



Ritual Hot Mess

Because even a hot
mess needs a crown

Making Home a Sanctuary Rhythm Manual

Morning Anchor Pulses

Your morning is not a routine. It is a ritual declaration that your rhythm rules your realm. These Pulse Points are not chores—they are sovereign spells, anchoring you into your day with clarity, momentum, and magic.

Unload with Coffee

Empty the machine while filling your cup. Lighten the home while awakening the self. A cleared sink. A warm vessel. The day begins with flow.

Put On the Crocs (or Shoes)

Signal to your body that the day has begun.

This is armor. This is readiness. This is rhythm made physical.

Weekly Rhythm and Sacred Foundational Task

Check today's Weekly Task

Do the Sacred Foundational task for this day

Do One Load of Laundry

Slay The Laundry Dragon one load at a time. If it is the day you are doing bedding, let the dragon rest.

Do 30 Minutes of a Release or Realm Ritual

- Release → Clear clutter, discard dead weight, let the room breathe again.
- Realm → Only once the clutter is gone, enter deep cleaning. This is throne work. Polish the kingdom.

One sheds. One sanctifies. Both declare power.

Evening Anchor Pulses

Your evening isn't an ending. It is a closing ritual—a sacred sealing of the day's work and energy. These Pulse Points aren't about productivity. They are about preparation for rest, clarity, and sovereign transition.

Do the Dishes

End the day with clear waters. The vessel must be cleansed.

You're not just washing plates—you're releasing the day.

This means loading and starting the dishwasher or letting the dishes dry over night.

Wipe down the counters while you are here.

Prepare Tomorrow's Clothes

Dress the future self in advance.

Choose with intention. Let your tomorrow begin in confidence, not chaos.

Look at your calendar and the weather to see what tomorrow may bring.

Set the Staging Point

Place what tomorrow's self will need exactly where she'll reach.

Backpacks, notebooks, to-do lists—tools meet timing.

Clutter Flame Reset

Sweep your domain of static and mental noise.

This is not tidying. This is a sacred fire ritual to reclaim presence.

Only a few minutes is needed

Realm Reset

Put the kingdom to bed. Each space returns to its sacred purpose.

If only one room can be done, then do the living room or the one where your family gathers.

Move as fast as you can and set a timer.

If done daily, when you wake up, your realm is a sanctuary again.

Sacred Foundational Tasks

Surface Blessing

Each week, in the zone you're working in, choose one flat surface—just one—and bless it through a simple wipe down. This could be the TV stand in your living room, your nightstand in the bedroom, or the island in your kitchen. You're not deep-cleaning. You're clearing stagnancy. You're making space.

Clarity Glyph - Mirrors + Windows

In the same zone, polish a mirror or clean a window. These surfaces hold reflection and projection. Clearing them isn't just about smudges—it's about vision. Psychic, emotional, and spatial clarity begins here.

Sanctified Floors

Sweep, vacuum, and mop the floors of the zone you're in. Don't just skim the center—go into the corners, under the furniture, along the edges. During the week you may do quick resets, but here, you're reclaiming the ground itself.

Trash Reset

The bathroom bins are cleared weekly. Not when they're overflowing—ritually, consistently. It's a reset of flow and function. The kitchen trash goes out as needed, but this moment is about refreshing the sanctuaries we often forget.

Dreamspace Cycle - Bedding Rotation

Once a week, you'll rotate through the bedrooms of your home. Strip and wash the bedding of one room—starting with your master bedroom. Next week, a guest room. After that, the kids' room. One at a time. This is not about laundry—it's a renewal of the dream altar.

Weekly Rhythm Tasks

There are some things that we naturally do on a weekly basis, but it's easy to forget them unless they're woven into our rhythm. What I've found is that organizing the week by archetype—anchoring each day to a planetary theme—makes it easier to remember, easier to move with flow, and way less overwhelming.

So let me show you how I do it. Maybe parts of it will work for you. Maybe you'll remix it into your own rhythm. Either way, the structure is here for you.

But before we dive into my setup, let me say this—my rhythm might not work for you. Your family may work different hours, different schedules, different flows. So this is not a rulebook. This is a rhythm offering. Take what fits. Leave what doesn't.

Monday - Moon

Clean-slate day. I tend the home. These are my weekly resets—soft, grounded, rhythmic.

Tuesday - Mars

Strategy day. I plan the meals, map out the schedule, figure out the week ahead.

Wednesday - Mercury

Inventory and organization. I check the pantry, fridge, supplies—what needs tossed, what needs refilled.

Thursday - Jupiter

Money day. I sit down with my finances—bills, budget, goals, and long-term visions.

Friday - Venus

I beautify. Just small things—a candle, a rearranged space, a slow wipe-down. Pleasure over perfection.

Saturday - Saturn

Errand day. Boots on the ground. Deliveries, pickups, returns. The bones of the week handled.

Sunday - Sun

This day is for family and for me. One part connection, one part solitude. A reset for the soul.

