

RELEASE RITUAL

A STEP BY STEP GUIDE



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HI, I'M LAURALEE

- Women's Circle Facilitator
- Ritual Creator & Holder
- Workshop & Retreat Facilitator
- Intuitive Artist
- Reiki Master Practitioner/Teacher
- Non-Linear Movement Method®
Teacher/Practitioner
- Magnified Healing® Master
Teacher/Practitioner



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RITUAL TOOLS

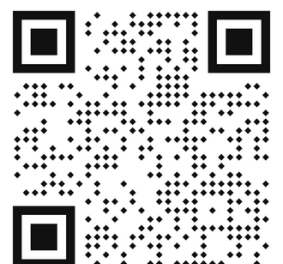
- Candle
- Your choice of cleansing tools - smoke from herbs, essential oil or hydrosol spray, sound, white light etc
- Sacred items for your Altar - anything with meaning for you or items that represent the energy of the upcoming cycle that you desire
- Pen & 2 Pieces of Paper
- Lighter
- Fireproof dish

RITUAL PROCESS

Ensure you have plenty of uninterrupted time & space (allow at least 30-60 minutes for this ritual).

Cleanse your Sacred Space - Cleanse your space as well as yourself with your chosen tool.

Altar - Set up your altar with your items. This can be as elaborate or as simple as you choose.



Open Ritual - by lighting the candle & calling in anyone you feel you'd like present during this ritual. For eg: "I call myself present in this moment, to be clear, grounded & open." Allowing yourself time to feel yourself become grounded & present.

&/or

"I call in my spirit guides who come in 100% unconditional love, guidance & support..." etc

This can be as simple or elaborate as you choose. This is the beautiful thing about Ritual, your intention is your creation & you begin with the knowledge you have in that moment.

Recalling - Take some time to consider the past month, lunar cycle or your menstrual cycle. Where you were emotionally, physically & energetically at the beginning of that time. Where you are now & how were you during the moments in between. Were there any major life events, energetic shifts, losses, gains & learnings during this time? -worksheet 1

Reflecting - Take your piece of paper & write down your major life events &/or energetic shifts that occurred during this time. Be sure to leave space between each one. Take some time to consider what you have learnt from these. Whether you perceive them to be positive or negative there is always something to be learnt from any given situation. - worksheet 1

Gratitude - Read back over what you have written down & underneath each event, write down something that you are grateful for about that situation/event/shift. If you find you can't think of anything, take the time to really consider it a little more. It could be as simple as - I am grateful that this cycle is nearing completion & so will begin another cycle. - worksheet 1

Releasing - take your fireproof dish & set your piece of paper on fire. Watch as the flames offer up the energy of this cycle to the Universe. Sit with this feeling as long as feels right for you, I like to watch until all the flames have gone out. - worksheet 1

Calling In - Consider how you would truly love to feel throughout the coming cycle. For eg: I would love to feel deeply connected to myself, my womb wisdom, my body. To feel grounded but soft & open. Consider how you will feel emotionally, physically & energetically when what you are calling in becomes a reality. Allow your body to really feel all of those sensations. - worksheet 2

Inspired Actions - Now consider at least one daily or weekly action that you can take, that will promote & cultivate the above feeling. Write that down to later place somewhere you will see it everyday. - worksheet 2

Close your Realse Ritual - with words & feelings of gratitude for the cycle. Once you feel complete, blow your candle out & sit in this gratitude for as long as feels good for you.



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Lauralee
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RECALLING, REFLECTING, GRATITUDE & RELEASE

What were your major life events, energetic shifts, losses, gains & learnings this cycle?

EVENT:

LEARNING:

GRATITUDE:

EVENT:

LEARNING:

GRATITUDE:

CALLING IN & INSPIRED ACTIONS FOR THIS CYCLE

What are you calling in for this next cycle?

What inspired actions will you be taking to support you
in making this happen?

CALLING IN:

INSPIRED ACTION/S: