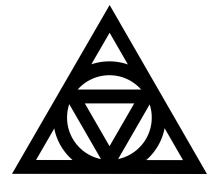


# SOUL HEALING RITUAL



## WELCOME

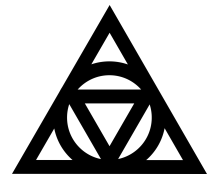
I AM A CHANNEL AND GIVE READINGS FOR OTHERS REGULARLY, BUT THE TRUTH IS, I THINK ANYONE CAN COMMUNICATE WITH THEIR GUIDES AND SOUL JUST LIKE I CAN. THERE IS NOTHING I CAN TELL YOU THAT YOU CAN'T ACCESS FROM YOUR GUIDES AND SOUL ON YOUR OWN. YOUR GUIDES AND SOUL ARE CONSTANTLY COMMUNICATING WITH YOU, AND THIS RITUAL AND THE WRITING EXERCISES INCLUDED ARE A PATHWAY FOR YOU TO OPEN THE DOOR TO YOUR OWN CONSCIOUS CONNECTION WITH YOUR GUIDES AND SOUL, AND THE MESSAGES THEY HAVE FOR YOU.

THIS RITUAL IN PARTICULAR IS CHOCK FULL OF EXERCISES I ENGAGE IN WHEN I AM FEELING DESPAIR OR DEPRESSION SETTING IN. I WENT THROUGH A PROLONGED PERIOD OF DEPRESSION IN MY LIFE BEFORE I STARTED TO ACCEPT MY KNOWING THAT I, AND EVERYTHING AND EVERYONE, ARE MUCH MORE THAN WE MAY SOMETIMES SEEM. I AM MUCH MORE THAN MY BODY, MY FLESH, AND THE PERSONALITY I HAVE BUILT THROUGH MY EXPERIENCES IN THIS LIFE. I DIDN'T KNOW HOW TO ACCEPT THAT FOR A VERY LONG TIME, AND WHEN I STARTED TO OPEN UP TO THE GUIDANCE, KNOWLEDGE, AND SUPPORT MY SOUL AND GUIDES WERE READY AND WILLING TO SEND ME IF ONLY I WOULD AGREE TO ACCEPT IT, I STARTED TO FEEL BETTER AND BETTER. AS LIFE THROWS ME NEW EXPERIENCES, SOMETIMES I NEED A RECALIBRATION TO PULL MY ATTENTION BACK TO WHAT I REALLY CARE ABOUT, AND THESE EXERCISES HELP ME TO DO THAT. I HOPE THEY CAN HELP YOU TO DO THAT AS WELL IF THAT IS WHAT YOU ARE NEEDING.

THE RITUAL IS A PROFOUND EXPERIENCE. WHENEVER I AM FEELING LOST, DOWN, OR OUT OF ALIGNMENT, I CONDUCT A RITUAL. IT IS A MIXTURE OF LOVE BASED MAGIC, INTENTION, MANIFESTATION, PRAYER, CLEANSING, AND COMMUNICATION WITH OUR TEAM IN SPIRIT, WHICH INCLUDES OUR SOUL, HIGHEST SELF, AND GUIDES. THIS RITUAL IS BUILT ON A FOUNDATION OF LOVE AND YOU ARE ALWAYS SAFE AND SECURE STANDING ON A FOUNDATION OF LOVE SURROUNDED BY YOUR GUIDES.

