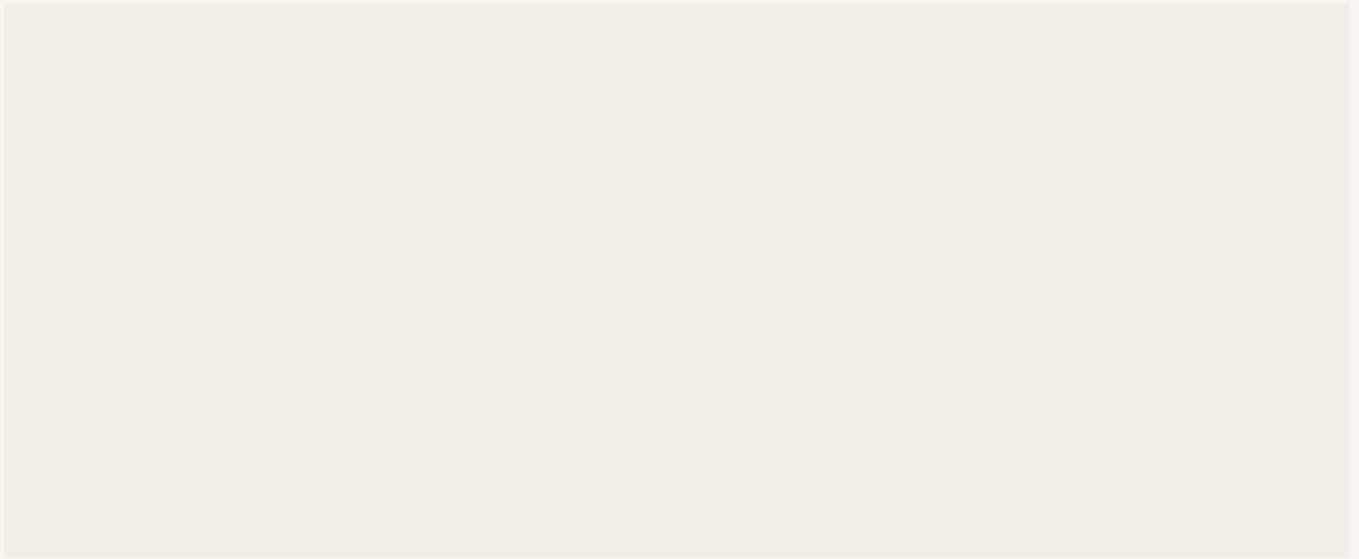
What is poetry?



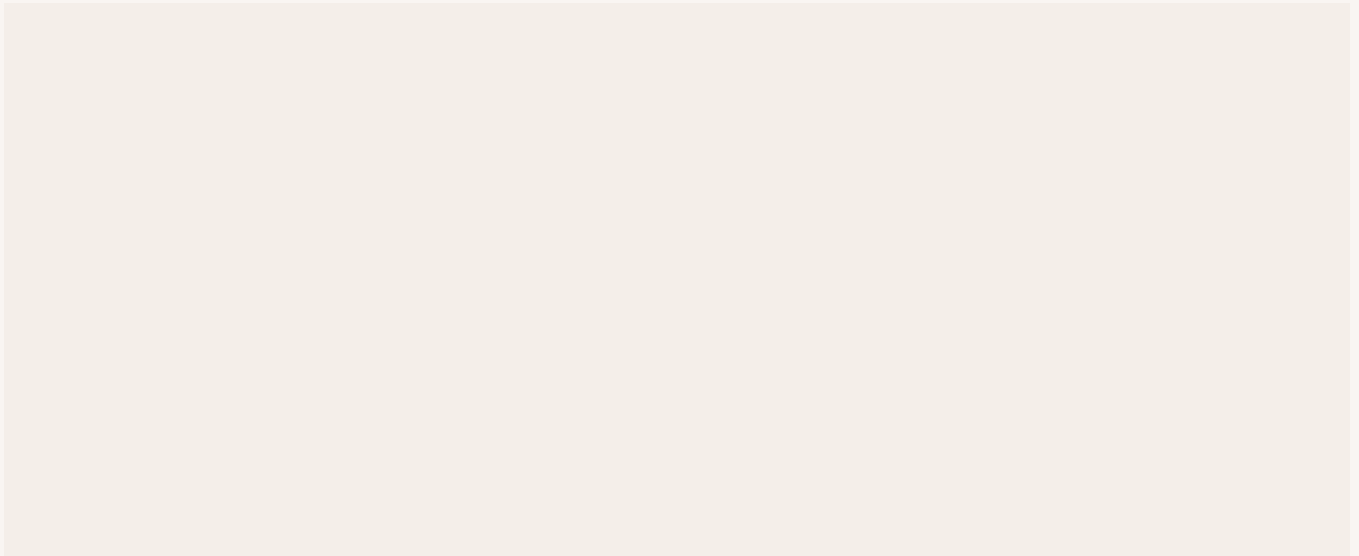
What is art...in any form?

What are you realizing about the sign of Pisces?

