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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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