YOUR BELIEF AND INTENTION IS VERY POWERFUL, SO EVEN IF YOU FEEL THE WORDS USED, IDEAS BEING MENTIONED, OR PRACTICES YOU ARE ENGAGING IN ARE WOO WOO, HOAKEY, OR NON-SENSICAL, ALLOW YOURSELF TO SUSPEND DISBELIEF AND INDULGE IN A BIT OF SPIRITUAL HEALING AND MANIFESTATION TO SEE HOW IT GOES. MEASURABLE PHYSIOLOGICAL CHANGES CAN BE OBSERVED IN THOSE TAKING A PLACEBO WHEN THEY BELIEVE THEMSELVES TO BE TAKING THE MEDICATION THEY WERE TOLD THEY WERE GIVEN. THESE PHYSIOLOGICAL CHANGES ARE SIMILAR TO THOSE OBSERVED AMONG PEOPLE WHO ARE ACTUALLY TAKING THE AUTHENTIC MEDICATIONS, SO EVEN IF YOU FEEL THIS PROCESS IS SILLY, ALLOWING YOURSELF TO BELIEVE IT CAN WORK FOR YOU JUST MIGHT BE THE REASON IT DOES. LET YOUR BELIEF AND INTENTION CARRY YOU TOWARD THE LIFE YOU WANT BY RELEASING BELIEFS THAT TELL YOU YOU CAN'T HAVE IT. USE YOUR INTENTION TO HELP YOU DIVE INTO THE WRITING EXERCISES AND RITUAL WITH BELIEF THAT YOU CAN CREATE EXACTLY WHAT YOU NEED AND THE INTENTION TO FULLY ENGAGE IN THIS PROCESS OF CREATING IT.

# SOUL HEALING RITUAL



## RITUAL NOTES

**RITUAL ORDER:** THE WRITING EXERCISES ARE DESIGNED TO BE COMPLETED BEFORE YOU CONDUCT THE RITUAL. YOU DO NOT NEED TO COMPLETE EVERY SINGLE WRITING EXERCISE, BUT WE RECOMMEND THAT YOU READ THROUGH EVERY WRITING EXERCISE BEFORE DECIDING TO ABSTAIN FROM ANY OF THE EXERCISES. THEY ARE VERY HELPFUL IN IDENTIFYING YOUR THEMES, CREATING AN EXHAUSTIVE LIST OF THE EXPERIENCES THAT MAY BE A PART OF THOSE THEMES, AND RELEASING AND HEALING FROM THOSE EXPERIENCES BEFORE YOU BEGIN THE WORK OF DRAWING THE LESSONS YOUR SOUL IS WANTING TO LEARN THROUGH THE EXPERIENCES YOU'VE HAD.

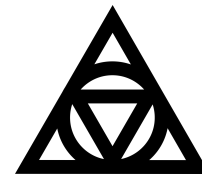
**RITUAL TIMING:** THERE ARE MANY WRITING EXERCISES IN THIS RITUAL AND YOU CAN TAKE AS LONG AS YOU WANT TO COMPLETE THEM. YOU CAN DO SOME AND NOT OTHERS, OR YOU CAN DO THEM ALL. YOU CAN COMPLETE THE WRITING EXERCISES AND RITUAL IN ONE NIGHT, ONE WEEK, OR ONE MONTH, OR YOU CAN DO THEM SEPARATELY. THERE IS NO RIGHT OR WRONG WAY TO COMPLETE THIS RITUAL. LET YOUR SOUL AND TEAM IN SPIRIT GUIDE YOU TO COMPLETE EACH STEP WHENEVER THEY WILL BE MOST IMPACTFUL.

**SETTING YOUR INTENTION:** YOU SHOULD HAVE A NOTEBOOK OR PIECES OF PAPER AND A WRITING UTENSIL WITH YOU DURING THIS RITUAL. WE ASK YOU TO THINK ABOUT WHAT YOU WANT TO RELEASE AND CALL INTO YOUR LIFE BEFORE YOU START THE RITUAL. THE WRITING EXERCISES WILL HELP YOU SOLIDIFY YOUR INTENTION FOR THE RITUAL AND CREATE A VERY CLEAR PICTURE OF WHAT IT IS YOU ARE LOOKING TO ATTRACT AND CREATE. YOU SHOULD VISUALIZE AND HOLD THIS INTENTION THROUGHOUT THE RITUAL. PICTURE THIS INTENTION IN YOUR MIND AS IF IT HAS ALREADY COME TO FRUITION TO EMBODY THE FEELING OF ALREADY EXPERIENCING IT.

