



Simmer Pot

Cleanse your home and your heart with a lovely simmering pot of water on the stove. Setting an intention for each ingredient you add, let this simmer on the stove while you are home. Curl up to read/journal/plan/dream, gather with friends, clean/organize as the scent of this pot cleanses your home and your heart.

Fill a saucepan with water, bring to a boil. Add the ingredients you wish, setting an intention as you add each one. Bring to a boil again then turn to low to let the pot simmer. Set a timer to check the pot and add water as needed, every 30 minutes or so. Following are some suggestions.

- orange representing prosperity and happiness
- sea salt to cleanse
- rosemary for remembrance and self discovery
- all spice to promote healing
- cinnamon for passion and warmth
- star anise to heighten our awareness
- cloves for protection and good luck
- pine to represent our connection to heaven and earth

Journaling Prompts

- How do you perceive the balance between darkness and light in your life?
- Think about the transitions you have experienced in the past year. What aspects of yourself or your life are you ready to let go of as the year ends?
- How does the solstice mark a period of renewal or rebirth for you?
- What are you grateful for as the year draws to a close?
- How has this year shaped you? What lessons have you learned?
- How are you comforting yourself? Remembering to seek the support that you need.
- How can you cultivate more self compassion and care for yourself?