

*nurture yourself*

*for your pleasure*

# A Bath Ritual for Release

*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.

*listen to yourself*

*Your most  
empowering experiences  
will come  
from listening  
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manifestation.*

## a few items for your bath ritual:

- Candles
- Salt- sea salt or pink himalayan salt
- Water from a Sacred Site\*
- Essential Oils- rose, jasmine, lavender or spruce
- 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 release

**Step one:** Prepare the space as you desire.\*

**Step two:** Fill the bath with warm water and add the ingredients to the water.

**Step three:** Listen to the song "Naked" by Bliss while looking in the mirror.

**Step four:** Enter the water and listen to inspiring music.

**Step five:** Drain the water. Remain in the tub until all of the water is gone.

**Step six:** Return to the mirror. Listen to the song again before covering up.

**Step seven:** Create an affirmation to display on your mirror as a daily reminder. Journal.

*\*PRO TIP:*

*Drain the water when the song, "I Release Control" begins playing.*

*As the water drains, imagine that all of your stress, worry  
and anything you are releasing is flowing away with it.*

*Remain in the tub until all of the water is gone.*

## 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





*sprinkle in some love*

## Step 2: 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-lavender, jasmine, geranium or spruce
- 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*

## Step 3: Mirror Work

This is one of the most important steps of the ritual.

We have provided a playlist, and invite you to begin the ritual by listening to the first song entitled, Naked by Bliss, while standing and observing your nude body in the mirror.

Take in the music and lyrics. Notice any cues from your body, heart or mind.



*engage your senses*

## Step 4: 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 release

- Naked by Bliss for the Opening Mirror Exercise
- I Release by Beautiful Chorus
- In My Womb by Scarlet Crow
- Guesthouse by Ayla Schafer
- I Release Control by Alexa Sunshine Rose
- Naked by Bliss for the Closing Mirror Exercise



*I release control*

## Step 5: Let the Water Drain

**PRO TIP:** Begin to drain the water when the song, I Release Control by Alexa Sunshine Rose begins to play. (This is the 5th song on the playlist)

Remain seated in the bathtub as the water flows away, and meditate on those things that you are letting go of....



## Step 6: Return to the Mirror

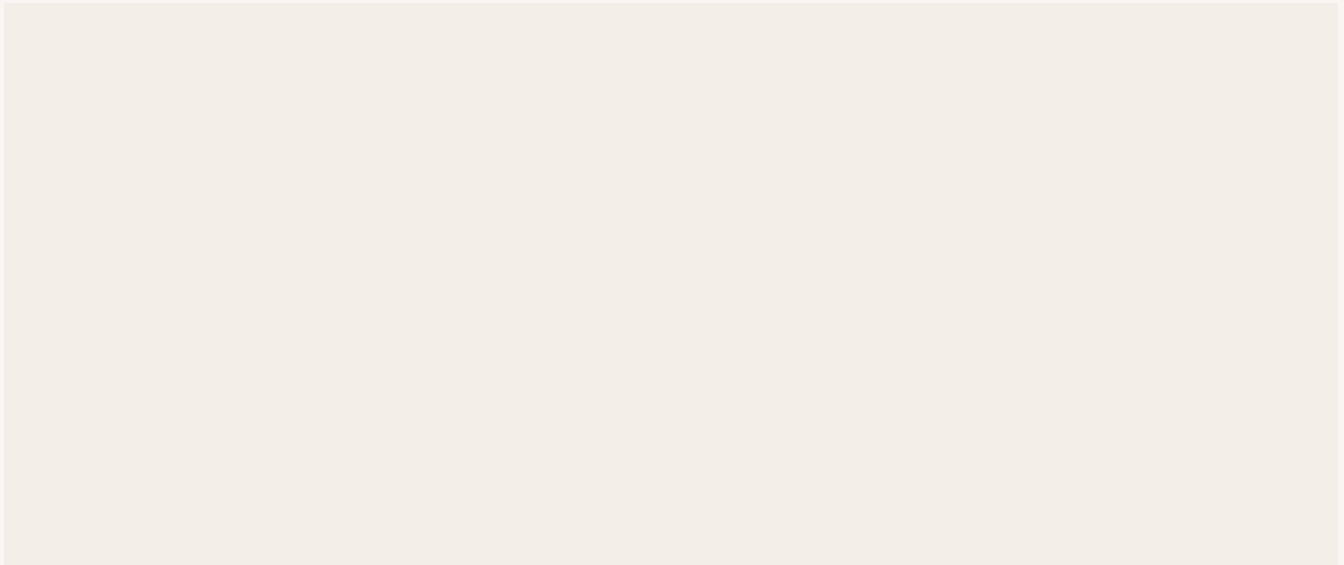
- Close your bathing ritual with attention and care.
- Listen to the song Naked again and repeat the mirror exercise.
- Note anything that is different or the same.
- ***Create an affirmation for your mirror that you can return to again and again.***
- Take some time to journal about your experience if you desire.
- Be gentle with yourself.



