

■ ■ Water & Rose Tea Cleansing Ceremony

For R&R; Monastery • Rest & Renewal

Purpose

This ceremony honors water as a sacred gift. It offers cleansing both outwardly and inwardly — with bathing, swimming, and drinking — and concludes with the gentleness of rose tea. It may be done at home, in a bath, with a bowl of water, or at the beach with living waters.

■ Part 1: Sacred Drinking Water

Preparation: - Pour a glass of clean, cool water. - Hold it in both hands, pausing in gratitude.

Ritual: 1. Whisper: "This water is life. I receive it with thanks." 2. Slowly sip, imagining each swallow cleansing from within. 3. Place your hand over your heart, breathing deeply, feeling refreshed.

■ Part 2: Immersion (Home or Beach)

At Home: - Use a basin or bathtub. Wash your face and hands, or immerse fully if bathing. At the Beach: - Step into the water with reverence. Let the waves cleanse you. Float or swim quietly, imagining the water carrying away burdens.

■ Part 3: Rose Tea Ceremony

Preparation: - Brew rose tea using food-safe dried rose petals or a rose blend. - Use a favorite cup or bowl.

Ritual: 1. As the tea steeps, breathe in the fragrance, welcoming beauty. 2. Pray: "As this rose blossoms in water, may peace blossom in me." 3. Sip slowly, savoring the warmth. Rest in stillness. 4. Give thanks before finishing.

■ Closing Blessing

Lift your empty cup or glass of water toward the light and whisper: "I am cleansed. I am renewed. I am held in love."

■ Appendix: Water & Rose Tea Ceremony Journal

A companion journal for reflections, blessings, and sweet memories.

How to Use This Journal

After each ceremony, take a few quiet minutes to reflect. Write freely, without judgment, letting your thoughts flow like water. This practice turns your inner journey into a blooming record of peace and renewal.

Reflection Prompts

- What did the water teach me today?
- What feelings arose as I sipped the rose tea?
- What do I feel cleansed or freed from?
- What blessings am I carrying forward?

■ Closing Note

May each entry in this journal be like a petal upon the waters — soft, beautiful, and carried gently by grace. You are renewed, and your journey is sweet.