

Rituals for Letting Go

Name it, release it, and step forward.



What I'm releasing:

1. Burn, bury or cast away

- Write down what you're releasing.
- Burn it safely (ash to air), bury it in the ground (rooting your release), or select a natural object as a proxy and toss it into water (returning it to the flow).

2. Shower Release

- Step into a soothing shower.
- As the water flows, name what you're releasing out loud: "*I release all the hurt from my ex.*"
- Visualize it washing down the drain.
- Breathe in, hold for 4 seconds, breathe out.

3. Cut the Ties

- Take a piece of yarn, string, or a straw.
- Imagine one end is you, the other is what's holding you back.
- Cut it in two, discarding the part that no longer serves you.

4. Candle Ceremony

- Light a candle and dim the lights.
- Speak your release out loud: "*I release fear of failure because it no longer serves me.*"
- Sit in meditation for a few moments. Then blow out the candle, symbolizing freedom.



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