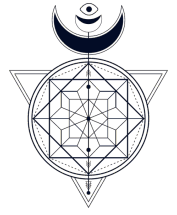


Sexual release ritual



You will need

- A period of time during the Waning half of the Moon cycle
- A safe and nourishing environment such as your bedroom to stay in
- A string or piece of ribbon - ideally in red
- A candle
- A dish or bowl to burn things in (safely!)

Practice

- Cast a circle if you wish and then get comfortable sitting down somewhere where you will be safe and undisturbed.
- Placing your hands over your heart, set the intention to cleanse out your mind, body and soul as you complete a sexual release ritual
- Begin by tying knots in the string or ribbon to represent any sexual experiences or relationships you consciously wish to release. Add an extra knot for anything that unconsciously needs to be released.
- Now placing the ribbon to one side, rub your hands together until they feel warm and energised.
- Moving your hands slowly down your chest and abdomen (either physically touching yourself or with your hands raised an inch or two above your body), imagine them as being magnetic, gathering any and all energy that isn't yours. Move all the way down as far as you can reach and then push your hands down, palms towards the floor as you imagine everything you have collected being sent down into the Earth for renewal
- Rub your hands together again and then move your hands to your sacral centre, the area where your womb is or would be. Again, imagine your hands as magnetic gathering up anything and everything within there as you repeat - out loud or in your head.

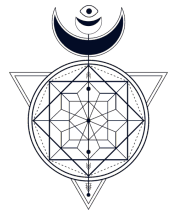
I claim back this space and remove anything that is not mine

By Divine Decree all that is not welcome is now removed

All that is past is now removed

All that has been is gone

I am free



Continued

- Moving your hands out in front of you, imagine gathering the energy within them into a ball and blow this in the direction of a window, seeing it being carried through the window and outside to be taken away and alchemised into something new by the wind
- Light the candle and hold your ribbon to the flame, placing both it and your candle over the bowl to catch anything that falls.
- As each knot burns, recite
- I release you, you are free, our connection is freed
- I am released, I am free, my energy is cleansed
- Once you're done, sit in the space for a moment breathing deeply and allowing the energy to settle
- At this point you may wish to wash or otherwise cleanse your hands before you do the next step
- Move your hands into prayer position on top of your head and take three deep breaths as you imagine cleansing, gold energy moving into them and energising them
- Place your hands back over your sacral centre and feel that same golden energy flowing into this space, supported by any guides or helpers you wish to call in, as you recite a reclamation of this space and of your own sexual energy. You can make up your own words or say:

This space is my own, my body is my own, my energy is my own, my power is my own

I am free, I am powerful, I am wise, I am connected

I am sovereign over my own self

So it is

- When you're ready, remove your hands and give thanks, before closing your circle
- Afterwards, consider taking a cleansing bath or shower, opening a window and/or doing something to nourish yourself
- **Please note:** The subject of sexual cleansing one can be a difficult one with the potential to raise old triggers and emotions. If this is something you struggle with, please seek support and keep yourself safe most of all.