

THE WHITE DOOR AT HOME

INTENTION RITUAL

2023



feed the body. feed the heart

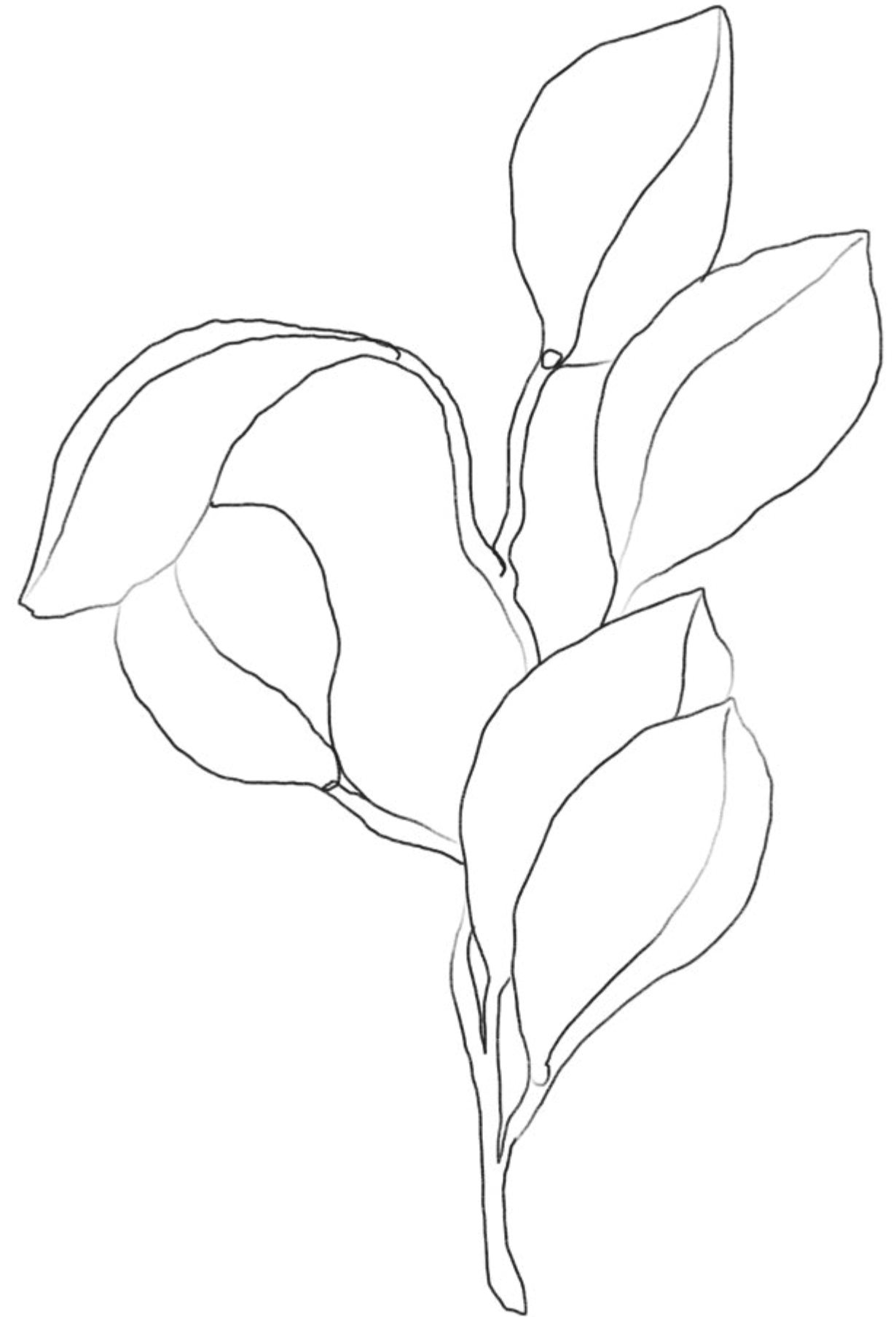
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HAPPY NEW YEAR

Welcome to 2023. A new year, a blank canvas.

We feel curious and excited for this fresh start. We believe in the power of intention as it helps us to direct our energy and achieve what we truly want. That's why we love to share various ways to colour your canvas with intention. May it inspire and help you to realise all of your dreams.

We invite you to take a moment to set up a sacred space and create your own ritual by selecting one or a few practices from this deck, to start this year with intention.





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BEING INTENTIONAL

INQUIRE WHAT YOU TRULY DESIRE

In Yogic Philosophy, 'Svadyaya' invites us to study ourselves to become conscious of 'Why we do what we do'. Inquiry is a beautiful way to get to know ourselves better, as it invites us to question ourselves. One of the most simple yet deep questions for inquiry is: "Who am I?".