**NOTE ON MEDITATION:** MANY PEOPLE ARE INTIMIDATED BY THE WORD MEDITATION, BUT THERE ARE MANY WAYS TO DO IT, AND THEY ARE ALL RIGHT. YOU CAN CLEAR YOUR MIND OF ALL THOUGHTS, SIMPLY RELAX AND LET YOUR MIND WANDER, VISUALIZE YOUR INTENTION BEING FULFILLED IN YOUR LIFE, FOCUS ON YOUR BREATHING, OR LISTEN TO SOUNDS/MUSIC THAT SOOTHS YOU. ANY OF THESE METHODS ARE USEFUL AND WHATEVER FEELS RIGHT TO YOU IS EXACTLY WHAT YOU SHOULD DO.

**NOTE ON AFFIRMATIONS:** AFFIRMATIONS ARE STATEMENTS THAT ARE IN THE PRESENT TENSE AND AFFIRM THAT SOMETHING IS TRUE. IT IS HELPFUL TO BEGIN THEM WITH "I AM" TO ENSURE THEY ARE IN THE PRESENT TENSE AND ABOUT WHAT YOU ARE AND NOT WHAT YOU HAVE. AFFIRMATIONS CAN BE USED TO REDIRECT YOUR MIND FROM A FEAR, WORRY, OR ANXIOUS THOUGHT, FOR EXAMPLE, IF YOU START TO FEEL SELF-CONSCIOUS AND BEGIN THINKING SELF-DEPRECATING THOUGHTS ABOUT YOUR APPEARANCE, A REDIRECTING AFFIRMATION COULD BE, "I AM BEAUTIFUL AND MY ENERGY ATTRACTS ALL THAT IS MEANT FOR ME." YOU CAN CREATE AN AFFIRMATION TO REDIRECT ANY THOUGHT YOU FEEL IS LIMITING YOUR JOY AND YOU CAN MAKE THEM UP AND USE THEM ANYTIME, ANYWHERE. THEY DO NOT NEED TO BE SPOKEN ALOUD TO BE POTENT.

# SOUL HEALING RITUAL



## RITUAL NOTES

**SAFELY BURING PAPER:** WE ASK THAT YOU BURN A PIECE OF PAPER IN THIS RITUAL. TO DO SO SAFELY, GET A LARGE BOWL OF WATER THAT YOU CAN PUT THE PIECE OF PAPER IN TO EXTINGUISH THE FLAME AT ANY TIME. LOOSLY ROLL UP THE PIECE OF PAPER BEFORE LIGHTING IT SO THE FLAME IS CONTAINED AND MANAGEABLE. PLACE THE PIECE OF PAPER IN THE BOWL OF WATER AT ANY TIME YOU FEEL THE FLAME SHOULD BE EXTINGUISHED REGARDLESS OF HOW MUCH OF THE PAPER HAS BURNED.

**RITUAL ADDITIONS:** THIS RITUAL WAS DESIGNED TO BE ABLE TO BE COMPLETED USING ONLY A PEN AND NOTEBOOK OR PIECES OF PAPER, BUT YOU MAY ALREADY HAVE MATERIALS ON HAND THAT YOU CAN USE AS WELL. YOU CAN USE CANDLES, CRYSTALS, OILS. HERBS, SCENTS, OR ANYTHING ELSE THAT YOU FEEL WOULD ENHANCE THE EXPERIENCE. BELOW WE HAVE INCLUDED A LIST OF MATERIALS THAT HAVE BEEN HISTORICALLY USED IN HEALING AND SOUL CONNECTION RITUALS.

## MATERIALS COMMONLY USED IN HEALING & SOUL CONNECTION RITUALS

### CRYSTALS:

ROSE QUARTZ  
LAPIS LAZULI  
AMETHYST  
BLACK OBSIDIAN  
BLACK TOURMALINE  
LOLITE  
HOWLITE  
PINK CALCITE  
CITRINE  
CARNELIAN  
LEPIDOLITE  
RHODOCHROSITE  
CORDIERITE  
MAGNESITE  
CHRYSOPRASE  
SUNSTONE  
SELENITE  
SMOKEY QUARTZ  
DANBURITE  
BLACK MOONSTONE  
HEALER'S GOLD

