



Items needed:

smudge tools or whatever method you prefer for clearing space.

candles: white for Goddess, black for releasing, blue for gentle healing.

Incense: whatever is soothing to you. I am using nag champa.

pen and paper

Ritual:

Clear space.

Light white candle for Goddess.

Call your circle, inviting Goddess and any helpers, guides, etc. that you wish to help you.

Take a pen and paper and sit quietly before Goddess. Think of what you are holding on to that is no longer serving you. Emotions, old pain, relationship issues, etc. Write them down.

Carve "release" into your black candle, and light it from your Goddess candle.

Say, "I release the following situations and emotions that no longer serve me." Then read what you wrote on your list.

Sit quietly for a moment, visualizing each item on your list individually. As that situation or emotion appears, notice it objectively, and say, "___, I send you back to neutral and back to the light." Visualize it going up to Mother.

When you are finished with your list, carve the emotions you wish to replace those things you released. You can carve "peace", "joy", "compassion", etc. Light the candle from your Goddess candle.

Sit quietly in front of your blue candle, and feel the healing energy coming from it. Feel the compassion of Mother as She embraces you. Take as much time as you need, enjoying Her warmth, and feel her fill you with the emotions you carved into your candle.

When you are content and at peace, thank Mother and your helpers/guides for being with you and dismiss your circle.

Ground.

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