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**RITUAL OF RELEASING AND HEALING**

To carry out this special ritual, it is important to choose a time and a space in which you will be safe, secure, and undisturbed. It can be helpful to conduct the ritual in a group so that you feel supported throughout the process and your energy can be enhanced. If there are several participants choose someone to lead the proceedings and if necessary, to help the others to stay grounded and in the here and now. Playing gentle calming background music can help and you may need some handkerchiefs as well. The aim of the ritual is to make peace with our parents on our ancestors, as well as with our own feelings and personal history. If you tend to react very emotionally it's best not to conduct this ritual on your own. It is important to begin by taking yourself and you need to seriously to feel and express your own repressed emotions.

**Space.**

This ritual is an act of love for yourself and for ancestors. Make sure the room is suitable for the occasion. You can decorate with flowers or light some candles as symbols of light that leaves in each of us and for our light field ancestors and helpers from the spiritual world that are always with us.

You can use some sprays like Energy Shield or rose water or white sage or cedar essential waters or you can burn some incenses. Make sure you have a space in which you can sit comfortably or stand if you need to or move around.

Prepare a safe space opposite to you at a certain distance for your parents and your other ancestors. You might like to put one or two chairs there or a photo of your parents or a symbol that connects you with them.

Now, choose a symbol to represent your inner child who is waiting in yearning for the things that you feel you missed out on. Follow your intuition in choosing it. Then put the symbol on top of or next to your parents’ place.

**Then let's take care of the fire of transformation:**  
Choose a fire pot or a candle to put in the space between you and your ancestors. I found purple candles especially helpful because I always work with the violet flame of transformation of Master San Germain and Archangel Michael. This fire is a great gift from spiritual world, transforming all that passes through it into pure energy and ensuring that the burdens that we let go don't return as burdens to our parents or ancestors but as pure clarified energy.

You may want to listen to something calming and solely instrumental for the ritual itself, followed by some gentle music that touches you emotionally to finish it. A piece that will resonate with you as you welcome the new and integrate the whole process into your life. Integration is especially important when you have been in contact with your feelings so alive allow yourself sufficient time.

**Now let's start the ritual.**

Once you have arranged the space for the ritual, make yourself comfortable.

[Take Shadow Flower Elixir](mailto:https://www.maitriverde.com/product-page/shadow-flower-essence-elixir) and inhale [Shadow Aroma Blend](mailto:https://www.maitriverde.com/product-page/shadow-aroma-oil-roll-on). Allow yourself to get fully grounded and for the essential oil and flower essences to start working on you.

Feel the ground that is below you and open yourself up to the holy space within you that is accessible to rituals. Remember that time and space have no meaning in the ritual, that you are connected to the healing flow and the blessings of similar rituals in times before your own.

Say out loud:

***I ask spiritual world to erect a Temple of Light in my space aa a shining luminous, sparkling, and radiant structure between worlds and beyond time.***

***I call upon the radiance of Grace, Divine Mercy, the liberating power of love, the energy of Christ, ascended masters are angels and all the angels or the healing that are now required.***

***I invite all light fields long since liberated ancestors to bless and support this healing ritual.***

Pause and wait for a moment until you can feel the light field energy. Now invite the energy of your parents and your other ancestors to enter this Temple of Light and to take their places in the space you have prepared for them.

With your ancestors positioned behind your parents, invite their spiritual guides as loving support for them to tell your parents and ancestors.

Be aware of your parents sit to the opposite of you. And if you grew up with grandparents - imagine that they also sit behind your parents.

Allow yourself to say what you need to say to them. Allow all the feelings you could never express to be expressed and spoken out loud now. Use your voice.

Talk to your mother directly and say (for example): ***Dearest Mother, I often felt so lonely as a child.***

Name your emotions and feel them in your body. Resist the temptation to judge your painful history from a rational perspective. Allow yourself to experience your feelings. Be honest and sincere, take your feelings and your needs seriously.

**Now think and ask yourself how did you feel with your parents as a child?**

*What did hurt you?*

*What did you miss?*

*What did you need and what did you want?*

*What do you yearn for?*

*And what are you grateful for?*

Take a few minutes over each of the questions. Reflect a little bit on each question and then tell the answers to your parents.

Once you have shown yourself empathy, allow yourself to extend it to your parents and ancestors to remember that your family may have experienced some difficult twists and turns of fate, freezing their emotions so that they could only just function and making it hard for them to demonstrate and express their love.