### HERBS & ROOTS:

ROSEMARY  
LEMON BALM  
PEPPERMINT  
HOREHOUND  
SORREL WOOD  
SPEARMINT  
ST. JOHNS WORT  
BASIL  
GOLDENSEAL  
ASHWAGANDA  
DANDELION ROOT  
BURDOCK ROOT  
MILK THISTLE

### FRUITS & NUTS:

WALNUT  
APPLE  
DATES  
FIGS  
GRAPES  
BLUEBERRY

### OILS:

CLARY SAGE  
LAVENDER  
EUCALUPTUS  
LEMONGRASS  
PATCHOULI  
FRANKINCENSE  
SANDALWOOD

### SPICES:

MUSTARD SEED  
CINNAMON  
CLOVE  
GINGER

### CANDLES & MISC ITEMS:

BLACK CANDLES  
ROSE SCENTED CANDLES  
LAVENDER SCENTED CANDLES  
BELLS TO CLEANSE ENERGY  
PINK SALT FOR A RITUAL BATH  
FLORAL OR RESIN INCENSE

### FLOWERS:

ROSE  
CHAMOMILE  
LAVENDER  
GERANIUM  
MARIGOLD  
FEVERFEW  
APPLE BLOSSOM

### TREES & RESINS:

EUCALUPTUS  
WILLOW  
MYRRH  
COPAL

## WAY TO USE RITUAL ADDITIONS

**CRYSTALS:** CAN BE USED TO CLEANSE, UPLIFT, AND SET THE SPACE DURING RITUAL,

**HERBS & ROOTS:** BURN THEM TO SMOKE CLEANSE YOUR BODY, MIND, SPIRIT, AND HOME. BREW THEM INTO A TEA TO DRINK OR TO ADD TO A RITUAL BATH.

**FRUITS & NUTS:** CAN BE EATEN, ADDED TO YOUR WATER, OR USED AS AN AROMA.

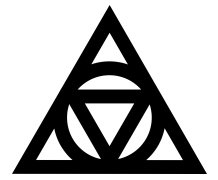
**OILS:** USE THEM TO ANNOIT YOUR BODY AND CANDLES, AS AN AROMA USING A DIFFUSER OR OIL BURNER, OR ADD THEM TO A RITUAL BATH.

**SPICES:** BREW THEM INTO A TEA TO DRINK OR TO ADD TO A RITUAL BATH.

**FLOWERS:** ADD THEM TO A RITUAL BATH, USE THEM TO ANNOIT YOUR HOME AND CANDLES, OR BREW THEM INTO A TEA TO DRINK.

**TREE & RESINS:** BURN THEM TO SMOKE CLEANSE YOUR BODY, MIND, SPIRIT, AND HOME.

# SOUL HEALING WRITING EXERCISES



## WRITING EXERCISES

### RELEASING YOUR ANGER

THIS IS A JOURNALING EXERCISE WHERE YOU LET THE ANGRIEST, SADDEST, LEAST FORGIVING AND MOST DESTRUCTIVE PIECES OF YOU HAVE THE FLOOR FOR A MOMENT. SHOVING EVERYTHING DOWN DOESN'T HELP ANYONE BUT TAKING UP RESIDENCE AND LIVING IN THOSE PIECES OF YOURSELF TO THE EXCLUSION OF ALL OTHERS DOESN'T HELP EITHER. PUTTING THESE FEELINGS DOWN ON PAPER CAN HELP YOU UNDERSTAND WHERE THESE BUBBLING EMOTIONS ARE COMING FROM AND CAN OPEN UP THE RELEASE VALVE THAT MANY OF US ARE AFRAID WILL GIVE WAY TO AN EXPLOSION THAT CANNOT BE REVERSED. THE TRUTH IS, THAT EXPLOSION IS COMING ONE DAY OR ANOTHER, SO GIVING IT A PATHWAY TO EXIT IN A MORE PEACEFUL AND CONTROLLED MANNER AT A TIME WHEN YOU ARE READY AND WILLING TO TAKE ON THE TASK CAN BE LOADS BETTER THAN IT IGNITING AT A TIME WHEN YOU WERE LEAST EXPECTING IT.

