
REFLECTION RITUAL

D e c e m b e r 2 0 2 2

THE WHITE DOOR STUDIO

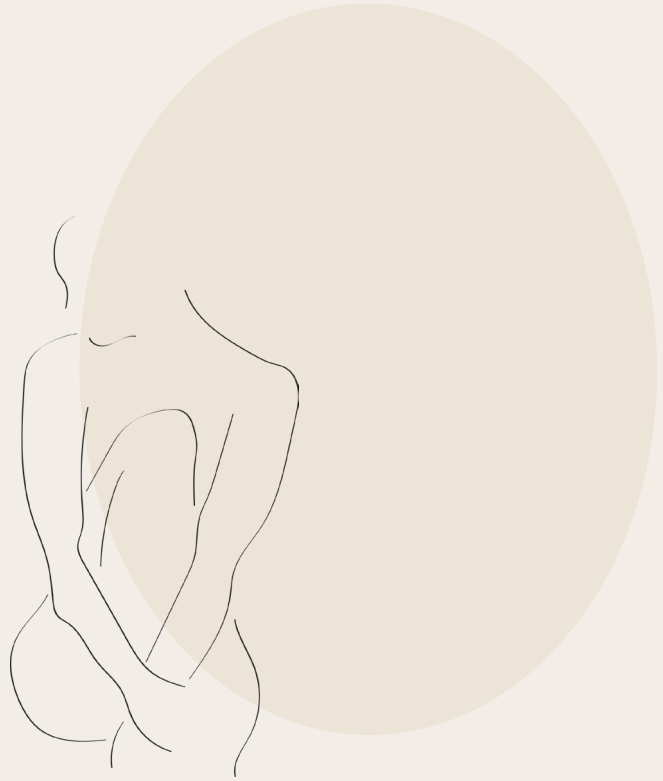
head opening . heart opening

INVITATION TO REFLECT

We highly value the power of appreciating and celebrating what we have and experience in our lives. That's why we invite you to take the time for a reflection ritual at home.

May this ritual bring you a conscious celebration of all 2022 brought you and create space for all you desire in 2023. Of course, you can always get back to this ritual when you feel like reflecting, in 2023. Of course, you can always get back to this ritual when you feel like reflecting.





PREPARE A SACRED SPACE

Your environment is a reflection of your inside world. To enjoy your reflection ritual to the fullest, we invite you to prepare a sacred space at home. By setting up your space, you also set up your state. Take some extra care of your place by clearing and cleaning. Let go of all you no longer need to create space for the new. You can cleanse your space and bring your favorite fragrance in. Treat yourself on a warm and nourishing environment, so you can fully relax.



OPEN YOUR HEART

To warm your heart, you can treat yourself on a delicious cup of cacao or tea. Hold your cup in front of your heart and take a moment to set an intention for your reflection ritual. Consciously start to drink and take in the love, warmth and intention with every sip.



REFLECTIONS

From this state of relaxation and feeling of gratitude, we invite you to start writing. To get into a free flow, you can set a timer for 15 minutes and continuously write about everything you feel grateful for in life.

When you feel ready, you can write about your experiences in 2022. It can be helpful to create 12 blocks and write about your highlights and teachings per month to create an overview of your year. If you like, you can go through your calendar and pictures.



REFLECTIONS

In 2022, I finally realized ...
This moment will live in my heart forever ...
Grateful, for meeting this special human ...



INTENTIONS

Now that you have a clear overview of your reflections, you can take another moment of stillness to celebrate the highlights and teachings you received. Take a couple of deep breaths to release what you no longer need on each exhalation and create space for the new on each inhalation. If you like, you can stand up and shake your body.

Bring your awareness back to your heart and ask yourself what you truly desire. Once you feel that you are ready, start to write about your intentions and wishes for this new year to come.



INTENTIONS

My whole heart is inviting in this year ...

My daily affirmation is ...

This year I will create space for ...



SHARE YOUR REFLECTIONS AND INTENTIONS

As we would love to hear what sparked something in you, we give space to reflections and intentions in our studio. Please come by to share and celebrate the moments that filled your heart with joy and love. We hope to see you soon and wish you beautiful celebrations this month!



"We would love to express our gratitude for your presence at the White Door. It has been heart warming to welcome you all back in and feel the power of sharing practices together. We feel that it is time to celebrate our community and are excited to announce that we will offer monthly member events as of January 2023 to connect and practice on an even deeper level."

- *Emily*



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