



Monthly Healing Ritual – August by Nicole Dorenzo

The Rest & Restore Ritual

As summer gently comes to a close, gift yourself one evening this month to intentionally slow down. This simple ritual is an invitation to calm your nervous system, reconnect with yourself, and welcome the changing season with peace.

What You'll Need

- A candle
- A cozy blanket
- A journal and pen
- A warm cup of herbal tea
- Soft instrumental music or a sound bath
- Optional: a crystal such as amethyst, clear quartz, or rose quartz

Step 1: Create Your Sanctuary

Dim the lights, silence your phone, and light your candle. Take three slow, deep breaths, allowing yourself to arrive fully in this moment.

As you breathe, silently repeat:

“With each breath, I release the busyness of today and welcome peace into my mind, body, and spirit.”

Step 2: Rest the Body

Close your eyes and slowly scan your body from head to toe. Notice where you're holding tension without trying to change it. As you exhale, imagine that tension gently melting away.

Remain here for five quiet minutes, allowing your breath to become slow and steady.

Step 3: Reflect

Open your journal and write freely using these prompts:

- What has brought me joy this summer?

- Where have I been giving too much of myself?
- What do I need more of as I move into a new season?
- How can I honor my need for rest this month?

There are no right or wrong answers. Simply allow your thoughts to flow.

Step 4: Restore

Place one hand over your heart and one over your abdomen. Breathe deeply and repeat these affirmations slowly:

- I am safe to rest.
- My body deserves care and compassion.
- Rest restores my energy and renews my spirit.
- I release the pressure to do more.
- I welcome peace into every part of my being.

Sit quietly for a few moments, allowing the words to settle within you.

Step 5: Close with Gratitude

Before blowing out your candle, write down three things you're grateful for today—big or small.

As you extinguish the flame, say:

"I leave behind what no longer serves me and carry forward peace, balance, and renewed energy."

Take one final deep breath, smile gently, and trust that by choosing rest, you are supporting your healing from the inside out.

Remember: Healing isn't always found in doing more. Sometimes the most powerful act of self-care is giving yourself permission to simply be.

Love & Light to you!

Nicole, Medical Reiki Master, Usui Reiki Teacher & Mentor

Life Healing Energy