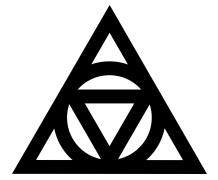
IN THIS JOURNALING EXERCISE, LET YOURSELF BE RAW, UNEDITED, AND DOWNRIGHT "NEGATIVE" OR NASTY IF THAT IS HOW YOU ARE FEELING. THIS ISN'T ABOUT MANIFESTING HAPPINESS BY BEING POSITIVE, BUT MORE ABOUT MANIFESTING RELEASE BY LETTING OUT ALL THE THINGS YOU'VE NEVER LET YOURSELF SAY BEFORE. WHEN YOU ARE DONE, YOU CAN KEEP IT, OR BURN THE PAPER YOU WROTE EVERYTHING ON. I'VE DONE BOTH AT DIFFERENT TIMES IN MY LIFE. SOMETIMES I WANTED TO KEEP IT SO I COULD LOOK BACK ON IT LATER BECAUSE I KNEW I REALLY RELEASED HOW I WAS FEELING AND WAS ALREADY FEELING THE SHIFT, AND OTHER TIMES I BURNT THE PIECE OF PAPER I PURGED ALL OF MY FEELING ONTO BECAUSE I FELT I NEED AN EVEN GREATER SENSE OF RELEASE AND THAT SYMBOLIC ACT OF DESTROYING THAT PIECE OF PAPER HELPED ME TO FEEL FREE FROM THOSE EMOTIONS AND THOUGHTS I HAD BEEN HOLDING ONTO FOR SO LONG.

- Think about what makes you angry. Does a situation, life experience, traumatic memory, specific person, world event, institution, or even some of your own actions ignite anger, guilt, fear or shame within you?
- Free-write about whatever you identified that sparks those feelings within you. This can look a letter (that you never have to send) to yourself or someone else or it can just be a journal entry, you it must be allowed to come out freely without self-editing or hesitation.
- When you are done, you can burn this letter and release all of the anger, guilt, fear, shame, and anxiety that was pent up and has been poured into it unless you feel especially driven to keep it as a token to remind you of how far you've come further down your path.

### SPEAKING TO THE BODY

TO BEGIN, SIT QUIETLY FOR A MOMENT WITH YOUR HANDS ON YOUR HEART. JUST FEEL YOUR BREATH MOVING IN AND OUT OF YOUR CHEST UNTIL YOU FEEL CALM. NOW SCAN YOUR BODY FROM HEAD TO TOE, THEN START FREE WRITING ABOUT YOUR BODY. LET IT ALL OUT AND DO NOT SELF EDIT. AFTER A FEW SENTENCES, YOUR BODY WILL BEGIN TO SPEAK TO YOU THROUGH YOUR WRITING. LET YOURSELF EXPRESS ANYTHING YOU FEEL DRIVEN TO WRITE ABOUT YOUR BODY AND LET YOUR BODY EXPRESS ANYTHING IT NEEDS YOU TO KNOW THROUGH YOUR WRITING. THIS EXERCISE HELPS YOU TO CONNECT TO YOUR BODY TO HELP YOU CLEAR OUT ANY ENERGY, EMOTIONS, OR BELIEFS THAT HAVE STARTED TO TAKE ROOT IN YOUR PHYSICAL BODY TO ALLOW YOU TO HEAL AND GROW IN WAYS YOU NEVER KNEW YOU COULD.

