



The Rite of Release

A guided ritual for letting go -- to step into the powerful version of yourself you already are.

You cannot emerge while holding onto energy that is weighing you down.

The Rite of Release is a free grounding ritual designed to help you reconnect to you and begin releasing what no longer belongs in this next chapter.

Welcome!

I am so happy that you're making this choice to choose YOU. This rite of release ceremony will help heal, clear and release any and all energy that may be holding you back from reaching your highest potential and your most fulfilling life.

I've used this ritual myself for years and I have found that its powerful. The intention you put into it pays off in dividends.

You can choose to do this ceremony at any time, but it contains extra potency during a full moon, or right before a new moon. You can check online what phase the moon is in before beginning the ceremony.

I'm so proud of you as you begin this beautiful cleansing process, and you will find that after this ceremony you will feel more at peace and in alignment with yourself. Let's begin!



What you'll need:

Before beginning this ceremony, you'll need a few key items. These are all very inexpensive, but each holds a key purpose in helping you release.

- Salt -- preferably sea salt or Himalayan salt -- at least a few tablespoons
- A small bowl
- Rosemary
- Several sheets of blank paper
- A pen
- A candle -- preferably white, it can be a tea light, pillar, or any kind of white candle -- if you'd like to have more than one, that's good too!
- Palo Santo or Sage -- you can purchase these online
- Matches or a lighter
- A fireproof bowl or container
- Black thread or string
- A cup of herbal tea -- chamomile, peppermint -- anything that soothes you
- Headphones
- Calming music -- I suggest listening to a [396 hz frequency](#)

A quiet space to relax -- with a few pillows, blankets, anything that makes you feel comfortable. Carve out at least an hour or 90 minutes for this ritual and it will pay dividends!



A Spiritual Cleanse

- I suggest to everyone to start with a spiritual cleanse/a shower or bath. For this you will need the salt and the rosemary.
- Take a few tablespoons of the salt and mix it with the whole rosemary in the bowl, stirring clockwise to mix.
- Hold your hands over the salt and say, *"I bless and activate this salt to help spiritually clear and release any and all energy that is not to my highest good. I bless and activate this rosemary to clear and release any and all energy that is not to my highest good, to purify me in mind, body and spirit, and to draw in protection and light. And so it is."*
- If you have a bathtub, begin running the water and hold your hands over the water, blessing it and charging it with the intention to help clear away any negativity saying, *"I bless and charge this water with the powerful intention to help me clear and release any*

and all negative energy, and so it is." You can then pour the salt and the rosemary into the water (make sure to strain out the rosemary branches before emptying the tub!).

- If you don't have a bathtub, simply start your shower and hold your hands to the running water, blessing it with the intention above. Then, mix some warm water into the bowl of salt and rosemary -- or simply rub the salt on your skin as you shower -- whatever you prefer.
- As you bathe, imagine the shower or the water to be infused with light, and the salt as a powerful purification to help clear away any energy that isn't to your highest good.
- Imagine yourself being bathed in golden light and ask God, the Universe, your angels/ancestors/guides -- any higher power you resonate with, to be with you and surround you with strength and love.
- As you dry off, light the palo santo or sage and gently sweep this over your body -- starting with the crown of your head and moving to the soles of your feet, with the intention to clear and release any and all energy that is not to your highest good.

The Ceremony

- Move to your quiet space and light your candle (or candles). Sit on the floor or somewhere comfortable and relax.
- Turn on your calming music in your headphones, and take three deep belly breaths, in and out to center yourself.
- Take out your pieces of paper and your pen, and start thinking about what emotions and situations you would like to release.

Here are a few journal prompts:

- What emotion has been causing me fear or pain lately?
- What is blocking me from love?
- What family patterns do I fear I am repeating?
- When was the last time I felt defensive or angry, and who or what caused that feeling?
- What behaviors in others upset me the most, and why? What behaviors in ME upset me?
- What emotions do I tend to avoid?
- What past version of myself do I want to let go of?

Begin writing, and let it all flow out on to the paper. You will be burning this paper, so no one will read this -- be as genuinely honest with yourself as possible, and clear and release it all.

After you are finished, take each piece of paper and fold it three times away from you -- this moves the energy away from you and allows you to release it. Take your piece of black string and wrap the paper 10 times -- saying out loud, **"This energy is now contained to the paper, it is no longer mine. I am free. I am free. I am free."**

Next, take your fireproof bowl (or stand over a sink or firepit) and burn the papers! As they burn you can say out loud, **"I hereby clear and release any and all energy that has been holding me back from living to my fullest potential. I am free. I am unbound, unbound, forever unbound."**

As the papers burn, feel yourself becoming lighter and lighter, and any pain and negativity that you once held being cleared up and released for good.

After the papers have safely burned, a beautiful prayer to initiate the energies of self-healing is the ancient Hawaiian mantra of ho'oponopono. The word ho'oponopono roughly translates to "cause things to move back in balance" or to "make things right." It's a very zen concept. (In native Hawaiian language, "pono" means balance, in the sense of "life." When things are in balance, nothing is off, so to speak.)

It's very simple and beautiful. Simply place your hand on your heart and say 7 times:

I love you.

Thank you.

I'm sorry.

Forgive me.

This invokes the beautiful energy of self-love, self-acceptance and healing. You are sending gratitude -- to God/the Universe/Spirit -- to yourself, for this power to forgive, and for allowing you to let go of anything that doesn't serve you.

As a final step, I recommend a [guided healing meditation](#) or to spend a few moments in quiet reflection.

Finish with a cup of your favorite tea and breathe deeply. You have cleared MUCH today, so be gentle with yourself for the next 24 to 48 hours as the changes set in. Sending you all our energetic blessing and support.

- Kristina + Olivia

PS: Thank you for choosing you today. We've noticed that modern life gives almost no intentional space for transformation anymore... so taking this time to deeply nourish you is so valuable.

If this practice moved something in you, you are not alone. We created Rite of Origin retreats to give people intentional space to remind you of who you really are. Our [Emerge retreat](#) was specifically created for those stepping into a new powerful identity, craving rest, reconnection, healing, clarity, and transformation in community.

It begins with you. For more information about our retreats and how to join us, [click here](#).