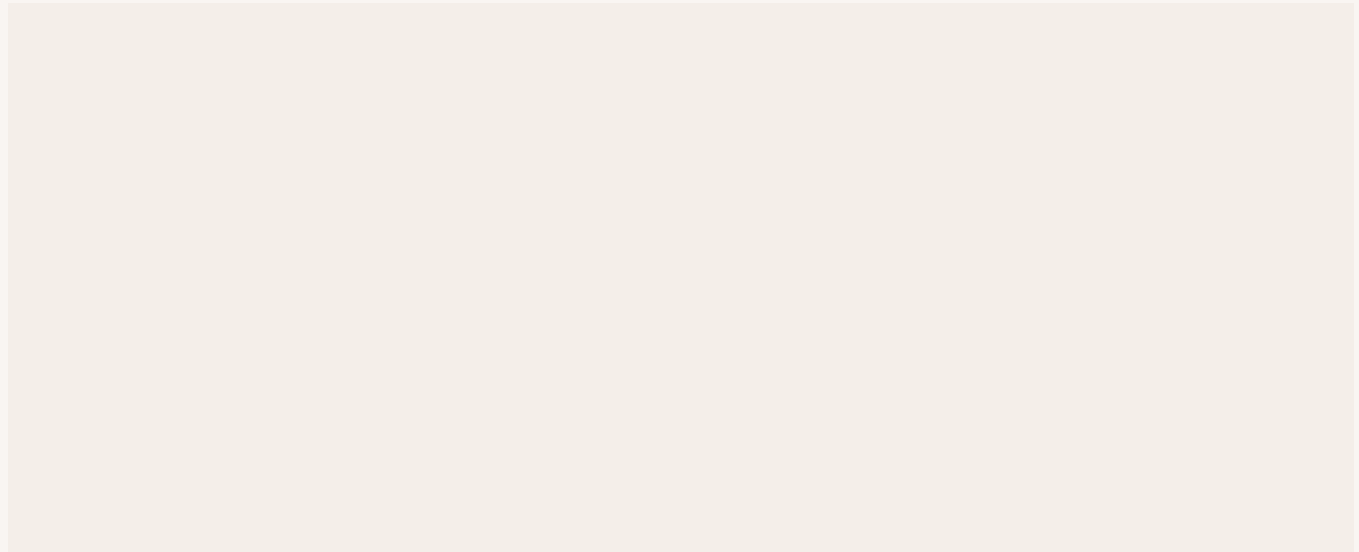
What was your experience with the Bath Ritual for Renewal?



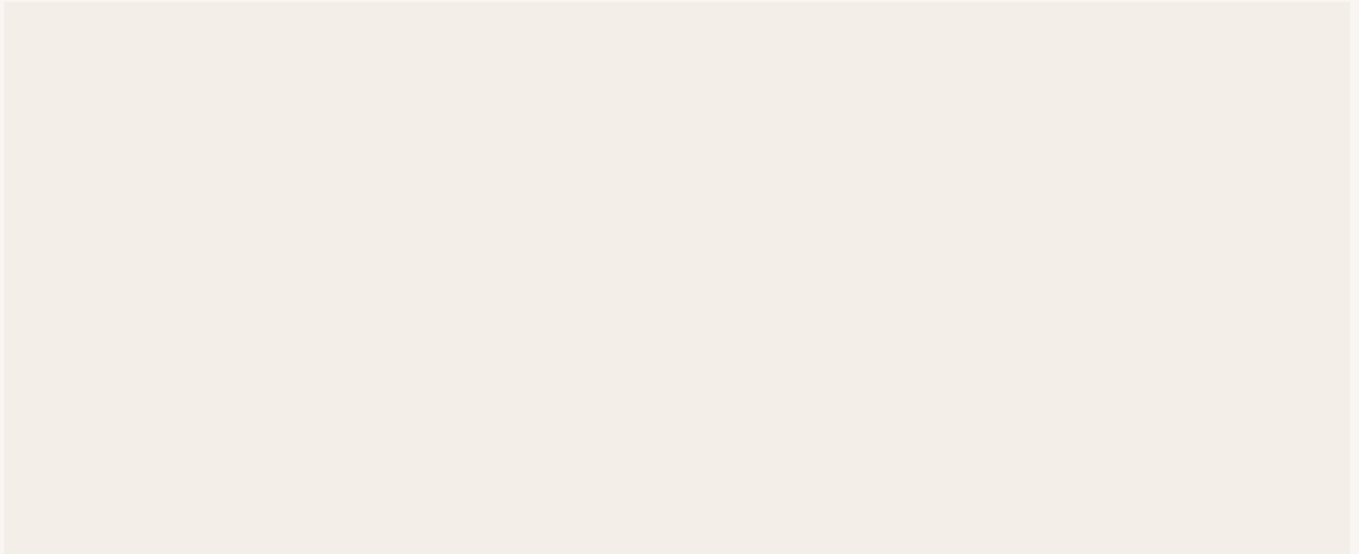
What part of your life is empty and ready to receive?