# SOUL HEALING WRITING EXERCISES



## WRITING EXERCISES

### EXPANDING GRATITUDE

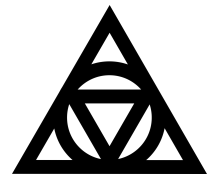
THIS EXERCISE IS ALL ABOUT GIVING DUE APPRECIATION TO ALL OF THE THINGS AROUND US THAT FEEL RIGHT, GOOD, LOVING, AND WORTHWHILE. THERE ARE SO MANY THINGS IN OUR LIVES ON ANY GIVEN DAY THAT WE WOULD MISS IF THEY WERE GONE OR IF WE NEVER, EVER GOT TO EXPERIENCE THAT AGAIN. A HOT SHOWER, A FRESHLY PREPARED MEAL, A SENTIMENTAL ARTIFACT, A PERSON, A PLACE, THE SOUND OF SOMEONE'S VOICE. THE LIST GOES ON AND ON, BUT WE CAN OFTEN FOCUS ON THE THINGS WE DISLIKE ABOUT OUR CURRENT CIRCUMSTANCES MUCH MORE THAN THE THINGS WE DO LIKE, OR EVEN LOVE. RIGHT NOW, WE ARE GOING TO FOCUS ON THE THINGS THAT DESERVE OUR APPRECIATION.

- Start to free write about your current circumstance in general, then start to focus on all of the things you like, love, or would miss if you never got to experience them again.
- When you feel you have gotten out all of your thoughts, feelings, and emotions about your current circumstance, read through what you wrote and write a list of all of the things in your life right now that you are grateful for.
- Read through that list, then write about how you want to see those things expand in your life and how you would ideally like to experience them as you move into the future.
- Now, let's make a list of ways we can better honor some of the things we love in our lives. Read through your list and try to identify ways you can draw your focus to what is good, express gratitude for all of those things, and ways you can refocus your thoughts and action on those things you are grateful for when you start to see your focus being drawn to what feels wrong instead of right.
- This is when we forgive ourselves and come into this moment with a clean slate. Free write on forgiveness. How can you forgive yourself, the world, and others for all of the things you feel are going wrong or for having a lack of appreciation for what feels right? In order to move forward into greater gratitude, we need to release our attachment to despair, and forgiving ourselves and anything or anyone else that draws us away from focusing on our gratitude is not a gift we give to others, but a gift we can give ourselves.

### BUILDING OUR WORLD

IN THIS EXERCISE WE WRITE A JOURNAL ENTRY FROM THE PERSPECTIVE OF OUR FUTURE SELVES AS IF WE ARE LIVING THE LIVES WE WISH TO LIVE IN THE WORLD WE WANT TO LIVE IN. INCLUDE ANYTHING YOU WANT FOR YOURSELF AND CREATE THE WORLD ANEW IN ANY WAY YOU WOULD LIKE TO SEE IT. THIS CONNECTS US TO WHAT WE WANT TO CREATE RATHER THAN WHAT WE FEEL STANDS IN THE WAY. MANY FEEL THAT AS WE FOCUS ON PROBLEMS, WE ARE BLIND TO SOLUTIONS. WE DO NOT NEED TO IGNORE WHAT WE SEE AS STRUGGLES AND INJUSTICES, BUT IF WE CANNOT EVEN IMAGINE A WORLD WITHOUT THEM, HOW CAN WE EXPECT TO BE A PART OF CREATING THAT WORLD? THIS EXERCISE IS ALL ABOUT IMAGINING THAT WORLD, IMAGINING THAT LIFE, AND IMAGINING THE SELF THAT WE BELIEVE WOULD BE BETTER THAN WHAT WE ARE EXPERIENCING NOW. YOU CAN DO THIS EVERYDAY AND WATCH HOW THE WORLD AND LIFE YOU ARE BUILDING SHIFTS OVER TIME. ALLOW YOURSELF TO FEEL THE EMOTIONS AND DAY TO DAY ACTIVITIES YOU WOULD ENGAGE IF YOU WERE LIVING IN THE WORLD AND LIFE OF YOUR OWN DREAMS, AND LET THAT LEAD YOU TO NEW REVELATIONS ABOUT WHAT YOU ACTUALLY WANT AND WHAT THAT CAN LOOK LIKE.

