

# MOORE

## Rituals & Routines

Here is a list of Spiritual rituals, routines, and practices which help develop your Spiritual body and enhance your Self Care experience.

### Deep Breathing

Root Chakra

Taking deep breaths in and out over a minimum of three minutes helps:

- Calm the mind and body
- Decrease the amount of heaviness within your energy
- Reminds you of your being and life force
- Brings consciousness into your body
- Creates space for reception of Spirit
- Empowers presence

### Daydreaming

Crown Chakra

Gazing into the distance, wandering into your imagination and deepest heart's desires:

- Connects directly to the energy of your Inner Child
- Deepens your dreams and sleep cycle
- Inspires passionate creativity

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- Heals the heart chakra

### Meditation

### Third Eye Chakra

Meditation is one of the most powerful tools you have access to during your Spiritual journey. Through meditation we are able to:

- Increase our consciousness and awareness
- Create space for clarity through intuitive guidance
- Define the voice of your Higher Self

### Journaling

### Sacral Chakra

Not only does Journaling improve your penmanship, it:

- Develops your creative and intellectual mind
- Is the time and space to express your most vulnerable self
- Improves the recall of memory
- Great for enhancing the vision of your manifestations

### Sungazing

### Heart Chakra

Connecting with the Divine source of life force:

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- Influences your vibration instantly
- Energizes and heals
- Warms the soul and body
- Empowers the body by being surrounded by nature

Grace & Gratitude

Throat Chakra

Being courageous enough to speak your Spiritual beliefs, intentions, and the grateful presence of your Higher Self, the Creator, and or however you identify (God) you:

- Increase reception of guidance from Spirit
- Brings in more miracles and blessings
- Inspires great internal change and epiphanies
- Builds discipline and devotion of faith

**There are a few other traditional and non traditional Spiritual aesthetics and practices that help protect your energy and intuitive ability:**

Investing in Crystals, Astrological resources, sage, smudge sticks, and sound bowls

help you:

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- Become more aware of how to connect your Spiritual journey with your human experiences (Astrological resources)
- Feel more protected as you move through your daily human experiences, peace within your home, and serenity within your soul (Crystals, Sage, and Sound Bowls)

*Hair Wraps are to:*

- Help nurture your Crown chakra as the energy shifts through the planets
- Embody the Divine Feminine energy

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