

Releasing Sacred Ceremony

The purpose of a releasing ceremony is to let go of something in your life to make room for new to come in. You can choose to intentionally release anything in any area of your life. Things to be released can include people, relationships, buildings, physical items, feelings, ideas, thoughts, beliefs; you are only limited by your imagination. Letting go of something that is no longer serving you is very helpful for empowering you to create the future you want.

A releasing ceremony can be done at any time, but a powerful time for letting go is on or near the full moon. The full moon represents the ending of a cycle. It sheds light on the things we no longer need. The full moon symbolizes the end.



Intentionally choosing a location for the ceremony will increase its meaningfulness. Performing a sacred ceremony in nature is an amazing experience. If you have a special sacred location that you regularly visit, you should consider holding the ceremony there. However, you may want to choose a spot that is related to what you are letting go of. If the location is indoors, it is important to open a window or door to create an exit for what you are letting go of (as well as the smoke from burning sage, palo santo, and candles).



A releasing ceremony can be performed alone or with others. However, it is helpful to be mindful of who you are working with making sure they will be supportive and respectful. All participants could be releasing the same thing, or each could be working on different areas.



The most important aspect of performing a sacred ceremony is to follow your intuition and inner guidance. There is no one right way; rather, the information given is a framework that you can use to create the ceremony that is right for you.

Keeping It Simple

Use this format to easily complete a releasing ceremony.

1. Cleanse your aura with White Sage, Palo Santo, and/or Selenite.
2. Light a white or custom made candle.
3. Play 417 Hz frequency music.
4. Write everything you would like to release on paper.
5. Thank the universe for allowing you to see all you are releasing through the eyes of love.
6. Burn the paper using the candle flame. Have a ceramic or metal container for burning materials.
7. Say, "I now release all that no longer serves me for total healing for my highest good."
8. Meditate on all of the things that you are making room for due to this letting go.
9. Give thanks.



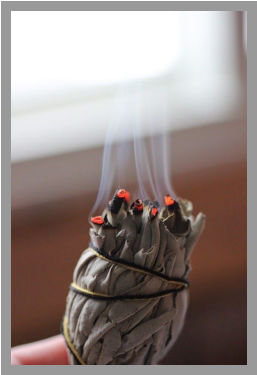
Build Your Own Ceremony

Write out exactly how you would like your ceremony to look. The following framework can be used with any type of ceremony including a releasing ceremony.



Basic Components of Creating a Sacred Ceremony
<i>You do not have to use all of these components for every ceremony. Pick and choose the components that feel right for the ceremony you want to create.</i>
Intention
Altar - use yours or create one for the ceremony Earth _____ Air _____ Fire _____ Water _____ Other Items _____
Smudge - use herbs, incense, or crystals to cleanse negative energies and bring in light and love
Invocation/Prayer - asking spirit/source to help
Written Word - write out your intention as if it has already happened
Meditation/Visualization - how are you going to visualize or meditate upon your intent - include feelings
Sound - music, guided meditation, drumming, singing, chanting
Act of Transformation - burning, burying, spreading, pouring water
Gratitude - thanking source for your current blessings and thanking source as if your intention has already happened
Timing and Location - is there a specific time or place that is best for your ceremony
Other Components - anything special to personalize or enhance your ceremony

Smudging



There are a variety of ways one can cleanse negative energies and bring in light and love. Using sage, palo santo, incense, and/or crystals can remove lower energies. You may smudge objects you plan on using for your sacred ceremony as well as the people who are participating. It is simple to do.