Depending on what you would like to inquire, you can ask yourself specific questions. You can meditate on the question or journal about it. If you want to share this inquiry with someone else, you can express yourself one by one whilst the other holds space.



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*"Watch your thoughts, they become your words;
Watch your words, they become your actions;
Watch your actions, they become your habits;
Watch your habits, they become your character;
Watch your character, for it becomes your
destiny."*

- Author Unknown

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INSPIRATION FOR INQUIRY

What makes me feel alive?

What are my dreams?

What are my core values?

Who do I want to be(come)?

What qualities do I need?

What actions can I take?

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EXPLORE THEMES YOU WOULD LIKE TO INVITE

2023 offers you a new year to experiment, play and practice. The Celtic tradition has beautiful rituals around the "Raunächte", 12 sacred nights around the new year, to invite themes for each month and one theme for the entire year.

We invite you to ask yourself what topics and themes you would like to explore. You can make 13 notes with themes or wishes you would like to invite for this year. You can place the notes in a jar and intuitively pick a theme for each month and one theme for the year to dive deeper into those topics. You can pick cards from a tarot or oracle deck for inspiration.



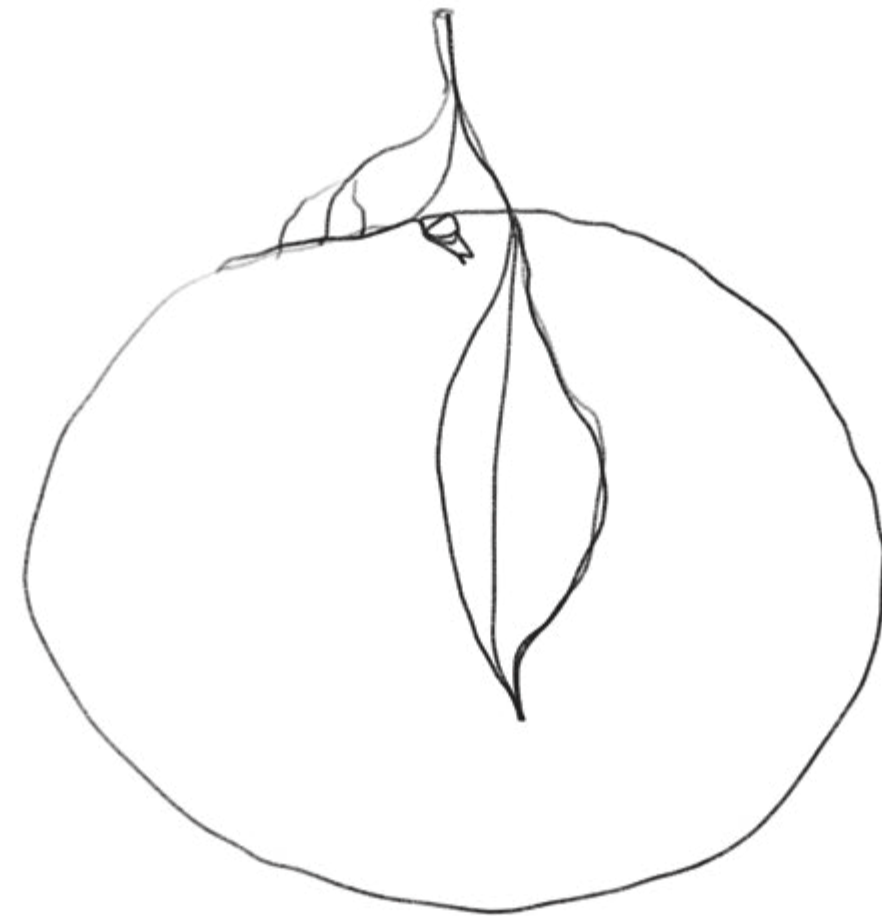
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CONNECT

WITH YOUR HEART AND VISION

A powerful way to give direction to this year, is to ask yourself the question where you want to be by the end of this year. Visualisation helps to answer this question from a place beyond the mind and brings your subconsciousness in the right state to move towards what you truly desire.

In the special classes of this month by Inge and Ellemijn visualizations will be led to support you on the journey.





