

# December Reflection Ritual

1. How do you experience hope? Sink in with each of your senses: hear, smell, taste, see, touch, and feel (physically and emotionally).
2. What do you hope for in your life?
3. What do you hope for for the collective?
4. What fears, doubts, or resistance shows up for you as you invite hope into your heart?

Invite Archangel Raphael to support you in lifting away and clearing this energy.

5. What seeds of hope would you like to plant this month?

Create a simple ritual to plant these seeds of hope . . .

For example:

- Visualize them as little seeds of light being planted in the earth.
- Use your breath to blow the essence of each seed into a stone and plant it in the earth or in the soil of a house plant.
- Use your breath to blow the energy of the seeds into a stick and offer it to a body of water.

