

MONTHLY ABUNDANCE RITUAL

This monthly Cinnamon Abundance Ritual is a simple, powerful way to invite prosperity, luck, and abundance into your home and life. Cinnamon is a spice long associated with warmth, wealth, attraction, and good fortune. Blowing it into your home symbolizes inviting in prosperity and positive energy for the month ahead. The first day of the month is a symbolic reset; a fresh start, and the perfect time to set new intentions and call in abundance.

You will need:

- Ground cinnamon or a cinnamon stick (pet-safe alternative)
- A bay leaf
- A coin (any denomination)
- A candle
- Pen or marker for writing on the bay leaf

Prepare your space.

Choose a calm, quiet moment on the first day of the month. Place your supplies nearby and stand by your front door.

Light your candle.

This symbolizes illumination, focus, and the spark of new opportunities.

Center yourself with breathwork.

Take one minute for deep, intentional breathing—try box breathing (inhale 4, hold 4, exhale 4, hold 4) or elongated exhales to calm your mind and open your energy.

Set your intention.

On your bay leaf, write what you wish to call in for the month (e.g., “abundance,” “luck,” “new clients,” “prosperity”). Place the bay leaf in your palm, coin on top, and cinnamon over the coin. Say, *“In my hand, a coin for fortune, a bay leaf for my wish, and cinnamon for sweet abundance.”*

Blow in your blessings.

Open your front door and stand outside facing in. Hold your items in your palm and blow the cinnamon (or cinnamon stick) into your home as you say: *“As the cinnamon blows, [your written intention] flows.”*

Visualize your home filling with golden, abundant energy.

Place your prosperity charm.

Put the bay leaf and coin under your doormat overnight. The next day, move them to a special spot—a small box, a jar, or tucked between the pages of a book—until next month.

***Pet-safe tip:** If you have pets, blow from a cinnamon stick instead of loose powder. Afterward, place the stick above your doorframe as a month-long abundance charm.

Refresh each month.

On the first of the next month, repeat the ritual, swapping out your cinnamon stick, bay leaf, and coin for fresh ones.