# SOUL HEALING WRITING EXERCISES



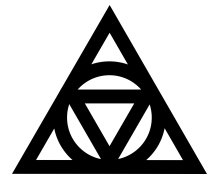
## WRITING EXERCISES

### TRACING ISSUE ROOTS

THIS WRITING EXERCISE IS CALLED TRACING ISSUE ROOTS AND IT IS ALL ABOUT ALLING YOUR SOUL AND GUIDES TO COMMUNICATE WITHY OU THROUGH WRITING TO HELP YOU UNDERSTAND WHERE CERTAIN ISSUES YOU'VE FACED THROUGHOUT YOUR LIFE STARTED, HOW THEY HAVE SHOWN UP AT DIFFERENT POINTS IN YOUR LIFE, THE DEFENSE MECHANISMS AND BELIEVES ABOUT YOURSELF AND OTHERS THESE EXPERIENCES SPURRED WITHIN YOU, THE LESSONS YOU CAN DRAW FROM THESE EXPERIENCES, AND BELIEFS YOU CAN FORM NOW TO HELP YOU RELEASE AND HEAL.

- Without self editing, free-Write about all of the issues you've faced throughout your life that you would like to work through and release. examples: comparison, self-worth, Jealousy, vanity, anxiety, codependence, substance abuse, guilt, shame, anger, phobias, insecurity, obsessions, etc.
- one at a time go through each issue and write about them following the steps below. Writing about all of the issues you listed can take months if that is what feels right, but right now, just pick one that is calling out to you and get started.
- When writing about the issue you chose, start with when this issue first appeared in your life. You may not know when you start, but free write for 3 or 4 sentences and you will be shocked what comes out.
- Write about how this issue initially manifested and how it affected you at different times throughout your life.
- Write about how this issue shows up in your life now.
- Write about the coping or defense mechanisms this issue had led you to create and employ throughout your life.
- Write about how this helped you in any way, what you are learning or did learn from your experiences with this issue, how it could be related to another life experience you were going through at a specific time and how it may have helped you through a hard situation.
- Write about the lessons you are learning from working through it here and now.
- Now that you understand where the issue started, how it has affected your life and the beliefs it drove you to create about yourself and others, write about the belief you want to create going forward after all you've learned from working through this issue.
- Write about all the ways you are ready and able to release that issue and move onto instilling the belief about yourself and those around that you want to carry forward from here on out.
- Write about any ways you are grateful for the experiences you've had with this issue and where it has led you today and say a final goodbye to the way this issue has manifested itself in your life thus far.
- Write down affirmations or "I am" statements that can help you redirect your mental and emotional energy and remind yourself of the beliefs you are ready to hold regarding this issue that you can use any time this issue and the coping and defense mechanisms you created around it start to arise again.

# SOUL HEALING RITUAL



## WRITE YOUR ACTIVATION INVOCATION

YOUR ACTIVATION INVOCATION SHOULD SET ANY BOUNDARIES AND INTENTIONS NEEDED TO MAKE YOU FEEL SAFE COMMUNICATING WITH YOUR GUIDES, GIVE GRATITUDE TO YOUR GUIDES FOR THE KNOWLEDGE, SUPPORT, AND LOVE THEY WILL BRING YOU. CALL IN YOUR HIGHER SELF AND ALL GUIDES SANCTIONED BY YOUR HIGHER SELF. WRITE IT DOWN, SAY IT ALOUD, AND GET READY TO COMMUNICATE.

SWEEP YOUR HANDS OVER YOU AND GENTLY TOUCH EVERY PART OF YOUR BODY AS YOU FEED IT LOVE & SUPPORT FOR EVERYTHING IT HAS EXPERIENCED WITH YOU. CALL IN YOUR GUIDES AND SAY A PRAYER TO CLEAR ANY STAGNANT ENERGY FROM YOUR HOME AND CALL IN PEACE, PROTECTION, AND SUPPORT.

## ANOINT YOUR BODY & HOME

## SET YOUR INTENTIONS & CREATE LIGHT

THINK ABOUT WHAT YOU NEED TO BRING INTO YOUR LIFE TO REACH THE INTENTION YOU ARE SETTING FOR THIS RITUAL. WHAT NEEDS TO HAPPEN IN YOUR BODY, MIND, LIFE, AND SPIRIT TO MAKE ROOM FOR THAT WHICH YOU WANT TO EXPERIENCE? WRITE IT WITHOUT HOLDING ANYTHING BACK, READ IT ALOUD, THEN LIGHT A CANDLE OR FLICK ON A LIGHT. CLAP YOUR HANDS TOGETHER TO CALL IN YOUR GUIDES & RELEASE LOW VIBRATIONAL EMOTIONS.