Realms of the Kingdom

There's magic in naming your kingdom. Start with presence. Walk through your home—slowly, with reverence. This isn't a chore walk. This is a coronation.

Ask yourself:

- What lives here?
- What's its purpose?
- What would it feel like in harmony?

You're about to name your realms. These zones will guide your rhythm—not control it. There's no falling behind. Only forward flow. You'll be working in one realm per week. If life throws something unexpected at you, no big deal—stay in that realm. Or move on. Either way, you'll circle back to it soon enough. This system is built on rhythm, not rigidity. These are examples and possible names.

The Five Realms of the Hot Mess Kingdom

Realm 1 - The Hearth

Your Kitchen (and possibly your Dining Room). This is the heart of your home. Where you cook, eat, and gather. Where the fire of nourishment lives.

Realm 2 - The Hearth's Circle

Your Living Room or Family Room. This is where connection happens—games, shows, laughter, and rest. It may get messy, but love lives here.

Realm 3 - The Sanctum

Your Bathrooms. Not glamorous, but absolutely sacred. These are the spaces that mirror your self-respect and offer restoration to your guests.

Realm 4 - The Inner Chamber

Your Master Bedroom. Your sanctuary within the sanctuary. Not a dumping ground—but the place where your spirit comes to rest, dream, and recover.

Realm 5 - The Hidden Realms

These include the office, garage, laundry room, utility closet, extra bedrooms—spaces often overlooked, but essential. They store your ambitions, tools, and transitions. Cycle through them as needed.

Realm Ritual Cycles

Only after we've honored the **Release Ritual**—that first pass of letting go—do we step into this deeper tending.

These aren't checklists. They're sacred maintenance spells. Little rhythm games disguised as cleaning.

What This Phase Is:

- A **15-minute max** flow of micro-tasks, mapped gently across five days.
- Designed for post-decluttering—never before.
- Realm-specific. One room. One rhythm. No pressure to "finish."

What it's **not**:

- A performance.
- A speedrun.
- Another reason to feel behind.

How to Begin

Start with the realm that's been released.
Just one.

The deep clean cycles that will follow are:

- 🏠 **Living Room**
- 🛏 **Bedroom**
- 🚿 **Bathroom**
- 🍴 **Kitchen**
- 🌀 **Extras Realm**

Each one is broken down into five days of microzones.

You can do one a day—or one a week. The rhythm doesn't judge.

Living Room

The heart of connection. The space where stories are told, games are played, and presence gathers. Let's return sacredness to the center of the home.

Begin this cycle **only after** the Release Ritual has been completed in this realm. These are sacred rhythms, not checklists. Each day is one spell in a five-part ritual. 15 minutes max. That's it.

Day One: The Surface Sweep

You begin with what's seen—what gathers quietly while no one watches.

Ritual Tasks:

- Dust all flat surfaces and furniture
- Wipe down decor and shelves
- Spot clean walls and doorframes

Day Two: The Cushion Confrontation

The crevices hide everything. Today, you dig into the realm of lost snacks and shadow lint.

Ritual Tasks:

- Remove and clean under couch cushions
- Vacuum inside the couch and chairs
- Declutter what doesn't belong in the living space

Living Room Cont.

Day Three: The Watchers' Cleanse

Today you clear the things that watch you—screens, mirrors, black mirrors.

Ritual Tasks:

- Wipe TV screens, mirrors, and framed art
- Clean remotes and gaming devices
- Tidy cords and wipe outlets

Day Four: The Air and Light Clear

You reach upward now—where energy collects unseen.

Ritual Tasks:

- Dust ceiling fans and light fixtures
- Wipe down window sills and trim
- Open windows briefly to circulate energy

Day Five: The Grounding Ritual

You seal the week by tending the foundation of the room—its floor and bones.

Ritual Tasks:

- Vacuum or sweep all floors
- Mop if applicable
- Wipe baseboards
- Final room-wide reset and alignment

Bedroom

This realm holds your rest, your dreams, your solitude. It's where you come back to yourself every night—and often, where the clutter of the day still lingers in the shadows. We don't force change here. We *clear space* to breathe again.

Begin this cycle *only after* the Release Ritual has been completed in your bedroom. These are sacred rhythms, not checklists. Each day is one spell in a five-part ritual. 15 minutes max. That's it.

Day One: The Dreamspace Dust

Today you begin by honoring the surfaces that hold your body's echoes.

Ritual Tasks:

- Dust all bedroom furniture
- Wipe headboard and footboard
- Clean any framed art or decor

Day Two: The Nightstand Neutralize

These tiny altars either calm you—or clutter you. Time to reset.

Ritual Tasks:

- Declutter nightstands
- Wipe lamps, clocks, and drawer pulls
- Toss expired or useless items hiding inside

Day Three: The Floorbound Release

What we walk on shapes how we rest. Today we release what our feet hold.

