

The Circle of Love Relationship Healing Ritual

Write both your name and the other person's name in the middle of the circle.

Now, take a moment to visualize the healing energy of love pouring into your circle and surrounding both of you in it. If you are artistic, you may want to color your circle in a color that reminds you of love to help you visualize this energy even more clearly.

Once you have sat for a few moments in this visualization, the next step is to call in specific healing and loving energies using the power of the written word.

The words and phrases you choose to use will be unique to your situation, but the most important part of this step is to remember that these shouldn't be things you are trying to change about the other person. Instead, the focus here is how the relationship can more fully embody the energy you call in.

So for example, don't write something like;

"More consideration of my feelings."

Instead, try writing something like this:

"Openness and heart-centered connection."

**Other examples may be; Healing Peace Clarity Passion
Compassion Balance Connection Forgiveness Mutual respect
Kindness**

