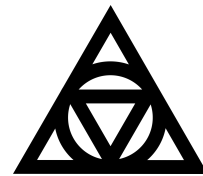


IDENTIFYING MY SOUL LESSONS HEALING RITUAL



WELCOME

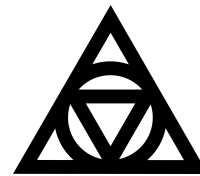
THIS RITUAL WAS CREATED FOR YOU. I AM A CHANNEL AND AM IN COMMUNICATION WITH MY GUIDES, SOUL AND THE GUIDES AND SOULS OF OTHERS ON A DAILY BASIS AND I CREATE THESE WRITING EXERCISES AND RITUALS BECAUSE I KNOW EVERYONE HAS THE ABILITY TO CONNECT WITH THEIR SOUL AND GUIDES ANYTIME THEY WANT. MY GUIDES LED ME DO THESE WRITING EXERCISES MYSELF WHEN I WAS SEEKING GUIDANCE ON HOW TO MOVE AWAY FROM CERTAIN EXPERIENCES THAT KEPT POPPING UP IN MY LIFE OVER AND OVER AGAIN, AND THEY HAVE COME UP DURING READINGS FOR OTHER PEOPLE A NUMBER OF TIMES AS WELL. DOING THESE EXERCISES HAS HELPED ME LEARN MORE ABOUT MYSELF THAN I EVER REALIZED I COULD. I REALIZED I HAD BEEN PUTTING UP WALLS, PREEMPTIVELY JUDGING OTHERS, AND HIDING MY TRUE THOUGHTS AND FEELINGS FROM MYSELF AND THE WORLD IN AN EFFORT TO PROTECT MYSELF FROM PAINFUL EXPERIENCES, BUT WHAT I DIDN'T REALIZE WAS THAT A LIFE OF PROJECTING WHAT I DREW FROM MY OWN TRAUMATIC EXPERIENCES ONTO OTHERS I ENCOUNTERED THROUGHOUT MY LIFE WAS STIFLING MY SOULS ABILITY TO LEARN WHAT IT CAME HERE TO LEARN AND ONLY PERPETUATED THE PAIN THOSE EXPERIENCES CREATED. I WAS HOLDING ON TO SO MANY TRAUMAS AND THE LESSONS I COULD DRAW FROM THOSE EXPERIENCES WERE COMPLETELY DROWNED OUT BY THE PAIN I WAS SHOVING DOWN EVERY TIME THEY POPPED INTO MY MIND AND WHAT GOOD ARE PAINFUL EXPERIENCES IF WE DON'T LEARN ANYTHING FROM THEM?

THE WRITING EXERCISES ARE DESIGNED TO HELP YOU HEAL AND CLEAR OUT BELIEFS THAT ARE NO LONGER NEEDED TO HELP YOUR SOUL LEARN THE LESSONS YOU CAME HERE TO LEARN. TRUE PEACE COMES FROM GAINING THE ABILITY TO LEARN, GROW, SUPPORT, AND LOVE YOURSELF THROUGH ANYTHING. TRUE COMFORT COMES FROM ALLOWING YOURSELF TO OPEN, BELIEVE, AND ACCEPT THE SUPPORT, LOVE, AND ASSISTANCE YOUR SOUL AND YOUR GUIDES ARE ALWAYS SENDING YOUR WAY.

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.

IDENTIFYING MY SOUL LESSONS 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.

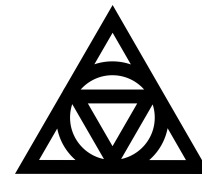
RITUAL TIMING: THERE ARE MANY WRITING EXERCISES IN THIS RITUAL AND YOU CAN TAKE AS LONG AS YOU WANT TO COMPLETE THEM. YOU CAN DO SOME AND NOT OTHERS, OR YOU CAN DO THEM ALL. YOU CAN COMPLETE THE WRITING EXERCISES AND RITUAL IN ONE NIGHT, ONE WEEK, OR ONE MONTH, OR YOU CAN DO THEM SEPARATELY. THERE IS 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 SOOTHES 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.