Ritual Tasks:

- Sweep or vacuum bedroom floor
- Mop if hard surface
- Spot clean rugs or mats

Bedroom Cont.

Day Four: The Shadow Zone Clear

Under the bed lies forgotten energy. Today you reach into the quiet depths.

Ritual Tasks:

- Check under bed for clutter
- Vacuum or sweep under bed
- Wipe down bed frame if needed

Day Five: The Mirror and Light Reset

Reflections and glow. This is the final ritual of sight and serenity.

Ritual Tasks:

- Wipe bedroom mirrors
- Dust light fixtures and bulbs
- Clean window sills and open curtains for natural light

Bathroom

The temple of cleansing. Where you face yourself, shed what no longer serves, and emerge anew. A realm of water and return.

Begin this cycle **only after** the Release Ritual has been completed in this realm. These are sacred rhythms, not checklists. Each day is one spell in a five-part ritual. 15 minutes max. That's it.

Day One: The Porcelain Purge

We begin where most avoid—at the throne and basin of the body.

Ritual Tasks:

- Scrub toilet (inside and out)
- Wipe and disinfect sink and faucet
- Clean vanity counter

Day Two: The Shower Sanctum

You cleanse yourself here—so now you cleanse the place of cleansing.

Ritual Tasks:

- Scrub tub/shower walls and floor
- Wipe down shower doors or curtains
- Remove empty bottles and old razors

Day Three: The Glass Clarity Ritual

We polish the places where we face ourselves.

Ritual Tasks:

- Wipe all mirrors
- Clean light fixtures
- Wipe switch plates and door handles

Bathroom Cont.

Day Four: The Surface Strike

Flat planes and forgotten places—today they get seen and scrubbed.

Ritual Tasks:

- Wipe down shelves and behind objects
- Clean the outer cabinet faces
- Spot clean doors and baseboards

Day Five: The Floor Finish

The foundation holds the final filth. We clear it with intention.

Ritual Tasks:

- Sweep and mop floors
- Take out bathroom trash
- Final wipe of anything missed

Kitchen

The hearth of the house. Here, meals are crafted, magic is stirred, and the body is nourished. This is alchemy made domestic.

Begin this cycle **only after** the Release Ritual has been completed in this realm. These are sacred rhythms, not checklists. Each day is one spell in a five-part ritual. 15 minutes max. That's it.

Day One: The Outer Realm Wipe

Welcome to the edges of your kingdom. Today, we tend the visible armor of your kitchen.

Ritual Tasks:

- Wipe down cabinet faces
- Clean light switches and handles
- Dust and clean light fixtures

Day Two: The Alchemist's Sink Ritual

Today you purify the heart of your kitchen—the sink and all it touches.

Ritual Tasks:

- Scrub and polish sink
- Clean the dishwasher seal and filter
- Wipe down the trash can inside and out

Day Three: The Hearth Purge

Where the heat lives, the grime hides. Today we command the fire.

Ritual Tasks:

- Clean stove top and knobs
- Wipe out the inside of the microwave
- Clean the oven handle and front

Kitchen Cont.

Day Four: The Cold Chamber Clear

We descend into the frozen stores. This is a ritual of release and reset.

Ritual Tasks:

- Wipe down the refrigerator shelves
- Toss expired items
- Lightly wipe the pantry shelves

Day Five: The Floorbound Finish

You finish at your feet. The base of the kingdom, too often forgotten.

Ritual Tasks:

- Sweep and mop kitchen floors
- Wipe baseboards
- Check and clean under major appliances (just visible dust!)

Extra Realm

The liminal spaces—the bonus realms that often go unseen. These scrolls bring presence where there once was pause.

Begin this cycle **only after** the Release Ritual has been completed in this realm. These are sacred rhythms, not checklists. Each day is one spell in a five-part ritual. 15 minutes max. That's it.

Day One: The Guestroom Grace

This is the room of hospitality and forgotten clutter. We make it ready with intention.

Ritual Tasks:

- Dust all surfaces
- Wipe mirrors and frames
- Tidy bed area and light declutter

Day Two: The Laundry Lair

Often neglected, always essential. Today you breathe power into the washing realm.

Ritual Tasks:

- Wipe washer/dryer surfaces
- Clean lint traps and detergent areas
- Sweep/mop floor and wipe machines

Day Three: The Office Oracle

This is the mind's domain. We clear it to think, plan, dream.

Ritual Tasks:

- Dust desk and electronics
- Tidy cords, chargers, supplies
- Shred or file papers

Extra Realm

Day Four: The Garage Gauntlet

The wildest zone. We don't conquer—we make paths.

Ritual Tasks:

- Sweep major walkways
- Clear one surface or shelf
- Toss trash and broken items

Day Five: The Flexible Focus

Choose a space that hasn't yet spoken. A drawer. A closet. A corner.

Ritual Tasks:

- Your choice. One focused cleaning session.
- Minimum: 15 minutes of tending