

CHINESE NEW YEAR RITUAL

One of the ways the lunar New Year is celebrated in China is with the exchange of red envelopes. Red envelopes are given to loved ones, friends and colleagues as a way to wish them well in the coming year. Although the envelopes contain money, the true gift is the red envelope itself, as the color red is a symbol of energy, happiness and good luck.

The lunar New Year is also a wonderful time to set intentions. For this ritual, you'll be setting intentions for the year and "gifting" them to yourself.

1. **Gather colored paper to make envelopes.** Every color has its own energetic vibration. Although red envelopes are used in the traditional celebration of Chinese New Year, for this ritual, you can use whatever color envelope you like. Use the following chart to help you determine which color is in closest resonance with what you'd like to create in your life in the coming year.

Red	energy, action, vitality, life force, physicality, connection to earth, root chakra
Orange	sexuality, creativity, instinct, emotion, primal feelings, sacral chakra
Yellow	optimism, confidence, will, determination, courage, self-care, solar plexus chakra
Green	relationships, affection, integrity, growth, love, forgiveness, heart chakra
Blue	surrender, divine will, speaking your truth, trust, opening to receive, throat chakra
Indigo	vision, higher understanding, clarity, purpose, intuition, third eye chakra
Violet	imagination, union, spiritual understanding, oneness, crown chakra
Pink	unconditional love
White	purity, innocence, wholeness, completion
Black	void, emptiness, mystery, womb space
Brown	earth, security
Gray	compromise

2. **Write down your wishes/affirmations.** On a plain, white piece of paper, write down the qualities or experiences you'd like to manifest in your life. Try to focus on the essence of what you'd like to create rather than the details. You can do this by distilling your affirmation down to a single word or two (such as "peace" or "more love"). If you'd like to increase the energy of a specific chakra, write down the energy you'd like to increase (such as "vitality" or "ability to speak my truth"). Cut out your affirmations, so that each one is on a separate piece of paper, approximately 3x2 inches in size, or the size of a gift card.

3. **Create your envelopes.** Prepare one or more envelopes out of colored paper for your affirmations. You can use the [attached template](#) as a guide. Slide your affirmations into your envelope(s) and close the flap. Decide whether you'd like to seal your envelope or leave it open.

4. **Receive the gift.** By setting an intention and aligning with what you want to create, you've put a powerful process in motion. Take a minute to receive what you've asked for. In Chinese tradition, red envelopes are received with both hands. Hold your envelope(s) with both hands, and imagine what it would feel like to have your affirmation manifest in your life. Allow yourself to feel the positive emotions it would give you. In this way, you align your emotional body with your intentions, making it easier for your affirmations to manifest. Place your envelope(s) on your altar or somewhere else you'll see them often.