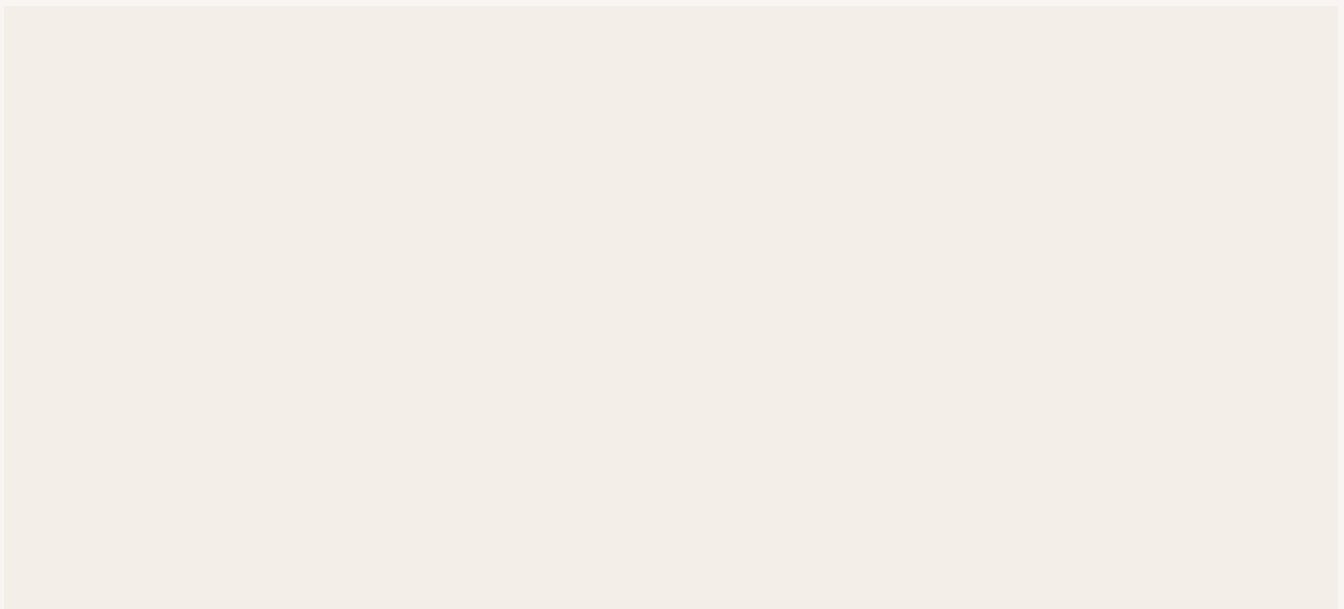
# Journaling Prompts for the Full Moon in Virgo

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

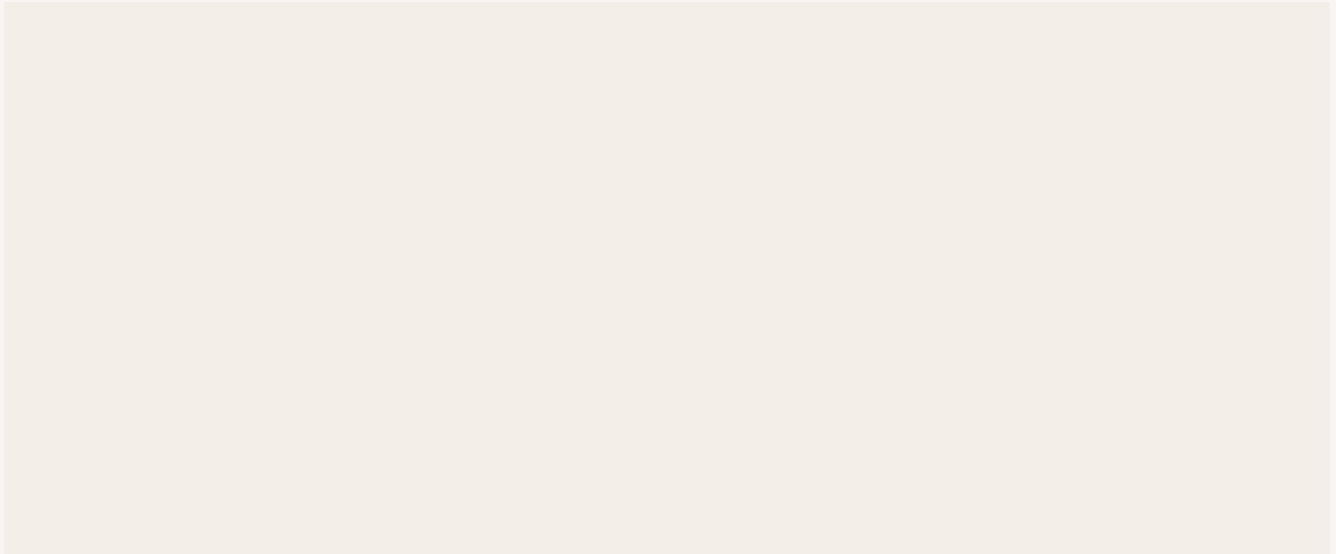
Describe what it means to be discerning.



