

Edited by
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SELF

Mind Body Spirit



MAGIC MOMENTS

Want to remember a special moment? Then create a ritual. That doesn't mean going all woo-woo or alternative, say wellness pioneers Nadia Narain and Katia Narain Phillips. 'Just pause, set an intention and acknowledge how you feel,' explains Nadia. Turn the page to find out how to do this at New Year, and three more ways to make 2019 memorable.



Y our first thought right now might be, ‘Who’s got time to do a ritual? I can’t even schedule in a wax/remember the recycling/answer all my emails, let alone make time to light a candle and make a wish.’

But what if you knew that rituals are a powerful way to help you find meaning and purpose; that they can make you more mindful and help you feel calmer and happier, too? And what if that ritual could be non-religious, not overly new-age or hippie; super-simple, just a little moment of beauty in your hectic life?

That’s the vision of sisters Nadia Narain and Katia Narain Philipps. In their new book, *Rituals For Every Day*, they have created easy recipes for daily rituals. In truth, they say a ritual can be as everyday as a cup of tea. ‘It is simply a way of learning to celebrate the ordinary,’ says Nadia. To create a ritual, all you need to do is: 1) Pause 2) Pay attention and 3) Set your intention. So, for example, the intention of the love ritual is to state clearly to yourself that you are ready to attract love.

This new book came about as a result of their global bestseller *Self Care For The Real World*, which is about how to spend time on you. But readers started to ask for more specific instructions. ‘We found everyone was saying, we don’t know how to do this!’ Katia says.

In response, the sisters have curated a series of 21 recipes, covering life events from birth to death, as well as the smaller moments, too. ‘People have no time, they’re doing 10 things at once,’ says Katia. ‘We want to find ways to get people to slow down and do things with more intention, to make things special again.’

For some, the religious connotation of the word ritual can be off-putting, but the sisters say that

while rituals are spiritual, it’s in the much bigger sense of being mindful. In fact, you probably already do a few rituals, says Katia. Perhaps you sing (if only the chorus) of *Auld Lang Syne* on New Year’s Eve or see fireworks every year for Diwali or Guy Fawkes’ night?

As rituals help you make space in your life, they also create an opportunity to acknowledge and process emotion. ‘It’s a safe place to lay down some of your more difficult feelings so you don’t feel suffocated by them,’ says Nadia. Take moving house, for example. Exciting? Yes, but stressful, too. ‘A ritual is taking a moment to create a fresh beginning,’ says Nadia. ‘It also sets the intention of, “How do I want to live my life here?”’ says Katia.

Also, it’s really fun to do a ritual together, so you can set your intentions as a group. That’s where this New Year ritual (next page) comes in. ‘If you don’t take the time to pause, you may end up saying, “Where’s my year gone?”’ explains Nadia. Add some rituals to your life and you may find 2019 is your most memorable year yet.



Rose quartz crystals are most associated with love

WINTER SOLSTICE REFLECTION

'Midwinter is traditionally a reflective, inward time of year. In keeping with the contemplation of the season, we suggest you keep your winter-solstice ritual domestic and intimate. It's a great one to do alone or, if you'd like to share it, just invite a few close friends. You will need one big pillar candle and as many small candles or tealights as you can find. There should be at least one tealight per person.'

- Place the pillar candle in the centre of your altar or table. This is your sun candle, which represents the return of the light. Make sure the room is dark and light only the pillar candle.
- Either with your friends, or by yourself, thank the deep darkness of winter for its restoration and reflection.
- Slowly take each tealight in turn and light it from the sun candle. Place the lit tealights around the pillar candle in a circle.
- When all the candles are lit, sit and contemplate what the return of the light means to you.

CREATE A LOVE CORNER

'Now, we don't believe in casting magic love spells, but we do believe in being clear about what you want to invite. Paying attention to your needs will help you think more deeply about what new love might look like. According to feng shui, you can find the love corner of your house by standing at the front door of your home, facing inside. From this point, locate the far right corner of your home – that's your love corner. If you live in a flat, use the front door to your flat, rather than the one to the whole building.'

ADD

- Symbols of love – these will be unique to you, but objects that are red, white or pink are associated with love.
- Photographs of happy couples.
- Pairs of objects, such as two candles or a few tealights.
- Fresh flowers or a plant.

REMOVE

- Pictures of exes or photos of one person.
- Prickly and spiky plants.
- Games and toys (you don't want to be inviting players!).
- Television or other distractions.
- Baggage (literally – no suitcases) and no rubbish bin.

Keep your ritual
domestic and
intimate



**'MIDWINTER IS
A REFLECTIVE,
INWARD TIME
OF YEAR'**

Tailor your intentions to suit each room



'FIND A SENSE OF COMING HOME, WHEREVER YOU ARE'

NEW HOME BLESSING

'Whatever the reason for moving, it's good to bring your most hopeful intentions to your new space. We've moved a lot in our lives and rituals have helped us find a sense of coming home, wherever we are. This is a really beautiful ritual we love to do once we have moved everything in and the new home has taken shape.'

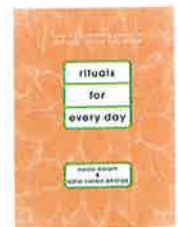
- Buy some fresh flowers and pick the heads off the stems. Take a tealight and a small plate for each room, including the bathroom and the space by the front door. Place a tealight in the centre of each plate and arrange the flowers around it.
- Put a plate in each room, light the candle and say a little prayer or set an intention for that space.
- You can do this by meditating in each room or writing them down and placing them in the room – be as creative as you want.
- In the living room, you might wish for family harmony or, in a child's bedroom, a feeling of safety and nurturing. In your own bedroom, you might wish for a loving and passionate relationship. In the bathroom, we always wish for good elimination (it matters!).
- Fill your new home with the intentions and wishes of everyone who will live there. Make sure you blow out all the candles before you leave the house or go to bed.

TOAST YOUR WISHES

'We find most people are really happy to get on board with a ritual that involves a bottle of Champagne! If you don't drink alcohol, you can do this with anything else you like, such as a sparkling elderflower drink. You will also need glasses and a packet of cigarette papers, or any other paper that burns quickly. This ritual is practised in the last few seconds of the old year, as the countdown to midnight begins.'

- Pour everyone a glass of Champagne.
- Have each person write down their wish for the new year on a piece of cigarette paper.
- Take a match and light the paper. Hold it over the Champagne glass and let it burn so that the ashes fall into the drink.
- Everyone then drinks their Champagne (and their wish) as the new year begins.

Rituals For Every Day by Nadia Narain and Katia Narain Phillips (Hutchinson) is out now



WORDS: BRIGID MOSS