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| **Soul Release Ritual** | **Date \_ \_ / \_ \_ \_ /\_ \_ \_ \_** |
| **A Soul Release Ritual is to Free Yourself from Unconscious Roles You Took on for a Parent**  **Use this ritual to release emotional burdens and reclaim your true self.** | |
| **Purpose:** To recognize, release, and heal from the roles you took on due to the absence, silence, or emotional unavailability of a parent.  **When to Perform:**  • During a waning moon • At night, in silence • Alone and uninterrupted  **Materials** **Needed:**  • A candle (white, black, or violet) • Pen and paper • Fire-safe bowl or plate • Bowl of water • Optional: grounding crystal or calm music | |
| **Step 1: Write the Truth**  “All the things I had to be because you weren’t.” ( Write freely, from the heart. Use the lines below to journal. ) | |
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| **Step 2: Burn the Burden**  Light your candle. Read your list aloud, then say: “These roles were never truly mine.  I carried them to survive, to protect, to love.  But I now return them.  I give back what I became for you.  I choose to become who I am — for me.” Now burn the paper safely.  Watch it turn to ash.  Breathe.  Smile/Cry.  Let go.  ( Write freely your thoughts after ritual. Use the lines below to journal. ) | |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  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| **Step 3: Water Cleansing**  Dip your fingers in water and touch your **heart** and Say:  “I release the masks. I release the pressure. I am not who I had to be. I am who I was born to be.” Dip your fingers in water and touch your **throat** and Say:  “I release the masks. I release the pressure. I am not who I had to be. I am who I was born to be.” Dip your fingers in water and touch your **belly** and Say:  “I release the masks. I release the pressure. I am not who I had to be. I am who I was born to be.” Pour the water into the earth to ground your healing.  ( Write freely your thoughts after ritual. Use the lines below to journal. ) | |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  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| **Step 3: Final Affirmation**  “I don’t have to be strong for everyone anymore. I am allowed to feel, rest, and just be. I return to myself. I return to love.”  ( Write freely your thoughts after ritual. Use the lines below to journal. ) | |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  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