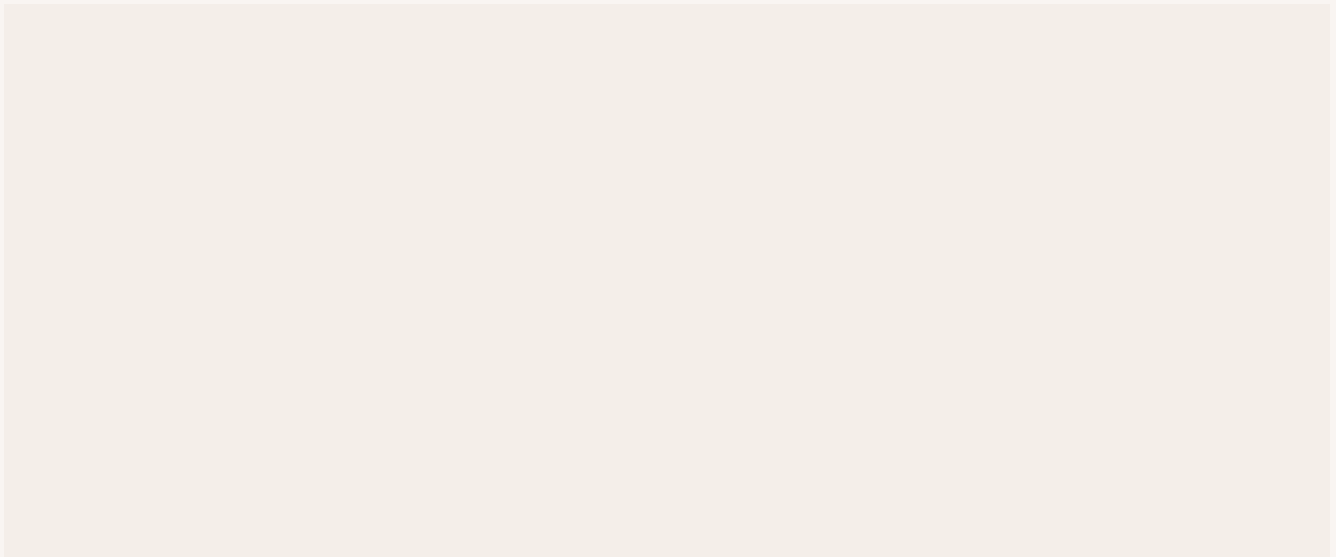
Where does discernment come from?



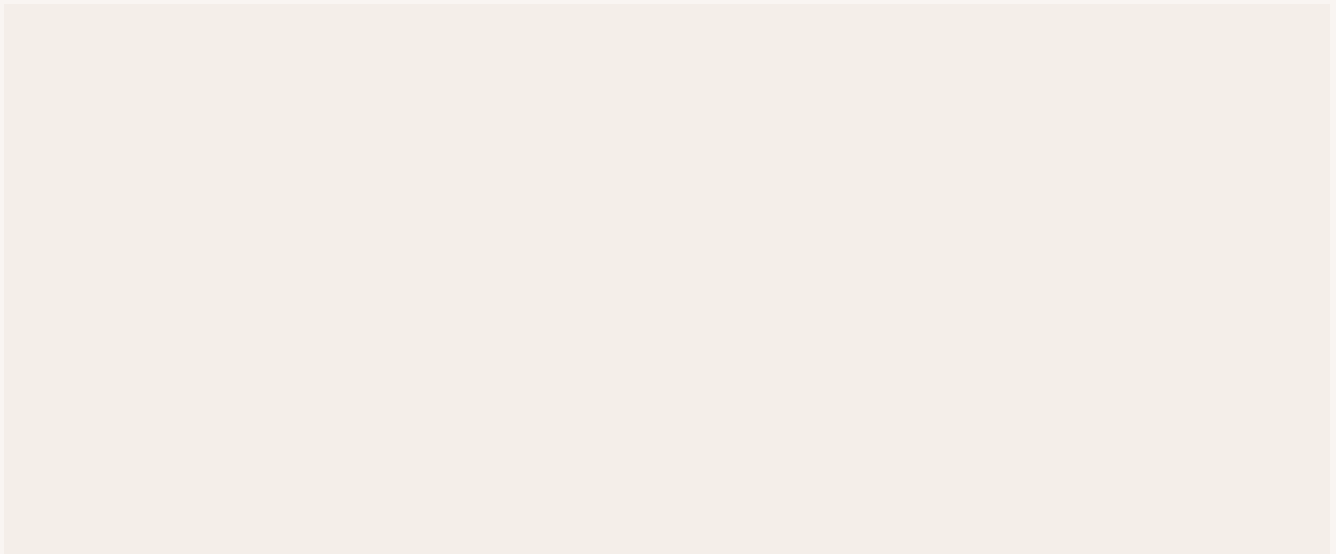
What does the phrase "separating the wheat from the chaff" mean to you?



What thoughts and feelings are present when focused on improving a situation?



What does it mean to over analyze or to be too critical?



