

Come Home to Yourself: A Cancer Season Ritual

✨ A Free Ritual Guide by Thee Alchemist Healer ✨

Thee Alchemist Healer



Welcome to Cancer Season

Cancer Season is a sacred time to reconnect with your intuition, emotions, and inner sense of safety. As the zodiac's divine nurturer, Cancer invites us to soften, reflect, and come home to ourselves. If you've been feeling emotionally drained or disconnected, this ritual will help you reset and realign.

What You'll Need

- A white candle 🔥
- A bowl of water 💧
- Rose petals or essential oil 🌹
- A journal + pen
- (Optional) Crystals: moonstone, rose quartz, selenite

The Ritual

1. Cleanse

Light your candle. Add rose or oil to your bowl of water. Dip your hands in slowly and breathe deeply. Set the intention: "I return to myself with softness." Feel the water cleanse you emotionally and energetically.

2. Reflect

Journal on the following prompts:

- Where have I abandoned my emotions to make others comfortable?
- What does home feel like to me?
- How can I mother myself this season?

3. Call it In


Speak this aloud: "I welcome softness. I welcome safety. I welcome the version of me that's been waiting to come home."

4. Close the Ritual

Dry your hands, thank your guides/ancestors/self, and seal the ritual with a self-hug or affirmation.

Bonus

Tag me on Instagram @theealchemisthealer to share your ritual experience.

 Booking Link: <https://theemodernalchemist.com/thee-chemist-tarot>