

Sacred Ritual April: Lymph, Circulation & Radiance

Week 3: Clear

We reduce internal congestion to allow flow and lightness.

1. Choose Your Practice

Check one:

- Continue your circulation practice (garshana or movement).
- Add leafy greens or bitter foods to one meal daily.
- Establish a consistent sleep window this week.

2. Reflection

What feels heavy that I am ready to release?

Where in my life do I experience congestion: physically or energetically?

3. Intention

This week, I am:

4. End of Week Check-In

What did I notice?

Return to my [website](#) next Thursday for the next ritual.
I always appreciate [emails](#). Let me know how
this practice works for you.