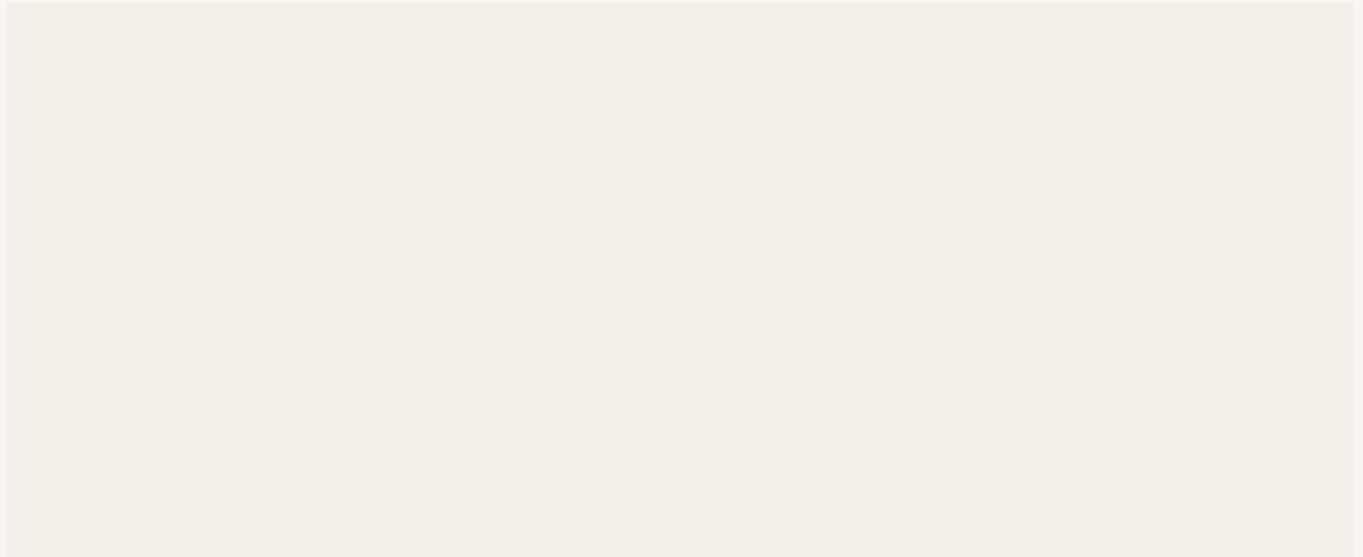


What does perfection look like?

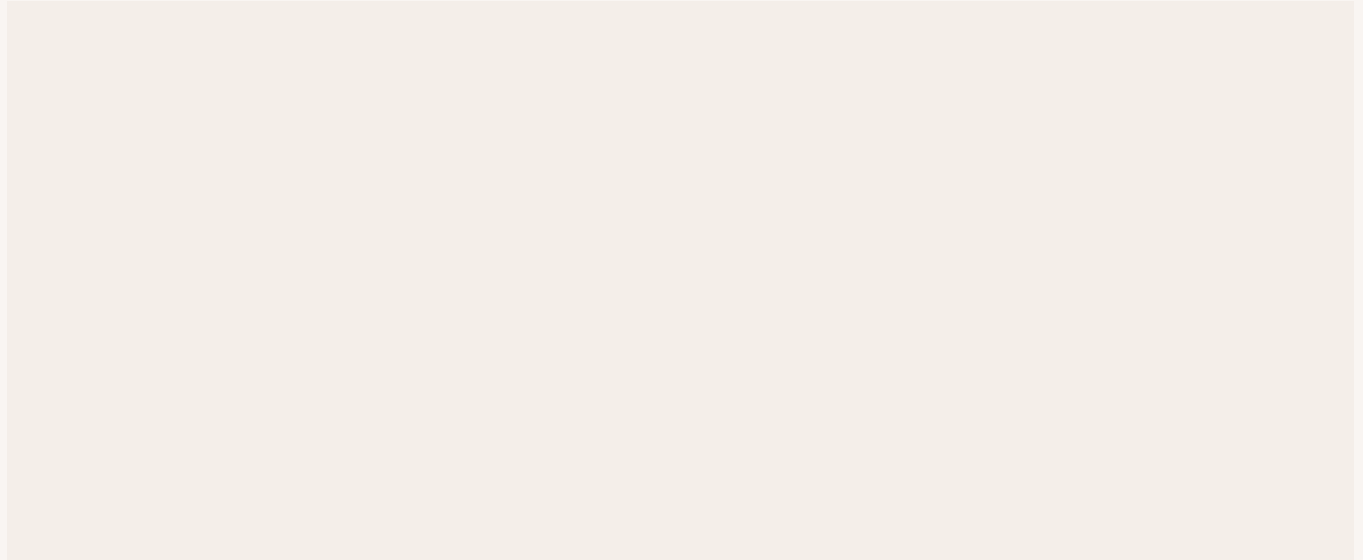
Define excellence.

What is the difference between perfection and excellence?

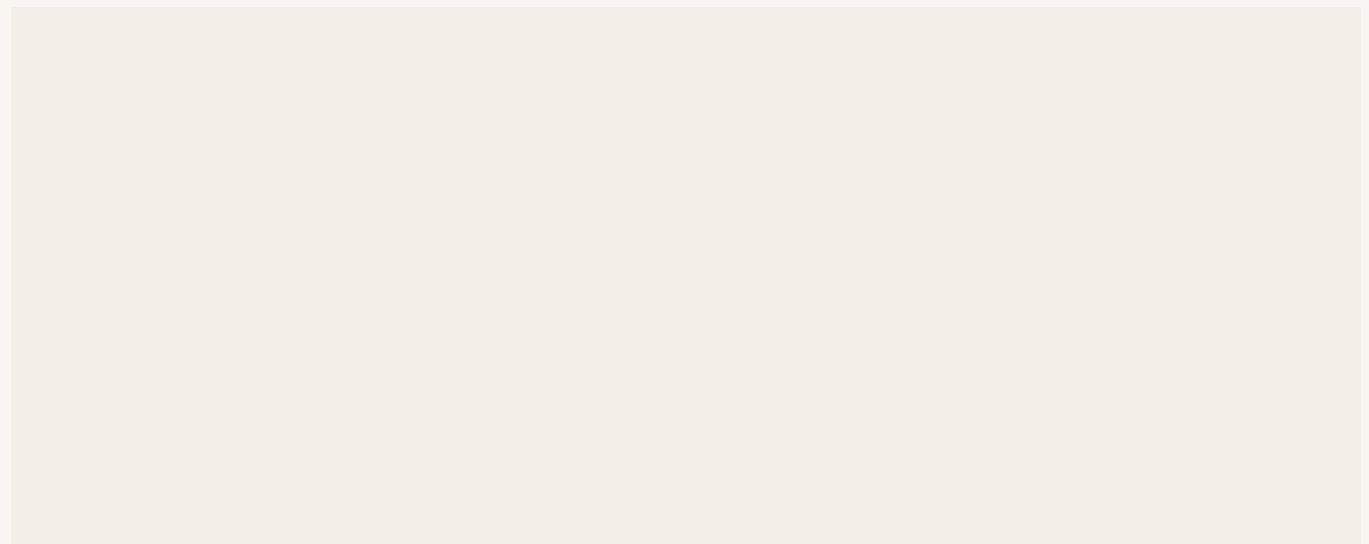
What happens when you focus on the details of a situation? How does that feel for you?



