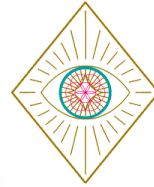


# The Ritual

## calm to release



It is natural to tense up as you go through physical, emotional, or spiritual shifts. However, this disrupts the flow. Calming practices before releasing opens the channel for clearing.

Prepare a quiet space. Bring in your Clearing candle, Calming amethyst oil, & amethyst crystal.

Taking a few deep breaths, allowing yourself to be present in this moment. Light your candle & set an intention for peace, calm, flow

Open your oil blend, thanking the plants & minerals for supporting you.

Apply to to the palms of your hands

Bring your palms a few inches away from your nose.

Inhale slowly ~Peace

Exhale intentionally ~Tension

Repeat at least 5 times

Hold your amethyst &

say allowed the affirmation that calls to you.



# Full Moon affirmations



- When I follow my heart I am

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(your beautiful own words)

- As I forgive myself, it becomes  
easier to forgive others

- I release the heaviness of guilt,  
shame, judgement,

---

(your beautiful own words)

- I am easily in flow with all that  
is for my highest good