



October Monthly Healing Ritual

The Release Ritual

Find a quiet place where you won't be disturbed. Light a candle and sit comfortably with a piece of paper and a pen.

Take several slow breaths.

Place one hand over your heart and ask yourself:

"What am I ready to stop carrying?"

Don't force an answer. Simply listen.

When something comes to you, write it down. It might be a person, an experience, an expectation, a fear, a belief, or even a version of yourself.

Then write:

"I honor what this has taught me. I acknowledge what it has cost me. And I give myself permission to release what I no longer need to carry."

Read your words quietly to yourself.

When you're ready, tear the paper into small pieces. If it feels meaningful and you can do so safely, you may choose to burn it in a fire-safe container instead.

Then place both hands over your heart and take three slow breaths.

With each exhale, imagine creating a little more space within yourself.

Finish with:

"I release with love. I move forward with grace. I make space for what is meant for me now."

Sit quietly for a few moments before extinguishing your candle.

You don't need to feel completely different when the ritual is over.

Healing often happens gradually.

The intention to release is enough for today.

A Little Reminder From Me

You are allowed to change.

You are allowed to decide that something that once worked for you no longer does.

You are allowed to set boundaries.

You are allowed to rest.

You are allowed to change your mind.

And you are allowed to become someone your past self couldn't yet imagine.

Like the trees around us, there are seasons for blooming and seasons for releasing.

Both are part of growth.

Sending love & light,

Nicole Dorenzo, Medical Reiki Master, Usui Reiki Teacher & Mentor

Life Healing Energy

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