CREATE A SMALL SPACE AROUND YOU FILLED WITH SCENTS, IMAGES, ITEMS, AND MEMORIES THAT REPRESENT YOUR HAPPINESS AND GRATITUDE FOR ALL YOU ARE AND ALL YOU HAVE RIGHT NOW.

## CREATE SPACE

## LET IT OUT

ON A SEPARATE PIECE OF PAPER PURGE ALL FEARS, GUILT, ANXIETIES, AND BELIEFS THAT MAKE YOU QUESTION WHETHER YOU CAN EXPERIENCE THE INTENTIONS YOU SET.

ASK YOUR GUIDES TO HELP YOU CREATE AFFIRMATIONS TO REDIRECT YOUR FEARS WHENEVER THEY ARISE. ON A SMALL PIECE OF PAPER, WRITE DOWN AFFIRMATIONS TO BALANCE ANY FEAR YOU PURGED. PLACE A CUP OF WATER IN FRONT OF YOU AND READ YOUR AFFIRMATIONS ALOUD WHILE FOCUSING ON THE WATER SOAKING IN YOUR AFFIRMATIONS. BURY IT OUTSIDE OR PLACE IT INSIDE OF YOUR PILLOW CASE AS YOU ASK YOUR GUIDES TO HELP YOU USE THESE AFFIRMATIONS WHENEVER THEY ARE NEEDED.

## RELEASE FEARS TO RESURRECT YOUR HOPE

## MAKE AN OFFERING

GRAB THE PAPER WITH YOUR FEARS WRITTEN ON IT AND EXPRESS GRATITUDE FOR ALL THE WAYS THOSE BELIEFS MAY HAVE COMFORTED AND SERVED YOU AND SET THE INTENTION TO RELEASE THEM NOW. SAFELY LIGHT THE PIECE OF PAPER ON FIRE AND LET THEM GO. TAKE A DEEP BREATH AND LET OUT A LOUD SIGH OR SOUND TO CLEANSE YOUR SPACE AND ENERGY.

SIT OR LAY COMFORTABLY. REST YOUR HANDS ON YOUR CHEST. LISTEN TO YOUR BREATH AS YOU NOTICE ANY COLORS, IMAGES, OR FEELINGS THAT ARISE. LET YOURSELF NOTICE THEM WITHOUT PULLING YOUR ATTENTION TO THEM. TAP AND RUB YOUR HEART ANYTIME YOU FEEL DISTRACTED.

## CONNECT TO YOUR GUIDES

## CREATE YOUR VISION

ASK QUESTIONS ABOUT ANYTHING YOU SAW, FELT OR THOUGHT WHILE CONNECTING OR SIMPLY ASK ANYTHING ON YOUR MIND AND BEGIN FREE-WRITING TO GET ANY ANSWERS YOU SEEK FROM YOUR GUIDES. REST AND VISUALIZE YOUR INTENTIONS BEING FULFILLED. FEEL THE LOVE OF THAT EXPERIENCE.

FROM THE PERSPECTIVE OF YOUR FUTURE SELF, WRITE DOWN WHAT IT IS LIKE TO HAVE REALIZED YOUR VISION, THE JOURNEY YOU WENT THROUGH TO GET THERE AND ALL THE THINGS IN YOUR LIFE YOU ARE GRATEFUL FOR NOW THAT YOUR VISION IS REALIZED. FOCUS ON HOW YOU FEEL IN THAT EXPERIENCE.

## BUILD YOUR BRIDGE

## ACCEPT YOUR CREATION

DRINK THE GLASS OF WATER THAT YOU SPOKE YOUR AFFIRMATIONS INTO. TAKE A SHOWER AND INVITE YOUR SPIRIT TEAM TO SUPPORT YOU IN WASHING AWAY ALL YOU HAVE JUST RELEASED AND ALLOWING THE WATER TO HELP YOU SOAK ALL YOU HAVE JUST CREATED INTO EVERY FIBER OF YOUR BEING.