

# Heart Honouring Ritual

*\*Collated by Nicholas de Castella*

## *Create a Sacred Space*

*Walking around the sitting mat together*

- 1 Remove everything unwanted*
- 2. Add in all things welcome*

## *Sit down*

*Facing each other*

## *Center Yourself*

*Close eyes*

*Focus on the breath*

*Breathing in - coming into the present moment*

*Breathing out - Letting go of all things past and future*

## *Share*

*Sharing praise, appreciation, gratitude and acknowledgement*

*No criticism, suggestions, judgements or directions*

*Share specific examples as much as possible*

*Share about how you feel, open yourself as a gift to the other*

## *Shakti shares to Shiva*

*Shakti - hands to prayer position, Shiva hands and arms open to receive*

*Shakti shares: Praise, appreciation, gratitude and acknowledgement*

*Shakti bows to honour the presence of the male god Shiva*

## *Shiva shares to Shakti*

*Shakti - hands to prayer position, Shiva hands and arms open to receive*

*Shakti shares: praise, appreciation, gratitude and acknowledgement*

*Shiva bows to honour the presence of the female goddess Shakti*

## *Tantric Kiss*

*Shiva and shakti bow to each other touching lightly at the third eye (forehead)*

## *Melting Hug*

*End with a hug and 3 deep breathes*

**The Institute of Heart Intelligence**

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