IDENTIFYING MY SOUL LESSONS 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.

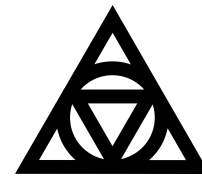
OILS: USE THEM TO ANNOIT YOUR BODY AND CANDLES, AS AN AROMA USING A DIFFUSER OR OIL BURNER, OR ADD THEM TO A RITUAL BATH.

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.

IDENTIFYING MY SOUL LESSONS HEALING WRITING EXERCISES



WRITING EXERCISES

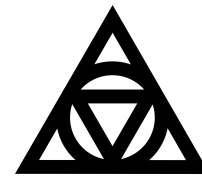
WITHOUT SELF-EDITING, FREE-WRITE A LIST OF ALL OF THE CHALLENGES AND DIFFICULT SITUATIONS YOU HAVE FACED THROUGHOUT YOUR LIFE. THIS CAN INCLUDE ANYTHING BUT TRY TO BE SPECIFIC. LIST ANYTHING YOU FOUND CHALLENGING AT THE TIME, OR LOOK BACK ON AS CHALLENGING NOW, BUT DO NOT LEAVE ANYTHING OUT BECAUSE YOU HAVE FOUND A DIFFERENT PERSPECTIVE ON IT SINCE IT HAPPENED. WE WANT AS EXHAUSTIVE A LIST AS POSSIBLE, SO LET IT ALL OUT. DON'T TRY TO JUMP AHEAD AND LIST OUT THEMES THAT CATEGORIZE A GROUP OF EXPERIENCES TOGETHER, JUST LIST SPECIFIC EXPERIENCES. START BY LISTING AS MANY AS YOU CAN OFF OF THE TOP OF YOUR HEAD, THEN GO THROUGH YOUR LIFE CHRONOLOGICALLY AND TRY TO ADD MORE. READ THROUGH ALL OF THE EXPERIENCES YOU HAVE ALREADY LISTED AND SEE IF ANY OTHERS COME TO MIND.

NOW READ THROUGH ALL OF THE EXPERIENCES YOU LISTED. START TO LIST OUT ANY SIMILARITIES YOU SEE. FIND ANYTHING THEY MAY HAVE IN COMMON. HERE ARE SOME EXAMPLE QUESTIONS YOU CAN ASK YOURSELF TO GET YOU STARTED.

- Do certain issues always include the same people or perhaps the same issue keeps coming up but the people involved are always changing?
- Do you keep running into the same issues at different jobs?
- Do you find that you are consistently feeling similar emotions when met with seemingly different situations and circumstances?
- Do you find yourself feeling similar emotions after you engage in a certain activity?
- Have you always felt unloved, unliked, or under-valued with your family, friends, romantic partners, or at work?
- What common threads can you spot that weave some of these experiences together? Now categorize some of these experiences into common themes that keep popping up. Generally, each of us will have at least three themes that we come into our body and life to work on.

NOW TAKE ONE OF THE THEMES YOU IDENTIFIED AND FREE WRITE ABOUT THAT THEME. THIS STEP IS ALL ABOUT RELEASE. RELEASING ANYTHING YOU ARE FEELING WITH REGARD TO THE DIFFICULTIES THIS THEME HAS BROUGHT UP THROUGHOUT YOUR LIFE. WE WANT TO GIVE ALL OF OUR EMOTIONS AROUND THIS THEME THEIR TIME TO BE HEARD, ACCEPTED, FELT, AND SEEN. IN THIS STEP, IT IS AGAIN VERY IMPORTANT NOT TO SELF-EDIT. LET EVERYTHING COME OUT, EVEN IF WHAT IS TRYING TO COME OUT FEELS HARSH, RUDE, NEGATIVE, OR JUDGMENTAL. THIS STEP IS ABOUT RELEASE, AND IF WE KEEP ANGER, GUILT, SADNESS, FEAR, SHAME, AND ANXIETIES PENT UP INSIDE, LEARNING THE LESSONS WE ARE ABLE TO DRAW FROM THE EXPERIENCES THAT CREATED THESE EMOTIONS CAN BE DIFFICULT TO REALIZE. LET IT ALL OUT. LET IT BE RAW. LET IT BE WHATEVER IS BOUNCING AROUND THE RECESSES OF YOUR MIND, BODY, AND SUBCONSCIOUS.

