

A PRINTABLE RITUAL

# Come Home to Yourself

A Ritual to Settle Your Nervous System

Some stretches of life leave you raw and tender, pulled toward home and old feelings you thought you'd moved past. This is a short evening ritual to settle your body and come back to yourself. It's quick and easy, and it doesn't ask much of you. Keep it somewhere you'll find it on the night you need it.

## WHAT YOU'LL NEED

- A Mugwort smudge bundle, or a pinch of loose-leaf Mugwort and a charcoal disc
- A piece of Moonstone you can hold
- A candle
- Ten minutes and somewhere to sit where no one needs you

## THE RITUAL

### 1 Clear the room.

Light the Mugwort. If it's a bundle, let it catch, blow out the flame, and move the smoke around the room and over yourself. If it's loose-leaf, set a pinch on a charcoal disc and let it smoke. Mugwort is the herb people reach for when they want to wind down, and the aroma does half the work. It speaks the body's language and tells it to relax.

### 2 Sit down, hand on your heart.

Put both feet on the floor. Lay one hand flat in the center of your chest. You're not performing anything for anyone. You're giving yourself one steady point of contact to use as an anchor in the moment.

### 3 Slow the exhale.

Breathe in for a count of four, out for a count of six. Do five or six rounds. The long out-breath is the part that does the work. It sends a signal of safety to the body. Don't control it too much. Let the exhale slow into its own rhythm.

#### 4 Hold the Moonstone.

Rest it in your palm or hold it against your chest. Moonstone is the Cancer stone, ruled by the Moon, traditionally carried for emotional steadiness and fresh starts. You're not waiting on it to fix you. It's a weight in your hand that will prompt you to come back into the moment when your thoughts drift off to a past conversation that's still nagging at you or tomorrow's to-do list. Bring your attention back to the stone and the next exhale.

#### 5 Speak kindly to yourself.

Out loud or in your head, say what you need to hear. Skip the flowery affirmation and speak plainly to yourself. Imagine a wise grandparent or proud mentor affirming your efforts and praising your purpose. Hear them say to you:

##### HEAR THEM SAY

*“The day is over. You did so well. You were so strong, and I'm proud of you. There's nothing left you have to do tonight. Tomorrow is another day.”*

Then light a candle and spend five minutes resting your eyes on the flame, relaxing the conscious mind and opening a subconscious door to integrate the shift. Do this when the moment feels chaotic, or in the ten minutes before bed when your mind wants to relitigate the day. The more you do it, the quicker your body settles.

##### WHAT DO YOU NEED TO HEAR TONIGHT?

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