- 1. Light the smudging material (sage, palo santo, incense, etc.) until it has a small flame. Let it burn for a moment. Then blow the flame out. Blow on it a bit more to make sure it is smoldering.*
- 2. At this point you may want to put the smoldering material in a fireproof container such as an abalone shell. Or you may use it alone by holding it. Just be careful about embers that may drop.*
- 3. Next you will move the smudging stick around the object or person being cleansed making sure the smoke is moving around all sides. It may be easier to use a feather to wave the smoke towards the object being cleansed.*
- 4. It is helpful to use a prayer as you work (silently or out loud). "Please remove all negative energy and anything that is not serving the highest good of all. Fill this with light and love."*
- 5. If you are using a crystal, it can be moved around the object or person in the same way with a prayer. This is a good way to cleanse when you are unable to burn.*
- 6. After you have completed cleansing everything, you can continue to let the smudging materials burn until they go out on their own. The plant materials being used have an intelligence of their own. They will continue to burn until all negativity is removed.*
- 7. Always make sure to open a window or door to give the negative energy and the smoke a place to exit.*



Sacred Ceremony

Bringing sacred ceremony into everyday life helps people to acknowledge the purpose, beauty, and intent of our experiences. While our culture is good about recognizing big events and major holidays, we sometimes miss the small wonders of day to day living. Sacred ceremony can bring joy and recognition to everyday blessings that we may otherwise miss. It can also help us to set intentions helping us manifest future blessings.

Sacred ceremony can be simple and quick: taking a moment to light a candle or play some inspiring music while visualizing an intention. By setting up some basic tools, we can be ready for ceremony whenever we feel inspired.

Creating a Personal Altar

The purpose of having an altar is to have the tools for a sacred ceremony at the ready. It also helps to bring our spiritual practices and beliefs into the physical. A basic altar is easy to create. Find a spot in your home where you can create an altar. Start with representing the four elements: air, earth, fire, and water. Add any artifacts that are meaningful to you. Give your altar a blessing. You're good to go!



RELEASING CEREMONY KIT

AS WE CREATED OUR KIT, WE INTENTIONALLY USED ITEMS THAT PROMOTE
CLEARING AND BRINGING IN THE POSITIVE.

1. Custom Releasing Candle made with:
cotton wick = wealth, well-being, abundance, divine, spiritual purity
white color = peace, purity, healing, divination, exorcism
white sage herb = wisdom, clarity, purification, vision, emotional distance in difficult situations
essential oils =
basil: remove negative energy, remove bad habits, money, wealth
lime: clarity, making decisions, revitalizing, protection
grapefruit: restore power, spiritual purpose, self-love, honoring our bodies
selenite = brings in high vibrational energy, aids enlightenment, opens spiritual world, relieves stress and anxiety, removes negative energy, cleanses, provides mental clarity, aids in emotional healing, cleanses the aura, aids in making difficult decisions
Reiki infused
made with soy wax (3oz.)
2. White Sage Bundle For Smudging
benefits of burning sage: removes negativity, improves mood, reduces stress, helps to connect spiritually, cleanses, empowers, helps cognition and memory, cleanses a space or object, restores harmony
3. Palo Santo Stick for Smudging
benefits of burning palo santo: cleansing, protection, healing, creativity, imagination
4. Selenite: brings in high vibrational energy, aids enlightenment, opens spiritual world, relieves stress and anxiety, removes negative energy, cleanses, provides mental clarity, aids in emotional healing, cleanses the aura, aids in making difficult decisions
5. Feather - from Rose's Reiki chickens: Feather represents the element of air. Feathers symbolize truth, speed, lightness, flight, ascension. Chickens represent letting your true self shine, curiosity, awareness of danger, everything in life has a time and a purpose
6. Shell: represents the element of water
7. Rock: represents the element of earth

All Items have been physically and energetically cleansed and infused with Reiki.





RELEASING PRAYER

I NOW RELEASE WHAT I NO LONGER WANT TO MAKE ROOM FOR THE DESIRES OF MY HEART. I NOW FORGIVE AND RELEASE EVERYTHING AND EVERYBODY OF THE PAST OR PRESENT WHO NEEDS FORGIVENESS AND RELEASE. I RELEASE YOU AND LET YOU GO! I LET GO AND LET SOURCE BRING IN WHATEVER IS NEEDED FOR THE HIGHEST GOOD OF ALL. THANK YOU, THANK YOU, THANK YOU.



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