IDENTIFYING MY SOUL LESSONS HEALING WRITING EXERCISES



WRITING EXERCISES

NOW WE ARE READY TO LOOK AT THIS THEME CHRONOLOGICALLY TO SEE HOW IT FIRST PRESENTED AND HOW IT IS SHOWING UP IN OUR LIVES NOW. THIS WRITING EXERCISE IS ALL ABOUT SEEING HOW THIS THEME CHANGED OVER TIME AND THEREFORE, HOW IT CHANGED YOU. LET'S LOOK AT OUR LIST TO FIND THE FIRST TIME WE EXPERIENCED THIS THEME. BEFORE YOU START WRITING, ASK YOURSELF, WAS THIS REALLY THE FIRST TIME OR IS THERE ANOTHER EXPERIENCE PRIOR WHERE THIS THEME POPPED UP? NOW START FREE WRITING ABOUT THAT INITIAL EXPERIENCE. WHEN YOU FEEL THAT YOU HAVE WRITTEN EVERYTHING BOUNCING AROUND YOUR MIND, BODY, AND SOUL WITH REGARD TO THIS INITIAL EXPERIENCE OF THIS THEME, YOU ARE READY TO FOLLOW THIS THEME INTO THE FUTURE.

HERE ARE SOME QUESTIONS TO GET YOUR STARTED.

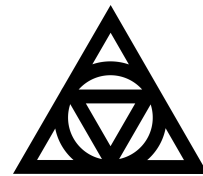
- How did the experiences that fit into this theme change over time?
- Did the cast of characters with whom you played out the experiences that fit into this theme change?
- Did the experiences that fit into this theme show up differently in your childhood then they did in your adolescence or during adulthood?
- Did the experiences that fit into this theme start to create different feelings and beliefs within you as they continued to show up throughout your life?
- Did the experiences that fit into this theme create any defense mechanisms that you carried forward with you?

NOW WE ARE READY TO DIG INTO THE BELIEFS, EXPECTATIONS, FEARS, ANXIETIES, DEFENSE MECHANISMS, EMOTIONS, THOUGHT PATTERNS, OR EFFECTS ON OUR BODIES THIS THEME MAY HAVE CREATED. THIS WRITING EXERCISE IS ALL ABOUT TAKING A SURVEY OF THE WAYS THESE EXPERIENCES HAVE AFFECTED HOW WE ACT AND WHAT WE BELIEVE TO BE TRUE, GIVING US THE OPPORTUNITY TO REFLECT AND DECIDE IF WE WANT TO CARRY THESE ACTIONS AND BELIEFS FORWARD OR RESHAPE THEM AS WE MOVE FORWARD ALONG OUR PATH OF SOUL GROWTH AND SELF-DISCOVERY.

GO THROUGH YOUR LIST OF EXPERIENCES RELATED TO THIS THEME AND USE SOME OF THE QUESTIONS BELOW TO HELP YOU GET STARTED.

- How did I feel when this happened?
- Was I able to process and release those emotions at the time or since this experience happened?
- What did this experience make me think about myself?
- What did this experience make me think about the other people involved?
- What did this experience make me think about the world at large?
- What did this experience cause me to expect from myself, the people who were involved in this experience, or the world at large?
- Did I change the way I presented myself to the world or those around me in response to this experience?
- What did this experience cause me to believe about myself, others involved, or the world at large as I moved into the future?
- What coping mechanisms did I learn to use to comfort myself in response to this experience?
- What defense mechanisms did I begin using to protect myself from the possibility of reliving this experience and the emotions it brought with it in the future?