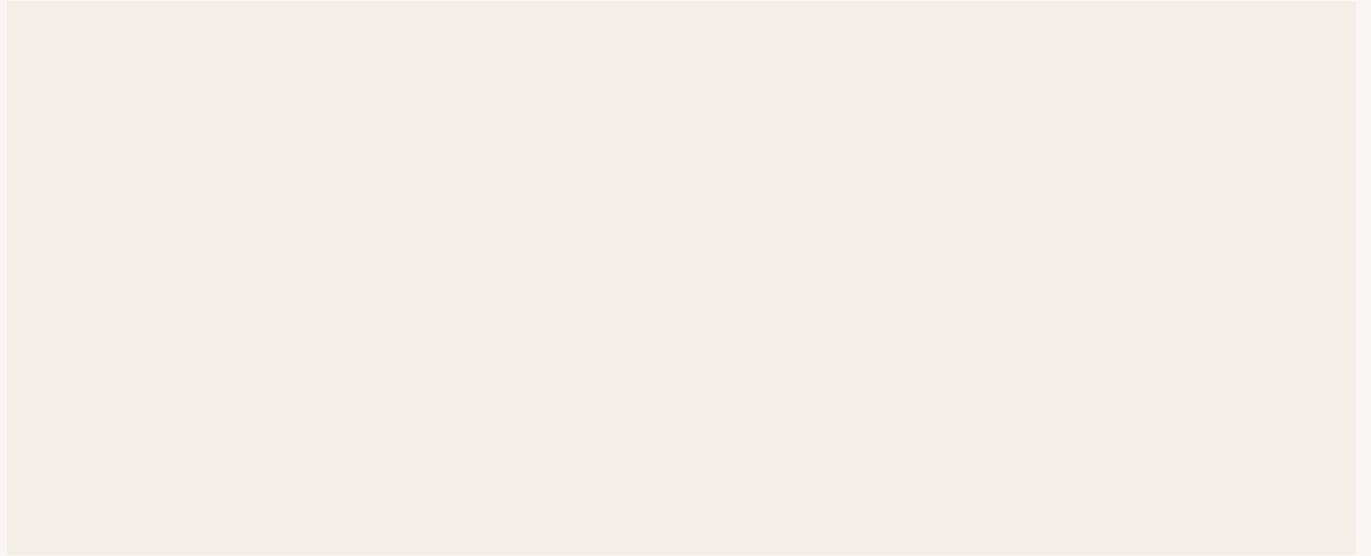
Have you ever had an experience where you focused on improving something but no matter how hard you tried it didn't seem good enough? Describe the experience.



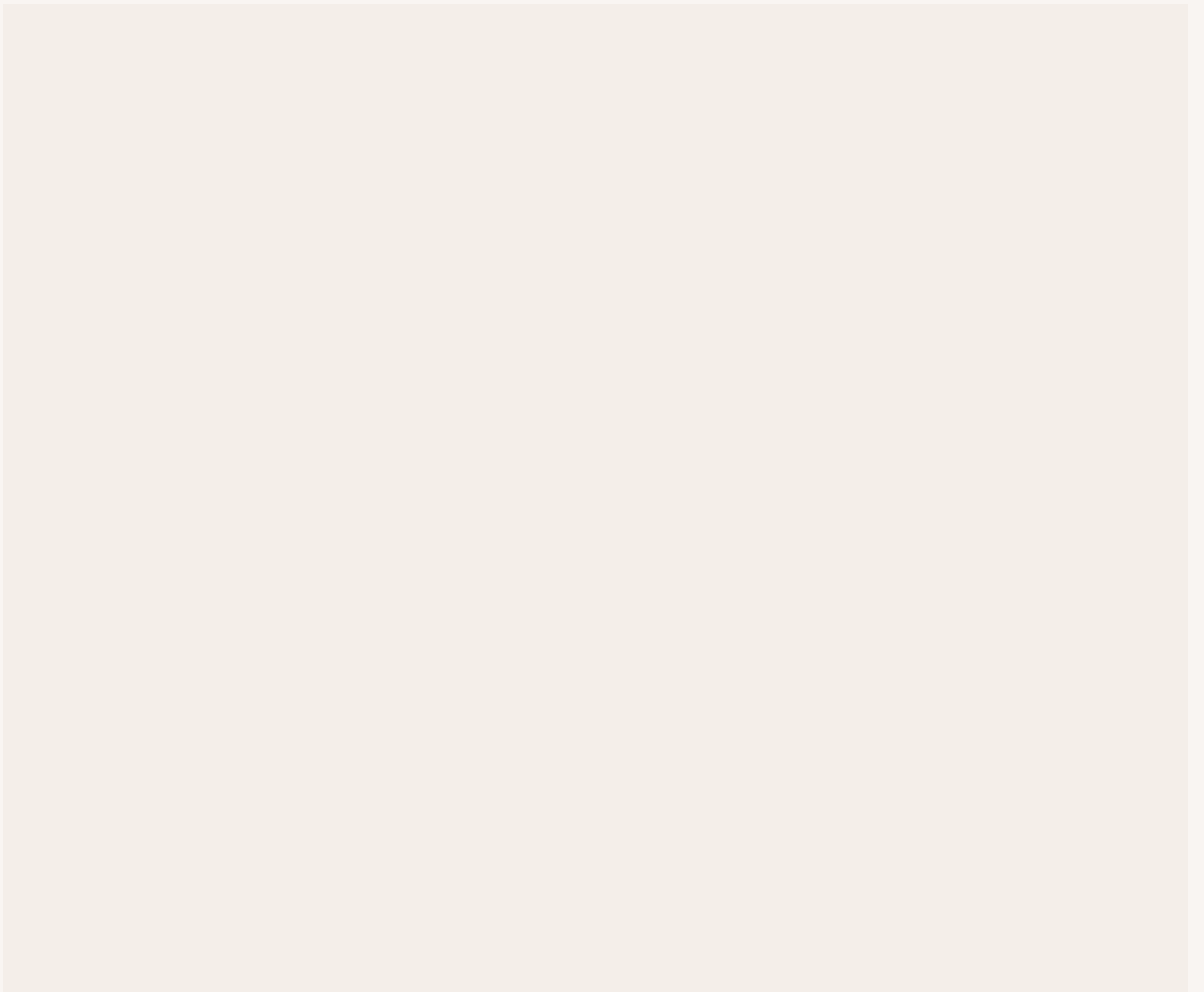
When do you know you've achieved the level of quality you are reaching for?