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WRITE YOURSELF A LETTER

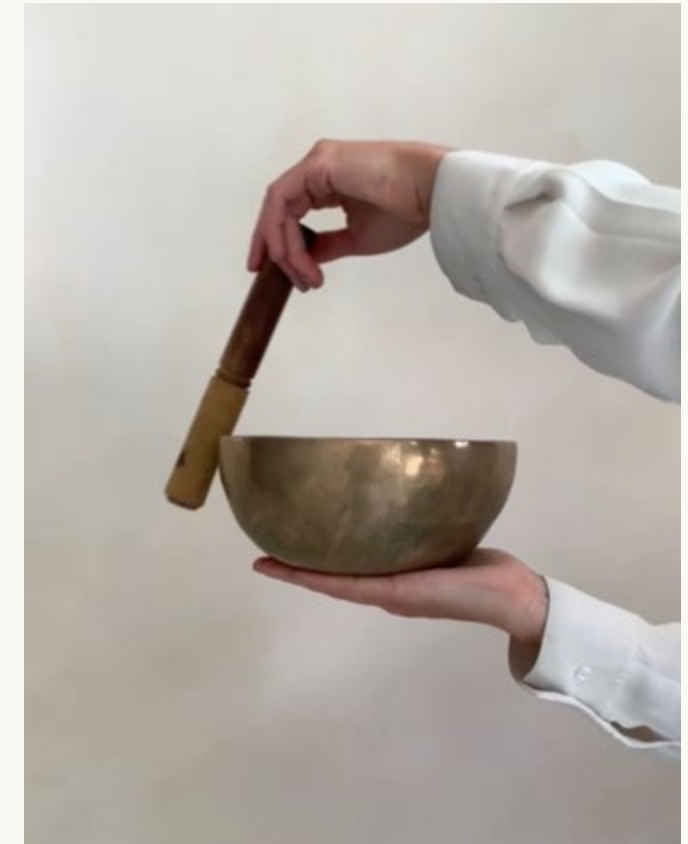
If you like to get creative, you can write your one year older self a letter. Describe into detail where you are now, what you want to experience and learn and where you want to be by the end of 2023. Seal the letter and save it, to open it up at the end of this year.

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CREATE A VISION BOARD

If you like to make it visual, you can create a vision board. Gather your materials: a large blank page, scissors, glue, magazines, paint, pictures or anything that represents your vision. Allow your energy to run freely and start creating your vision board with everything you find that resonates and inspires. You can give your vision board a place to remind yourself of your intentions.



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INTEGRATION

Once your vision and intentions are clear, you can let go of any efforts and attachments. You are already heading in the right direction.

When it comes to realising your dreams, it can be helpful to determine concrete action steps to get closer. Integrate weekly or even daily moments to tune in with your dream to feel what you need to stay on track. You can get back to these tools at any time.



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AFFIRMATIONS

To empower yourself to make your dreams come true, you can use affirmations. An affirmation is a phrase of encouragement or a positive statement that can help you alter subconscious thoughts. Repeating these supportive, encouraging phrases daily, is giving you power, since hearing something often makes it more likely that you will believe it. In turn, your belief makes it more likely that you will act in ways that make your affirmation become reality.

Feel into the affirmation you need to get closer to your dream. You can write your affirmation on paper and place it somewhere to remind yourself on a daily basis. Once integrated and embodied, move onto the next affirmation.

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INSPIRATION FOR AFFIRMATIONS

I am here and now
I always choose love over fear
I prioritize my dreams
I give myself permission to grow
I am creation at play
I am free, wherever I am
I honor my body
I love myself
I believe in myself
I realise my highest potential



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SHARE YOUR DREAMS

We would love to hear what you truly desire. This month, we give space to share your dreams in our studio. By expressing and sharing our dreams, we can support each other to make it happen. Let's experience the power of community.



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DREAMS

2023

"It is my dream to bring your dreams to the service and to act upon your dreams. I wish to inspire you to take actions for what sets your heart on fire. Dreaming beyond limitations: but enjoy life at play. It is my desire to invoke your inner fire and bring your dreams into reality. 2023 will be a year where I will support even more people to realize their dreams. And one of my other dreams will come true: travel Europe with the van I bought and redecorated."

Ellemijn Nonkes

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DREAMS

2023

"My dream for 2023 is to complete the journey we began in 2022 to of creating our dream home. Now that our home is liveable we get to do what we love best! It's just the finishing touches - we're renovating items of furniture, reupholstering, and painting - learning lots of new skills along the way.

I see myself having lots of friends round for dinner, introducing friends to others friends and filling our home with love. In 2023, Mark and I will also be upping the anti on our retreats, both here in the Netherlands and abroad. Lots of exciting times ahead!"

Tash Richards

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DREAMS

2023

"It already feels like a dream come true to start this new adventure at The White Door Studio. I look forward to giving my love and care to The White Door Community by holding space for members, hosts and teachers. If you have any desires or needs, please reach out. It is my wish to support you all on your paths and to see you grow. By the end of 2023, I hope that everyone feels deeply connected and supported by a strong conscious community. Let's inspire each other to follow our hearts and bring more beauty and balance into this world."

Nina Tutein Nolthenius

