

# letting go ritual

This is a sample ritual. You can use words, symbols, stones of your own choosing.



## Tools

White Candle  
Clear Quartz Crystal  
Matches  
A bowl of spring water  
Paper and Pen

## Create Sacred Space

Ask God, Spirit, your Angels to come forth and to surround you in white light.

## Ritual

Light the candle.  
Place the quartz in the spring water.  
Make a list of the habits you want to let go of.

## Say

"By the power of earth, fire, water and air,  
Out with the old and in with the new.  
Blessing, oh, Spirit, for all that I do.  
Let go of the past and all that is bad,  
Empower me with grace and all that is glad."

## Closing

Rip, soak or burn list.  
Blow out candle.  
Rinse hands with water and take out your quartz.  
Carry it as a symbol of what you want to call into your life.