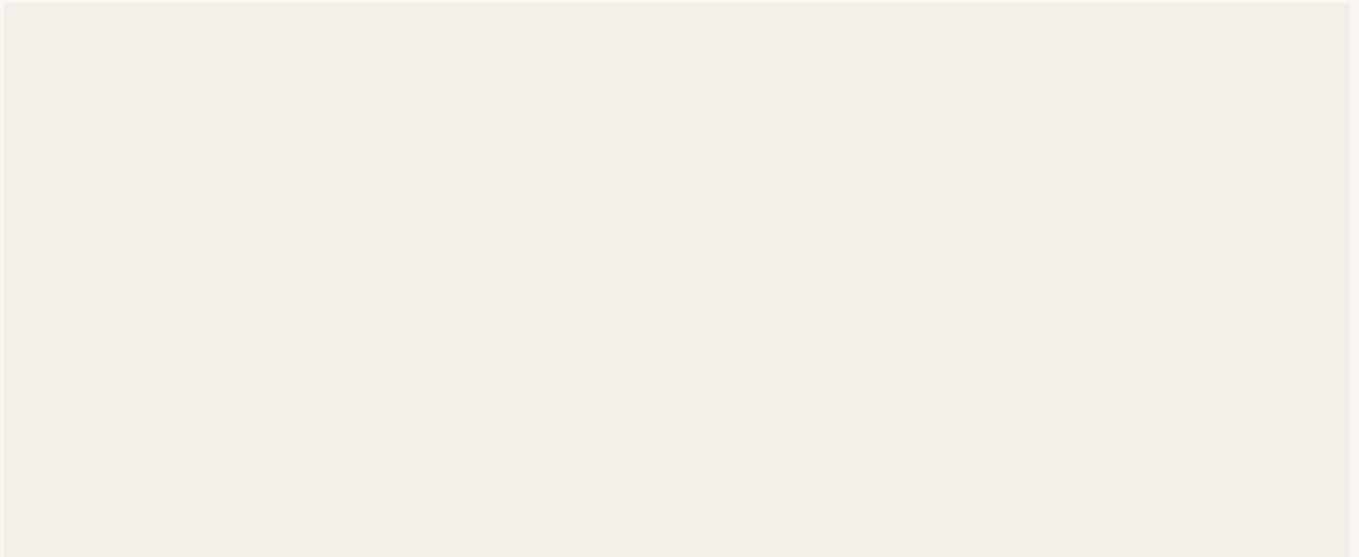
What does satisfaction feel like? How about dis-satisfaction?



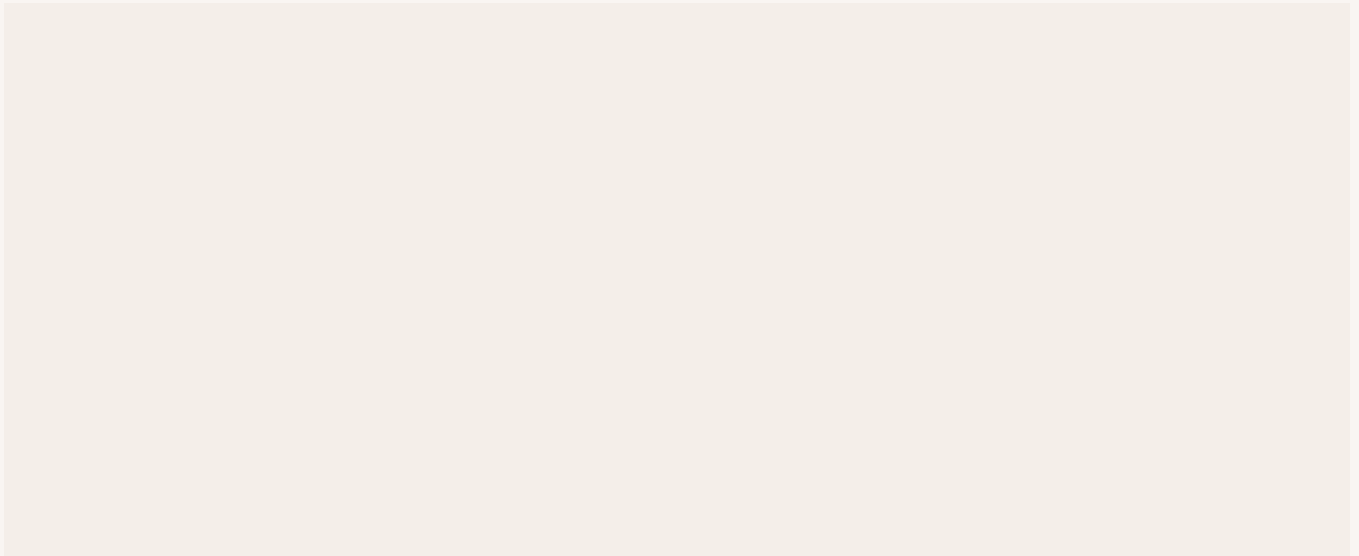
What are you realizing about the sign of Virgo?



