



RITUALS

MATERIALS LIST

Into The Spiritual Heart Signature Program

You'll need specific materials for several rituals as listed below. In addition, you may also use incense, essential oils, or anything else you feel will enhance your ritual space. I also recommend you keep a journal for the rituals. This journal could also include your experiences and notes related to the teaching videos.

Ritual 1 - x

Ritual 2 - One Stone. Take a walk, let a stone choose you. Any stone will do. For this practice we don't use crystals, ordinary stones you find in a field, by a river would be perfect.

Ritual 3 - Paper and pen.

Ritual 4 - Paper and pen.

Ritual 5 - Seven threads: red, orange, yellow, green or pink, turquoise, violet, white. These should be thin sewing threads. Thread length approx. 60cm (23-24inches) each thread.

Ritual 6 - Ice cube. You can place the ice in a cup. It will also be handy to have a small hand towel.

Ritual 7 -x

Ritual 8 -x

Ritual 9 - Two apples.

Ritual 10 -x
