

# Fit<sup>®</sup>

**STRONG • SMART • SEXY**



## **When I get this feeling, I need ritual healing**

Heal your heart, unwind after work or create an altar for journal writing with suggestions from *The Joy of Ritual* by Barbara Bizou (St. Martin's Press, 1999). Using candles, herbs, crayons or flowers, Barbara guides us through rituals for both happy and sad times. Here's a recipe for healing:

- 1. Light a candle.**
- 2. Turn on soothing music.**
- 3. Lie down on the bed or floor, close your eyes and relax.**
- 4. Visualize being surrounded by brilliant white light.**
- 5. Breathe deeply. Focus the light where you feel pain or constriction.**
- 6. When you're ready, get up, blow out candle and turn the music off.**
- 7. Scream loudly, and kick and punch innocent furniture and walls. (Okay, so that last bit was our idea.)**

**mind** Health and Healing for Body and Soul  
**body** scene