

Your Spiritual Toolbox: Joy

Tools and Materials: Hand Drum

From rhythmic meditation to participating in drum circles, using a hand drum or other percussion instrument in your magical practice is a great way to raise positive energy within and around yourself and to incorporate activities in your practice which are specifically able to make you feel positive, joyful things. Sound and percussion can be used in spells and rituals as well.

Skills: Spiritual Self Care

While self care can take a lot of forms, the most common one is the "treat yourself" variety, and in spiritual terms this could mean anything from some spiritual retail therapy to a herbal bath to a full on retreat. Being able to focus on your own emotional energy and give yourself permission to work on your own happiness rather than others is, indeed, a learned skill.

Inner Work: Gratitude Journal

Journaling is an important way to work through thoughts and ideas and to record the various steps on your spiritual path, but it's also a great way to put your focus on something specific on a regular basis. In this case, regularly taking time to assess your life in search of joy and blessings and writing them down is an important way to work on your mindfulness.