



Soul Cleansing Ritual

There are many different teachings on what the soul is. According to Webster, it is the spiritual nature of humans that is regarded as immortal. Some say it is the mystical self—the inner identity that is not attached to the physical and emotional self. It is not gender based and it is not tied to our accomplishments. We cultivate a relationship with the mystical self and invite it into our lives through our spiritual practices, ritual, and experiences.

The truth is that each soul is unique. Each soul is an exquisite combination of strengths, vulnerabilities, beauty, and power. The way a person copes with suffering, and the way she meets joy, her willingness to take risks and her ability to give comfort, the way she remembers her past and dreams into her future are all singular, distinctive to that one particular soul.

Ritual helps us to deepen our experience of life and enhance our relationship to the sacred, to the seasons, to life passages and to each other. This mystery is safe, supportive, and unifying. It overflows with beauty and wisdom and when we *sink into* it rather than *think about it*, we more easily access the mystery. Its power lies beyond the words that are spoken or the ceremonial objects that are used.

We live in a deep and sacred mystery that cannot be fully understood intellectually but can be experienced when we open ourselves to the flow of life in and through us. Respect your own sacred path. Learn to honor your uniqueness and come to know the living spring of divine energy and potential constantly bubbling within.

When was the last time you took a break from your busy schedule to experience the joy of ritual—gently, warmly, fully? I invite you to slow down and breathe in new life. It could very well be a bubble bath for your soul.

Peace & Blessings,

Shirley



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