

ROSE & NECTAR

A FREE GUIDE

FIVE MINUTES · TONIGHT · WITH YOURSELF

The Evening Ritual

Five minutes to put the day down, and come home to your body.

OUR GIFT TO YOU

ROSEANDNECTAR.COM

A SANCTUARY FOR WOMEN COMING HOME

WELCOME

A sanctuary for women coming home. Back to the body. Back to the breath. Back to desire. Back to pleasure. *Back to yourself.*

Most of us end the day still holding it. In the jaw, in the shoulders, in the belly. We get into bed, and the day gets into bed with us.

This is a small ritual for the end of the day. Five minutes, with your own hands and your own breath. Nothing to prepare, nothing to get right. Just a few slow moments that tell your body: the day is done, and you are allowed to rest.

Read it once. Then put the guide down, and let your hands remember. Over time it becomes a habit, the way you close every day: softly, and with love.

You can do it in bed, on the sofa, or sitting on the edge of the bath. You can do it tonight.

A gentle note. This is a wellness practice, not medical or psychological care. Your touch is always soft, never forcing. If anything feels like too much, rest your hands on your heart, or simply stop. That is still the practice.

01

BEFORE YOU BEGIN

Make a little space

The ritual starts before your hands do. A few small choices turn an ordinary evening into a sacred one.

- [ ] **Low light**
  Turn off the big light. A lamp, a candle, or simply the dark.
- [ ] **Warm hands**
  Rub them together, or hold a warm cup for a moment first.
- [ ] **A soft place**
  Your bed, a blanket, a pillow behind your back.
- [ ] **A drop of oil**
  Optional. Any body oil you love, warmed between your palms.
- [ ] **Five minutes**
  Phone on silent, face down, out of reach.
- [ ] **Nothing to fix**
  You don't need to feel calm before you begin. That is what the ritual is for.

YOUR INTENTION, IF YOU LIKE

Tonight, I give my body the same tenderness
I give to everyone else.

02

THE RITUAL · ABOUT FIVE MINUTES

Five slow steps

1 Arrive

Let your eyes close. Take a slow breath in through your nose, and let it go through your mouth with a soft sigh. Three times. *Let the day leave with the breath.*

2 Warm your hands

Rub your palms together, slowly, until you feel warmth between them. Notice how quickly your hands answer you.

3 Belly and heart

One hand on your lower belly. One hand on your heart. Breathe between them. Feel them rise, and fall. *Nothing to do. Just be held.*

4 Slow strokes

Cross your arms and take hold of your shoulders. Then stroke slowly down your arms, from shoulders to elbows. Three times. The slowest touch you can give. *The kind of touch that says: you did enough today.*

5 Say it, and rest

Return your hands to your heart and belly. Say the words below, silently or out loud. Then let your hands rest wherever they want to, and stay a moment longer.

SAY TO YOURSELF

The day is done.

I did enough.

Tomorrow can wait.

I am home.

The Evening Ritual

Keep this card by your bed

1 **Arrive**
Three slow breaths, a soft sigh

2 **Warm your hands**
Palms together, until warm

3 **Belly and heart**
Breathe between your hands

4 **Slow strokes**
Shoulders to elbows, three times

5 **Say it, and rest**
Stay a moment longer

♡ **Anytime**
On a hard day, in the middle of the night

The day is done.
I did enough.
Tomorrow can wait.
I am home.

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03

IF YOU WOULD LIKE MORE

Let the ritual grow

Five minutes is a beginning. When you are ready for more, the sanctuary is here.

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