



Release

RITUAL

Sometimes a physical act of release is helpful and necessary in order to viscerally release what isn't serving us. If it feels aligned for you, practice this Release ritual as often as you need throughout the course in order to let go of what is no longer serving you and make space for what you're ready to receive, the truth of who you are.

On the lines below, write out the stories you're ready to release. These stories can be detailed or just a few words, they can include the labels you're ready to let go of. Once you have them written, you can release them in one of the following ways:
burn the paper in a safe place (sink, fireplace or fire pit, or ceramic bowl)
release into water, either in a lake or natural spring nearby
bury in the soil

All of these ways act as a means to return these stories to the earthly elements. To help transmute the energy they carry back into the earth so it can be recycled and made new.

If you wish, you can continue this ritual by declaring what you do want, the stories you do wish to carry and the truth you want to reclaim by writing them down and putting them in a sacred place within your home - maybe in your journal or if you have an altar, meditation, or sacred space just for you.

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