



Summer Ritual: Flow with the Goddess Waters

As summer swells, try this simple ritual to invite these five goddesses into your life:

What you need:

- A bowl of natural water (river, ocean, or spring if possible)
- A seashell or crystal (moonstone, rose quartz, or aquamarine)
- A fresh flower (hibiscus, marigold, or rose)

Step 1:

Place the bowl on your altar or outside in sunlight. Add the flower and crystal.

Step 2:

Whisper or write:

“Clíodhna, Oshun, Amphitrite, Aphrodite, Ganga—
Bless this water with your sacred flow.
May I love, heal, shine, and grow.”

Step 3:

Dip your fingers into the water and anoint your heart, third eye, and throat. Let your own flow return to center.