



A JOURNEY BACK TO SELF

Ritual connects us to something greater — our soul's purpose, our ancestors, the land, and the elements that hold us.

This booklet invites you to explore four foundational practices at the heart of my offerings. Whether you're seeking to clear stagnant energy, reconnect to nature, or realign with your truth, these sacred tools can support your journey home.



our journey will cover

-) soulful ritual
- D energy clearing
- D elemental ritual
-) soulful alignment

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lets explore soulful ritual and energy clearing.....

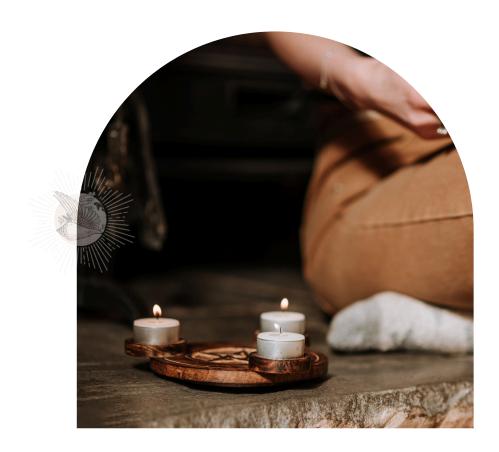


Soulful ritual helps us remember who we truly are.

In the stillness of ritual, we return to ourselves.

Through poetry, song, movement, art or symbolic repetitive acts, we enter the liminal, a place where time softens, and our inner sacred speaks.

Ceremony awakens memory in our bones and reminds our spirit it belongs. It is how we re-member fragmented pieces and come back into wholeness.



Let's take a look at Energy Clearing....



Letting go of what no longer serves us or our environment makes space for new energies.

Clearing isn't just energetic hygiene — it's a sacred act of sovereignty.

Smoke, sound, herbs or intention for example can guide us in releasing old stories, stagnant emotions, and inherited burdens.

With each clearing, we reclaim space for clarity, vitality, and new beginnings.



Let's take a look at elemental ritual...



Earth, air, fire, and water are our ancient allies.

When we work with the elements in ritual, we work with nature's medicine.

Earth grounds us in stability and belonging.Air clears our minds and invites inspiration.Fire transforms and ignites passion.Water heals, flows, and softens what's hardened.

These forces are not outside of us, they are us.

Through elemental ritual, we become rooted,

connected, and empowered.



Let's take a look at soulful alignment.....

2000 ALIGNMENT

When life feels out of balance, our soul or intuition often calls us back.

Ritual offers a mirror — a way to see clearly, feel deeply, and align again with what truly matters.

Whether you are in transition, feeling lost, or yearning to embody your purpose more fully, soul alignment rituals bring you back into harmony with your inner knowing.



I have an invitation waiting for you!...



AN INVITATION ...

to work together

You are not meant to walk alone.

If you are feeling the call to deepen your soul path, clear old energies, or mark a soulful transition, I would be honored to walk beside you. Together we can co-create a ceremony or ritual tailored to your intention, rooted in sacred tools and grounded presence.

Let's create beauty, meaning, and healing - together.

← Visit <u>www.sacredearthhealingandritual.com</u>

or connect with me via a text +61 0404556580 sacred begins with a yes, your path is waiting!

Shayote xx



The information in this booklet is a part of a mini series of free information for those interested in a no nonsense approach to natural health, metaphysics, evidence based science and the unspoken spaces in between and comes from over thirty years immersion in natural health wellness and ritual art practices.

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Shayote x