



Weekly Grounding & Sacred Space Ritual

Before each reading, take a moment to prepare both yourself and your space.

Choose a quiet place where you feel safe and comfortable.

Clear the surface in front of you — not perfectly, only with care.

This is the beginning of your sacred space.

You may wish to light a candle to represent clarity and presence.

You may burn incense, palo santo, or sage to cleanse the energy of the room and your own field.

You might place a crystal, flower, or meaningful object nearby as a reminder that this time is set aside for you.

These simple acts are not about ritual for ritual's sake — they are signals to your body and spirit that you are entering a space of listening.

Now, sit comfortably with your feet on the floor.

Let your shoulders soften.

Close your eyes.

Take three slow, deep breaths.

With each exhale, imagine the weight of the week gently leaving your body.

Place one hand over your heart and one over your belly.

Feel your breath move beneath your palms.

Allow yourself to fully arrive.

Quietly say:

“I am here. I am present. I am open.”

When your breath feels steady, hold your tarot deck in both hands.

Set your intention for the reading:

“May this reading bring clarity, guidance, and insight for my highest good.”

Only then, begin to shuffle.

This is your pause.

This is your return.

This is where your wisdom meets you.

Lay your cards out into your weekly spread, infusing your intention into each placement as you gently set every card down.



Crystal Owl Healings