

Now that you've spent time with your Year-end Digestion, there's one final step I recommend.

Do a ritual to symbolize your release of the energy and Story of this year and to open to and welcome the empty space into which you can call the energy and Story of the coming year.

A ritual is a way to physicalize and symbolize this process, so that instead of just doing it mentally, it becomes tangible and material.

It does not need to be elaborate and it does not need to be time consuming.

The main elements of a ritual would include:

1. Picking a way to make physical this past year.
2. Bless the year by saying out loud what you accomplished or what you are grateful for.
3. Symbolically closing or ending or releasing the year.
4. Acknowledging that the energy of the year is complete. (I know the year is not literally ending, but our goal here is to create some blank space to begin to cast a vision of the coming year.)

Here are some ideas you can play with to design your own ritual:

1. **Play with Fire.** Write the Year on a piece of paper. Decorate it with symbols that represent the year. Take a moment to say out loud all that you are grateful for that happened this year. Take a pen or pencil and begin in the center of your paper. Draw a counter clockwise spiral out to the edge of the paper, leaving the spiral open while saying "I release the energy of (this year) to make way for the energy of (the coming year)." Burn it in your sink or your fireplace. If burning is not practical, you could rip the paper into tiny shreds and put them in the garbage. Say out loud "I am now complete with this year."
2. **Play with Water.** Fill a glass with water. You can put things in the water that symbolize what you want to release from the year, like vinegar or milk (I would be careful about putting larger items like flower petals or seeds in the water unless you will be pouring it outside or into a creek or river). Say out loud "I breathe the energy of (this year) into this water." Breathe on it three times. Take a moment to thank or acknowledge the year for everything it brought you. Pour the water slowly into your sink or bathtub, or pour it onto the ground outside, or into a body of water like a pond, stream, or river. Say out loud "I am now complete with (this year)."
3. **Play with flowers or seeds or stones.** If you have some land to work on, spell out the year in flower petals, seeds, or stones. Thank the year for all it has been. List what you accomplished or what you are grateful for. When you feel complete, rub out or scatter the flower petals, seeds, or stones until they no longer form a pattern. Say out loud "I am now complete with (this year)."
4. **Come up with any other symbolic ritual that lets you consciously let go of or complete this year.**