Open your heart to the problems and trials they had to face. If you feel able - bow before them and their destiny and honor their lives, just as they were.

Now it's time to do a ritual part of letting go of the things you took upon yourself that are no longer of use. You may want to stand up and let the body move or shake. It is a process of letting go, not of relaxing. Ask the spiritual world to support you in this transformation using the fire of transformation.

Gaze upon the violet flame flickering between you and your parents and ancestors. Remember that everything that goes through this fire is purified and healed and emergence on the other side as pure energy.

**Say out loud:**

***I'm letting go of everything that I have consciously or unconsciously taken upon myself from you and I'm placing it in the violet fire of transformation, so that it may come back to you as pure energy and so that you can be completely restored again.***

***And I'm doing this across time and space through all dimensions and in all incarnations.***

Take deep and gentle breaths and allow the letting go to take place.

Name the things that you know that YOU helped to bear or took upon yourself such as your parent’s or ancestor’s feelings, burdens, patterns, and beliefs. Say them out loud.

If you are conducting this ritual in the group, what others say will also help you name it release similar patterns.

For example:   
“I'm letting go of you deep grief, which I helped carry on.”

“I'm letting go of the male contempt that has exerted this influence for generations. “

“I'm letting go of the belief that men are more valuable than women.”

Give back all the projected thoughts and images that you took on board and adopted as beliefs.

For example:

“Nothing will ever become of you”.

“You are not good enough. “

“Your sister is just more intelligent that you are.”

“Women must serve men”

And so on - you get the idea.

Now return the responsibilities. Approach your parents and ancestors say to them once again, that you recognize that they did their very best and that you're taking back your needy child.

Tell them: “Dear parents, I now take own responsibility for healing my own old wounds.”

Take the symbol for your inner child and return to your place. You might also speak to your inner child. Tell him/her that you are taking it back and you will do everything to heal his/her old wounds.

Tell your inner child that it can heal and grow in your heart, the place of love and that it is infinitely precious and unique. Let your heart find the right words. You know best what this small person needs to hear because you came from them.

Now ask all your energies to return to you.

Say out loud: *I recall all the energy that I may have passed on from my own soul energy, either consciously or unconsciously and for whatever reason, back to me through the purifying fire of transformation. And I do this through space and time through every dimension and incarnation. I recall all the talents and characteristics that I have given up through misunderstood love in a take back responsibility for my own life and I accept it.*

Now gently breathe in your energy and vital power once more and let it spread through your body as you breathe out. Enjoy how it feels in your body when you once again become whole and complete.

Ask your guardian angel and your spirit guides to support this process and to help connect you with every aspect and quality of your soul again, love, self-love, self-confidence, confidence in life, strength, joy, self-determination, the right and ability to set boundaries, to feel your own needs and to stand up for them.

Conclude by saying to your parents and ancestors:

*I set you free and I set myself completely free from the burdens of the past.*

Now allow yourself to end your loyalty to their suffering.

Say out loud:

*Dear parents, the ancestors, I am now ending my loyalty to your suffering and to repeating things that were difficult for us. I understand on deepest level yearning for your worth, your dignity, your self-determination, and a fulfilled life. The things are that by being true to my heart, I'm doing differently now. I'm also doing that for all my descendants and relatives*.

Now, ask an angel of healing and Divine Light to visit each of you ancestors still in need of healing (both the living and the dead) and to grant them healing light. See how they are unfolded in the Divine Light of anguish, unconditional healing love, and their unhealed wounds are tended.

Ask your light field ancestors for support in bringing unsettled spirits home in great love and feel how the energy field dissolves and become even more radiant in light field. Stay in the process and feel how love and light heals and transforms what is remained to be healed.

When you feel the peace and that release is complete, thank your living relatives, and release them back to their lives. Thank and release your guides, angels and light field ancestors and release them as well.

After the ritual, move around to some gentle music for five or ten minutes. If it feels good to you and see what else, you might need to do to integrate this new thing into your life.

Don't plan to do anything immediately after the ritual. Keep the time free to do whatever you feel you need to. You might like to lay down and rest or go for a walk. Take purifying salt shower or bath. This will cleanse your aura and help you to integrate the new things into your life. When you let go of so much of old selves. Our energy field often needs one to three days to stabilize in the new circumstances. Be gentle with yourself and respect your needs, making sure you have enough rest and sleep. It's also important to drink a lot of water and tea after the ritual to help remove toxins. Let the ritual do its work without over analyzing or discussing it endlessly.

With love and devotion,

Anna (Anaya) Bazarnaya