



## DECEMBER TUNE-UP TUESDAY GIFT TO SELF RITUAL



Holding the Darkness and the Light

*"It takes uncommon **humility** to carry both the **dark** and the **light** side of things."* ~

**Richard Rohr**



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### Creating Your "Gift To Self" Ritual:

You will need:

- 2 small Boxes
- Wrapping paper, tape, ribbon or cord, scissors
- 6 – 10 Small sheets of paper
- Pen or Pencil

Optional:

Colored pencils or paints and other items to decorate your boxes  
Candle, Sage or Essential Oils

This ritual is a way to acknowledge the darkness or shadow side of yourself, others or a particular situation or issue.

This is a great holiday nurturing ritual but it can be done anytime you want more peace and clarity around holding the dark & light together.





Allow at least 30 minutes of quiet time for this ritual

Prepare your space with clearing the energy – this can be done using a Candle, Sage, Essential Oils or any other items you like to use. – You can also do an intentional clearing by simply stating:

“I now clear and release all lingering and stagnant energy in this space. I allow fresh pure energy to enter this space so that the intentions of this ritual are carried forward.”

Start with some deep breathing, movement or meditation.

Decide which box will contain the darkness and which box will contain the light.

If you have time and so desire, decorate each box accordingly.

Choose 3-5 ‘things’ that you consider part of your life’s shadow or darkness. This can be a quality in yourself such as impatience or a quick temper. It can be in another person – such as spouse or parent, like for example, your mother’s controlling nature. It can be a situation or issue that is unpleasant or unsavory – an aspect of your job, or the fact that your cat throws up a lot.

On one piece of paper – write the ‘dark’ statement:

Example:

I get so bored listening to long winded stories it makes me want to scream!

Or ~

My mother’s controlling nature makes me avoid contact with her.



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Or ~

I don't invite friends over because my cat throws up so much it disgusts me.

.....you get the idea.

Write the 'dark' statement first, then sit with it a few moments.

Reflect, is there some lesson or insight that is available to you regarding that issue? Can you see that quality or aspect from another perspective?

That is what you write as the 'light' statement.

Example:

I get so bored listening to long winded stories it makes me want to scream!

Can be held in the light as ~ "people must feel safe and comfortable with me, or they wouldn't want to share their stories"

Or ~

My mother's controlling nature makes me avoid contact with her.

Can be held in the light as ~ "my mom really pays attention to detail, maybe I can delegate a project to her and let her be in charge of it"

Or ~

I don't invite friends over because my cat throws up so much it disgusts me.



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Can be held in the light as ~ “poor kitty, all that yakking must be uncomfortable, yet she still finds reasons to purr sometimes.”

When you have written your dark statement and light statement, place them in their respective boxes, light in the light – dark in the dark.

Now, with the wrapping paper, tape and ribbons, bind the two boxes together.

Sit in meditation or move or dance – whatever feels right to you.

Smile to yourself, knowing ~

**Without the darkness there can be no light!**

All is ONE & ALL IS WELL.

Then ~ do whatever feels good with the boxes:

Bury them, burn them, place them on your bedside table, shove them to the back of your closet, place them under your Christmas tree.

(just don't let your mom open them! 😊)

