

A RITUAL OF LOVING RELEASE WITH FIRE'S CLEANSING EMBRACE

****Gathering What We Need:****

- A fresh sheet of paper, like a blank canvas for your intention.
- A gentle writing implement, a pen perhaps, to express your desires.
- A flame, a spark to ignite transformation, a match or lighter will do.
- A vessel of safekeeping, a fireproof bowl or dish, to witness the release.

****Preparing Our Hearts and Minds:****

Before we begin, mi querida (my dear), take a moment to settle your spirit. Let go of any agitation, like leaves carried away by a gentle breeze. This is a ceremony of love, not of burning in haste. The fire's magic works best when fueled by peace and a grounded heart.

There's no need to destroy valuables, mi amiga (my friend). Legal documents hold their own importance, as do memories of loved ones. Perhaps an old photograph faded with time, or a letter filled with bittersweet emotions can serve as a symbol of what you wish to release. Remember, safety is key. Let's choose materials that burn cleanly and pose no harm.

****Creating a Sacred Space:****

This ritual of release shouldn't be confined by walls. We seek an open space, where the smoke can dance freely, carrying your burdens away. A large, heat-resistant bowl or a fireplace will be our companions on this journey. Find a place that resonates with tranquility, a haven for your focused intention.

****Setting a Clear and Loving Intention:****

Throughout this ceremony, hold onto a feeling of peace, a serene center within you. This is not about burning away anger, but about letting go with love. If negativity lingers, take a moment to meditate, to find that inner calm before proceeding.

Here are some intentions that may serve you well:

I am filled with peace.

I am grounded in love.

I release all that no longer serves me.

With love, I let go.

Allow these affirmations to crystallize your purpose. You may even wish to write them down, a reminder of the transformation you seek.

****Grounding Ourselves in the Present Moment:****

Take a moment to simply be. Sit comfortably, or stand tall with your feet rooted to the earth. Feel your connection to the ground, a pillar of strength beneath you. Breathe deeply, allowing any tension to flow away with each exhale. This is a space of honor, a commitment to your own well-being.



****Writing with Love, Releasing with Gratitude:****

Now, on your piece of paper, write down all that you wish to release with love. Perhaps it's a limiting belief, a past hurt, or a burden you no longer wish to carry.

With each word, feel the weight lifting from your shoulders. When you're finished, light the paper with reverence, a symbolic act of letting go. As it burns within the safe container, take a few deep breaths, releasing any final attachments.

Remember, mi querida, we release not just the negative, but also anything that hinders your growth. Let the flames consume the lists and worries, and feel the lightness spreading through your being.

****Empowered by Release, Stepping into the Light:****

By releasing the past with love, you free yourself from burdens. Let go of regret, sorrow, or pain, and embrace the promise of a brighter future. This ceremony is a doorway to closure, a chance to move forward with a renewed sense of peace.

The fire not only cleanses the past, but also purifies your aura, your energetic field. It helps clear away negativity, making your path smoother. So, the next time you feel the need to let go, consider this ritual of loving release. It's a powerful tool for transformation and a beautiful way to step into the light.

Love & Light
Kimberly La Curandera