



Sacred Beauty Rituals

Honoring the Goddess Within

Welcome to a journey of self-discovery and goddess empowerment. For Burnt Out Women Reclaiming Their Goddess Energy. This guide is a gentle ritual — not another thing to accomplish. You are not broken. You are tired.

Goddess Rituals for Self Care

Ritual One · Morning Illumination

Goddess Archetype: Sol – new beginnings and hope.

Begin your day by watching the sunrise. As the light fills the sky, visualize your intentions for the day taking form. Write them down and set the tone for a day filled with purpose and joy. Embrace the new day with optimism.

Ritual Three · Sacred Waters

Goddess Archetype: Yemanya – nurturing and cleansing

Take a bath with sea salt and essential oils (such as lavender or rose). Visualize the water cleansing you of any negativity or stress. Emerge feeling refreshed, purified, and connected to your inner peace. Honour the sacredness of water.

Ritual Five · Voice of Truth

Goddess Archetype: Saraswati – expression and creativity

Engage in creative expression – sing, write, dance, draw, paint... Allow your creativity to allow yourself to be in the present moment. Connect with Saraswati's energy to unlock your creative expression without judgement. Release your inner authenticity.

Ritual Two · Floral Adornment

Goddess Archetype: Flora – beauty and blossoming

Surround yourself with flowers. Place flowers around your home, or purchase some essential oils of lavender, lilac or rose. Inhale the vibrant energy of the scents infusing you with beauty and vitality. Take a walk in nature and celebrate your own blossoming.

Ritual Four · Lunar Reflection

Goddess Archetype: Selene – cycles and intuition

Under the moon or candlelight, journal about your feelings and dreams. Reflect on the cycles in your life and honor your intuition. Allow the moon's gentle glow to illuminate your inner wisdom and help you release what no longer serves you and the direction you want to take.

Ritual Three · Mirror of Truth

Goddess Archetype: Isis - remembrance of inner power

Stand before a mirror. Look into your eyes. Take a deep breathe and Say out loud: "I am allowed to slow down. I am worthy of self care. I do not have to be everyone's support. I need to support myself today."

Self care is NOT selfish!



Sacred Beauty Oracle Deck & Art Photo Book

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