

Wise words from The Old Crone

Rituals

What is a ritual? How can it help your mental state?

You can turn anything into a ritual and at the moment a daily or at least a regular ritual is an excellent idea.

One of my regular rituals is to have a bath. I light a few candles, light some incense and sometimes take a glass of wine with me. I take my time preparing the bathroom and making sure I have all I need to hand. It is like a meditation and as I lie in warm water and allow my thoughts to come as they will. It always gives me a sense of wellbeing.

When my mother was diagnosed with a heart condition she was told that she must cut down dramatically on coffee, to one cup a day and chocolate to a very small amount a day. Oh dear. Two of her favourite things.

She turned these into a ritual. She allowed herself one cup of coffee per day. She bought coffee beans from a well-known Yorkshire café company and ground only the exact amount required each day. She brewed her coffee every morning with great care with filter paper and a drip mug. She took her time over it and made sure that the drinking of it coincided with a favourite radio programme.

I had bought her two small coffee cups and saucers, slightly larger than an espresso cup. She placed both of these on a tray and carried it all to sit in the sunshine if it was nice weather or by the fire if it was chilly. She poured one amount into the first cup and savoured each sip and then repeated the exercise with the second cup taking her time to really enjoy it.

Each evening, she allowed herself one Black Magic (of course) chocolate which she kept in the fridge so it was hard and cold and took longer to melt in her mouth.

These two rituals helped her to cope with not only the lesser amount of the two things she loved to consume but also with her heart condition.

She was performing her own rituals but she was also doing something else. She was consuming mindfully.

Mindful eating and drinking can give you the same ritualistic feel. If you eat a bag of crisps, some cashew nuts or a chocolate bar, if you are like me, eat them quite swiftly and then when almost all are consumed slow down and savour the last few. For this to become mindful eating, turn this on its head and start by savouring the flavours and tangs. Turning the consuming of your favourite things into a ritual and taking your time, will not only become more enjoyable but it will boost your spiritual wellbeing.

Give it a go and look after yourself

Blessed Be

The Old Crone

theoldcrone5@gmail.com