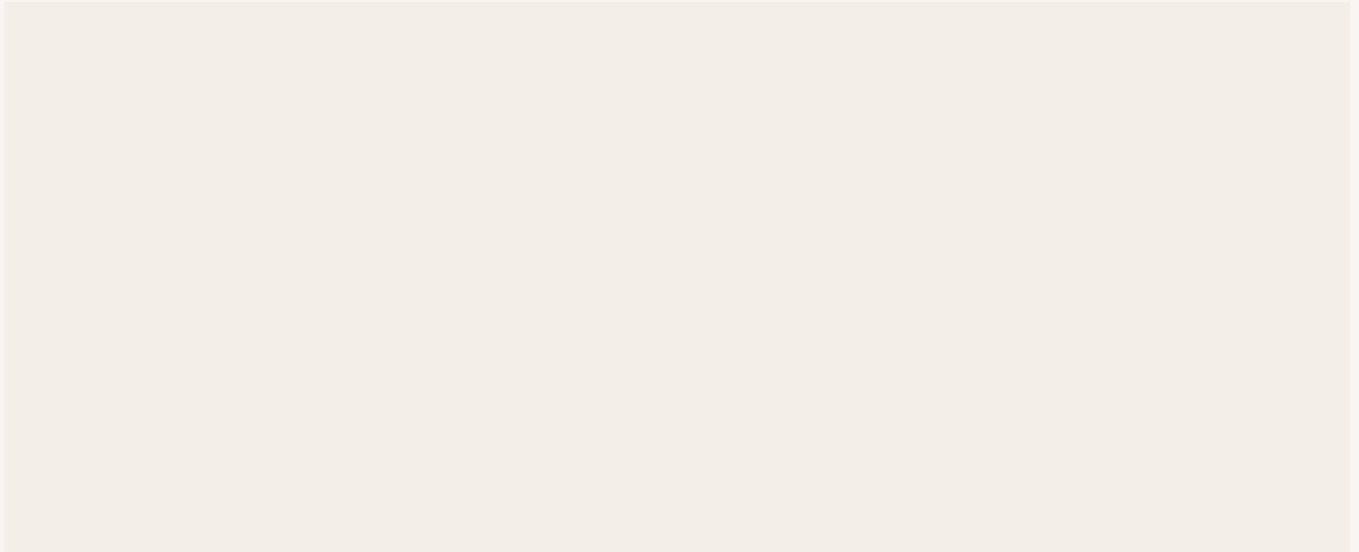
What does renewal mean to you?



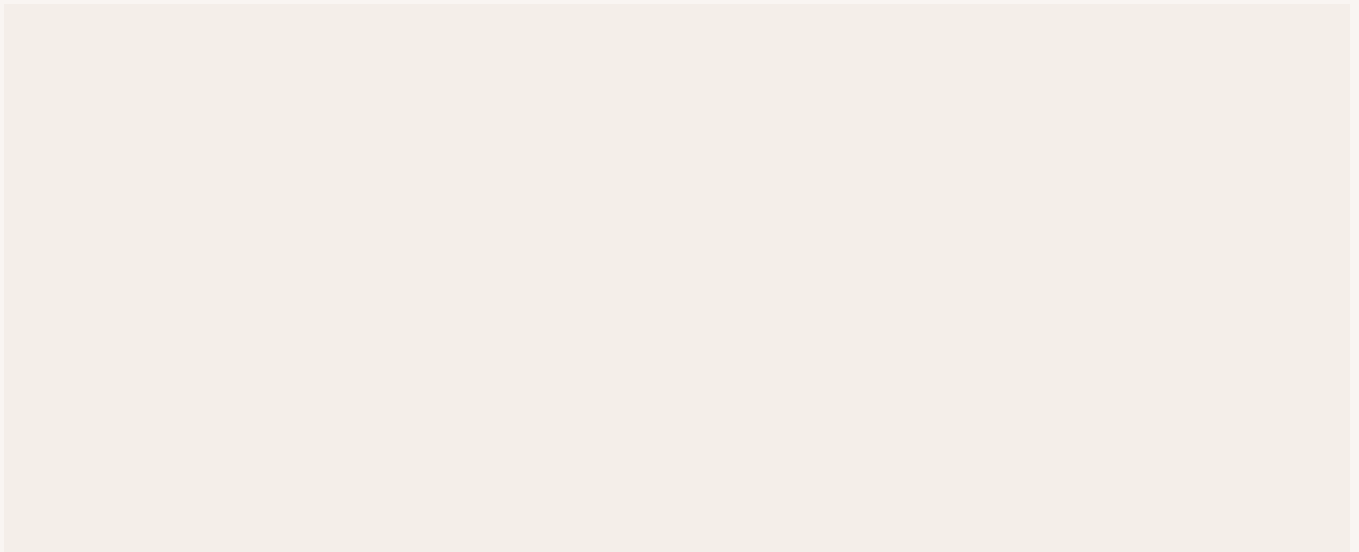
New Moons are a time of beginnings. What is beginning for you?



What are your hopes and intentions for this New Moon?



What fears or concerns are present for you with this New Moon?



Thoughts, Musings, Realizations....

