

Daily Ritual in 3 Steps

- ❖ Find a good time for you, morning, evening or afternoon – whatever works best – & stick to it. A good time is when there are no interruptions or distractions.
- ❖ Find A good place can be anywhere you feel comfortable. You can create your own sacred space by having holy books there or lighting a candle.
- ❖ Read some kind of sacred, inspiring literature. I recommend reading the parashah of the week: <http://www.chabadbythesea.com/dailystudy/torahreading.htm> Omit this step if you are short on time.

1. Prayer – can take 3 minutes to however long you have time for.
 - a. 3 things you are grateful for. **“Thank you for...”** and fill in the blank – can be about what happened yesterday or simple things like your house, the sunny day, or big things like what happened to a family member.
 - b. 3 things that you want/need. **“Please help me with”**; please help my friend, family member, the world, etc.
 - c. Ask for help with the cards. **“Please let me choose the exact right card today that can help me through any challenges that might come up and that can help me to follow Your Wishes for me to help create a more perfect world.”**
2. Shuffle, Pick – takes 1 minute.
 - a. Shuffle the cards and randomly pick one.
3. Journal – takes 5 minutes or however long you have time for. Use the Daily Log or any type of journal or digital diary.
 - a. Write down the name of the card
 - b. Come up with one line sentence for meaning
 - c. Memorize the one line/card and use it to help with any challenge that comes your way
 - d. Repeat on the next day, but first, go back to previous day and jot down notes about what happened, how the card informed you or related to what you were working on.

Recommended book on the kind of prayer used here:

“Where Earth and Heaven Kiss – A Guide to Rebbe Nachman’s Path of Meditation” by Ozer Bergman.