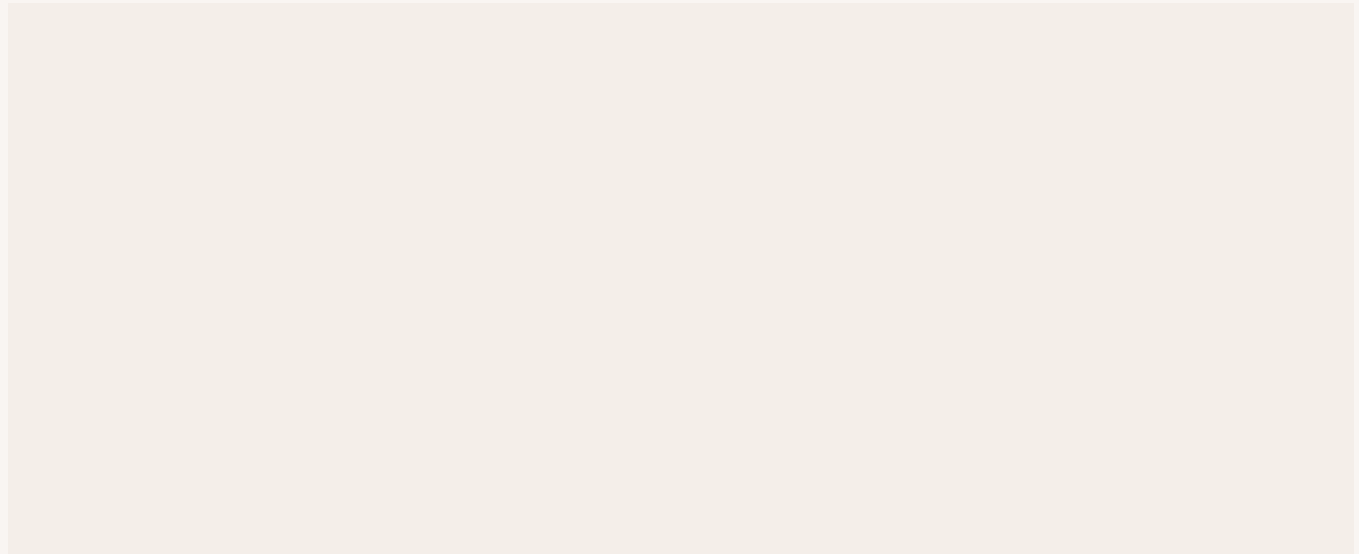
What was your experience with the Bath Ritual for Release?



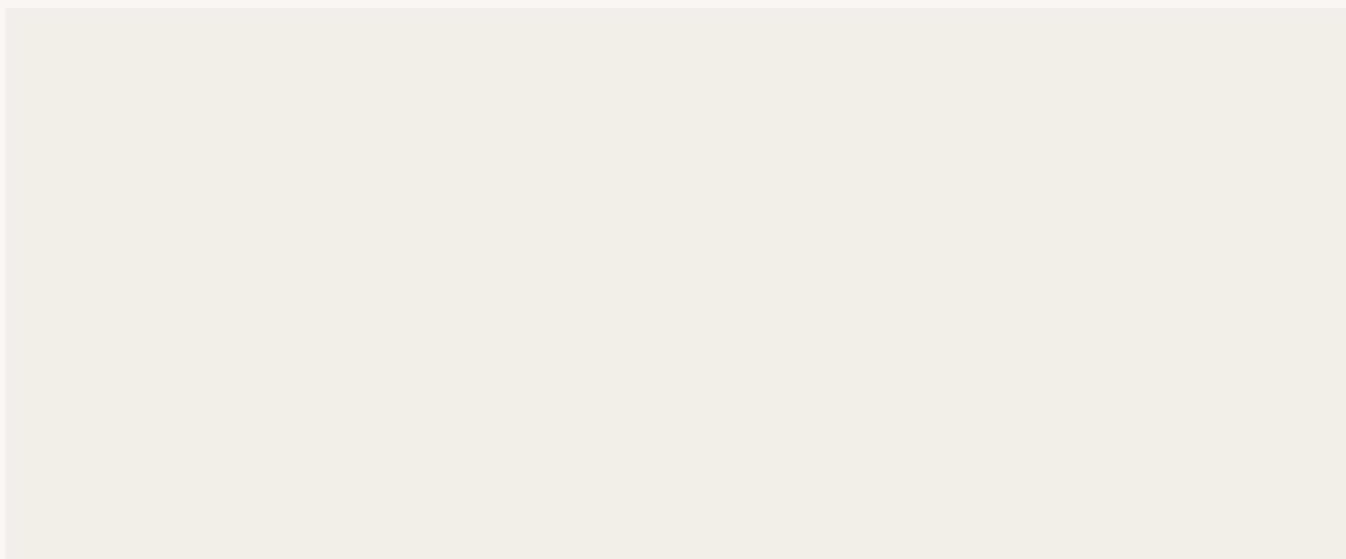
What part of your life is full and ready to release?



