

RITUAL OPENING: ENTERING THE EMOTIONAL TEMPLE

YOU WILL NEED: A QUIET SPACE,
CANDLE OR SOFT LIGHT, WATER OR TEA,
AND A COMFORTING OBJECT.

1. BREATHE DEEPLY. LIGHT YOUR
CANDLE AND SAY: "I ENTER THIS SPACE
WITH COMPASSION. MY EMOTIONS ARE
WELCOME HERE. WHAT RISES, I HONOR.
WHAT WHISPERS, I HEAR."

2. PLACE YOUR HAND ON YOUR HEART.
ASK GENTLY: "WHAT IS ASKING TO BE
FELT TODAY?"

3. BEGIN JOURNALING WITH HONESTY
AND CARE.

DAILY EMOTIONAL CHECK-IN

TODAY I FEEL

--	--

WHERE I FEEL IT IN MY BODY

--	--

THE SENSATION FEELS LIKE

--	--

IF THIS EMOTION HAD A

VOICE, IT WOULD SAY

--	--

WHAT I NEED RIGHT NOW

--	--

<input type="checkbox"/>

I TOOK A BREATH BEFORE ANSWERING

<input type="checkbox"/>

I GAVE MYSELF PERMISSION TO NOT KNOW YET

<input type="checkbox"/>

I SPOKE KINDLY TO MYSELF TODAY

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EMOTIONAL PATTERN REFLECTION

EMOTION THAT KEEPS RETURNING:

WHEN IT USUALLY ARISES:

WHAT IT MIGHT BE PROTECTING
ME FROM:

WHAT PART OF ME IT'S DEFENDING
OR EXPRESSING:

WHAT WOULD FEEL SUPPORTIVE IF THIS
EMOTION RETURNS:

EMOTIONAL PATTERN REFLECTION

EMOTION'S NAME:

DEAR [NAME EMOTION]

WITH LOVE,

EMOTIONAL ALCHEMY SPREAD

WHAT IS THIS EMOTION HELPING
ME NOTICE OR REMEMBER?

WHAT HAVE I BEEN AVOIDING THAT IT
WANTS ME TO FACE?

EMOTIONAL ALCHEMY SPREAD

WHAT TRUTH IS HIDDEN BENEATH
THIS FEELING?

WHAT DO I NEED TO FORGIVE, RELEASE,
OR GRIEVE?

WHAT GIFT OR WISDOM DOES THIS
EMOTION BRING?

RITUAL CLOSING: RELEASING THE FEELING, KEEPING THE WISDOM

1. CLOSE YOUR JOURNAL. PLACE BOTH HANDS ON IT AND SAY: “I THANK MY EMOTIONS FOR SPEAKING TO ME. I DO NOT NEED TO FIX, JUDGE, OR FEAR THEM. I RELEASE THE ENERGY AND KEEP THE WISDOM.”

2. BLOW OUT YOUR CANDLE. SIP YOUR WATER OR TEA TO GROUND.

3. STRETCH OR BREATHE DEEPLY TO COMPLETE THE RITUAL