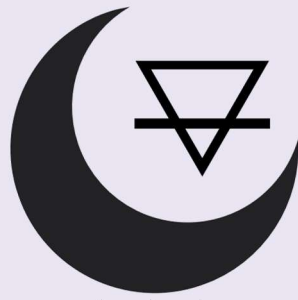


Banishing Ritual

Kyla Jade



Banish that which does not healthily serve you & your highest self.

SET the intention on the candle that it's fire is pure & you mean no harm
Be grateful for the candle, the flame, & the wax

JOURNAL the things that no longer serve you & your higher self
Do this with love

ACKNOWLEDGE the old feelings, negative thoughts, occurrences & people
Thank them for the lessons they provided

CHOOSE to Forgive or Banish them
SET your BOUNDARIES



BURN the paper



REPEAT the following mantra:
I TAKE BACK MY POWER

EXPRESS your gratitude to the flame, Mother Earth, Goddess Moon & your Guides