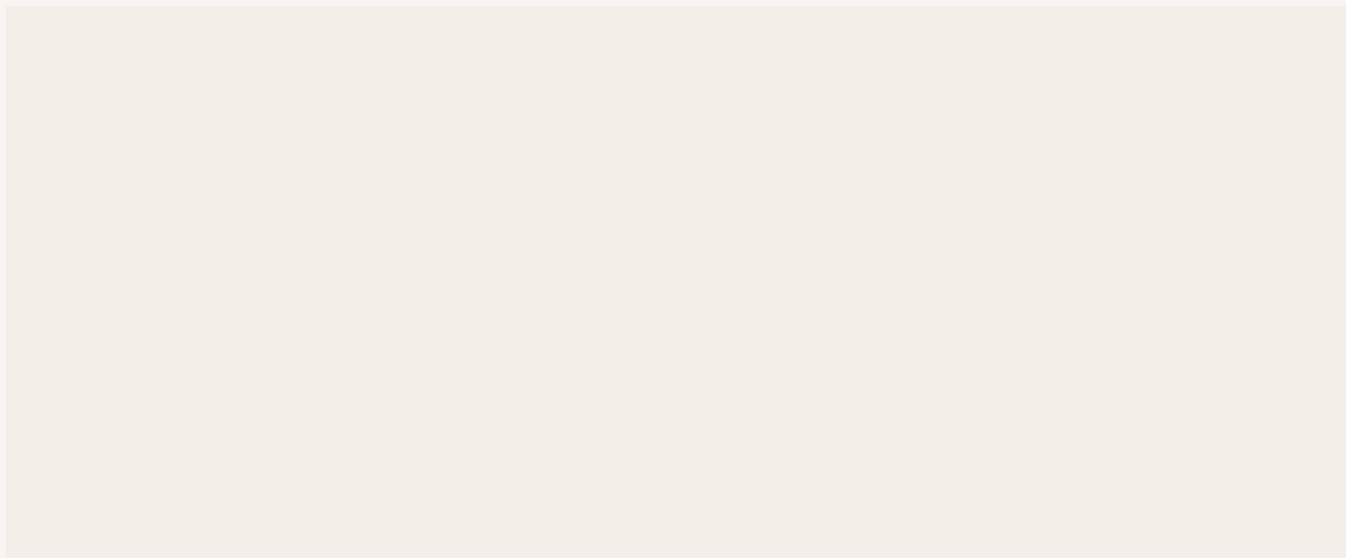
What are you releasing for this Full Moon?



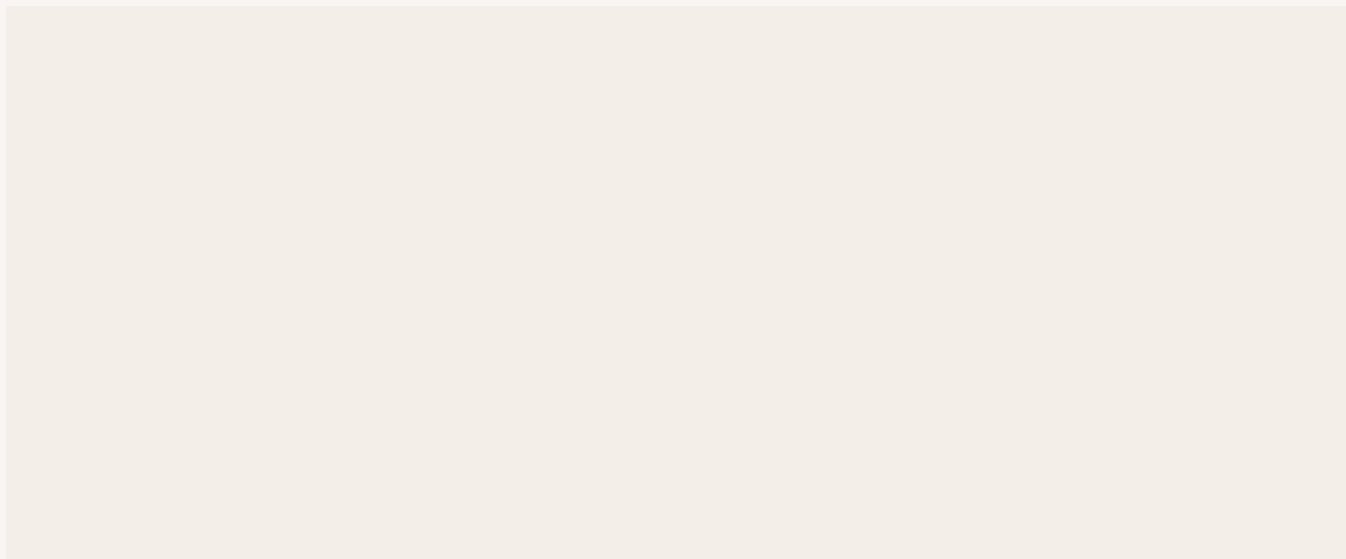
Full Moon are a time of culminations. What is reaching a peak for you?



What are your hopes and intentions with this Full Moon?



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



Thoughts, Musings, Realizations....

