

Spring Renewal Ritual – A Gentle Reset for Mind & Spirit

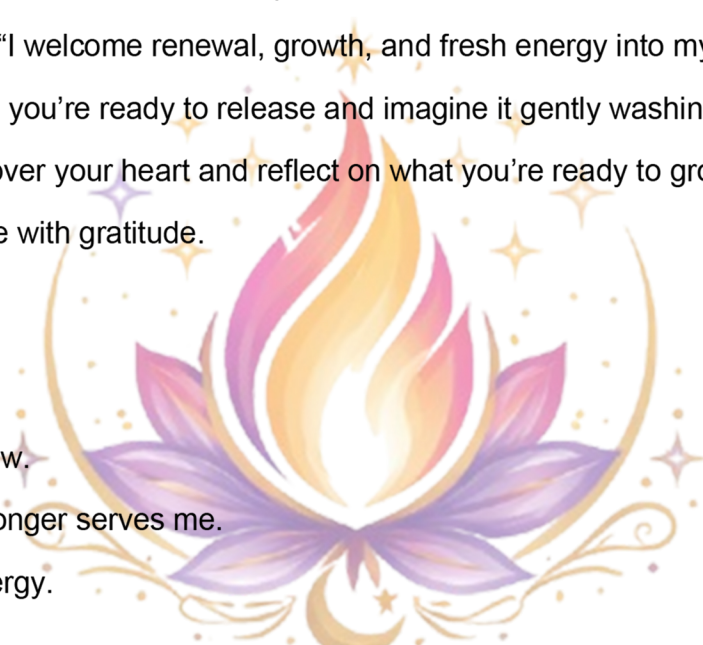
This gentle ritual is designed to help you release what no longer serves you and welcome fresh, supportive energy into your life.

Ritual Steps

- 1 Find a quiet, comfortable space where you won't be disturbed.
- 2 Light a candle and take a few slow, deep breaths.
- 3 Set your intention: "I welcome renewal, growth, and fresh energy into my life."
- 4 Think of something you're ready to release and imagine it gently washing away.
- 5 Place your hands over your heart and reflect on what you're ready to grow into.
- 6 Blow out the candle with gratitude.

Affirmations

- 1 I am allowed to grow.
- 2 I release what no longer serves me.
- 3 I welcome new energy.



Journal Reflection

What I'm releasing:

What I'm calling in:

Sacred Flame
JOURNEY