IDENTIFYING MY SOUL LESSONS HEALING WRITING EXERCISES



WRITING EXERCISES

NOW LET'S START TO LOOK INTO THE POSSIBLE LESSONS THIS THEME IS PUSHING US TO LEARN. WE GET THERE BY DOING TWO THINGS AT ONCE; LOOKING BACKWARDS FROM WHERE WE ARE NOW AND DIGGING INTO THE SIMILARITIES BETWEEN EACH OF OUR DIFFERENT EXPERIENCES THAT FIT INTO THE SAME THEME.

READ OVER YOUR RESPONSES TO THE LAST TWO WRITING EXERCISES AND USE SOME OF THE QUESTIONS BELOW TO GET STARTED.

- What qualities that I love about myself came from these experiences?
- What am I grateful for in myself and my life today that would not exist if I did not go through those difficult experiences?
- What do I know about myself now that I learned through these experiences?
- Now that I see the emotions these experiences created within me, what lessons can I draw that will help me accept, process, and release these emotions when I face them in the future?
- Now that I see the beliefs about myself that I developed through these experiences, how can I use or reshape these beliefs to better love, support, and care for myself through difficult situations?
- Are there any beliefs I formed about those around me due to these difficult experiences that I can reshape to help me build trust and healthy communication in my current and future relationships with others?

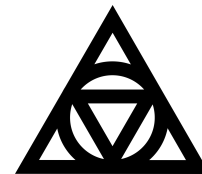
NOW THAT WE HAVE A BETTER UNDERSTANDING OF WHAT WE MAY HAVE GAINED AND LEARNED THROUGH THOSE DIFFICULTIES LIFE THREW AT US, LET'S WRITE A FINAL LETTER TO OURSELVES THAT SUMMARIZES WHAT WE HAVE LEARNED.

HERE IS AN OUTLINE TO HELP YOU WORK YOUR WAY THROUGH THIS LETTER, BUT AS ALWAYS, LET YOUR SOUL TAKE YOU OFF COURSE IF THAT IS WHAT FEELS RIGHT.

- State the theme and how it first presented itself.
- Restate the beliefs, thoughts, and emotions you formed through this initial experience and how they changed as the experiences that fit into this theme continued to unfold throughout your life.
- State what you now believe to be true after digging into these experiences.
- Reiterate anything that is somehow a product of having gone through those experiences that you are grateful for having within yourself and your life.
- As a final touch, tell yourself how you are going to carry these lessons you've learned through these experiences into the future to better support, love, and accept yourself through anything you face moving forward.
- Thank yourself for the lessons you've learned and state your intention to use the tools you've gained to bring you peace and comfort as you move on to new lessons in the future.

NOW THAT WE HAVE LEARNED A LOT ABOUT OURSELVES, RELEASED ALL THOSE PENT-UP EMOTIONS, AND IDENTIFIED THE BEAUTY THOSE DIFFICULT EXPERIENCES HAD A PART IN BRINGING INTO OURSELVES AND OUR LIVES, WE CAN TAKE THE LESSONS LEARNED AND TOOLS GAINED WITH US AS WE BUILD A BRAND-NEW FUTURE. THIS RITUAL WE ARE ABOUT TO ENGAGE IN IS ALL ABOUT LETTING THE LOVE OF OUR SOUL, OUR GUIDES, AND THE LOVE WE HAVE FOR OURSELVES FILL ALL THOSE SPOTS WE JUST CLEARED OUT BY RELEASING THE EMOTIONS, BELIEFS, WORRIES, AND THOUGHT PATTERNS THAT WE NO LONGER NEEDED TO CARRY WITH US.

INTEGRATING MY SOUL LESSONS 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.