

This ritual is designed to be used whenever there has been a vow or promise that for some reason needs to be broken, due to a change in circumstances, and new information. Read through, then before doing the ritual, have all the items you need, and a safe sacred space to do the ritual.

Ritual of release

(****Items - pencil and paper. For earth - a deep pottery bowl with earth or sand in the base, for fire - a match, candle in a safe container, for water - blessed water in a container, for air - a fan feather or your breath)

Change is a part of life. Life is about celebrating the good times, and turning the challenges into opportunities for growth and learning. A part of any change, is learning from the past, letting go of the past pain to make space to open to new good times to celebrate.

For everything in life there is a reason, a season and a time. Every vow or promise made has a reason, has a season and a time. We now take a moment to reflect.

There was a reason, and it has now served its purpose, celebrate the good times. There was a season, and it has now come to completion, celebrate the learning and let go.

There is a time, and the time is now, to let go.

It is time to ****write down any hurts, regrets or feelings of loss that you are now ready to release, on a piece of paper to be burnt. Write down also what you have learnt, and you may chose to burn this to be transformed into a gift of insight.

Repeat these words or similar:

I call upon my highest guides, ascendant masters and archangels to assist me. Please assist me to release myself and from any vows or promises made, to acknowledge the learning and transform it into the gift of insight.

In this moment I call the highest ascendant master to please assist me to receive forgiveness for any hurts I have caused and to give forgiveness for any hurts caused by (When you are ready image a gold and blue figure of eight, surrounding each, with the mid point being where the highest ascendant master releases you and any cords or attachments. Clap your hands together when you are ready to release). Sayyou are free, I am free, we are free to a new and bright future.

****With the items - now safely burn the paper as a symbol of release and transformation. From the candle, lit the paper, place it in the deep bowl, fan the flame and then used the water to extinguish.

Symbolically open your arms to receive and give forgiveness, assisted by the highest ascendant master. Repeatyou are free, I am free, we are free to a new and bright future.

Allow your highest guides, ascendant masters and archangels to assist to shine a light on the highest path and light to your new bright future. Meditate on your new bright future.

So be it and so it is.