

Fire Ritual

Leave 2023
behind &
welcome
2024





NEW YEAR – FIRE RITUAL

*A guide to create your very own
Transformative Fire Ritual.*

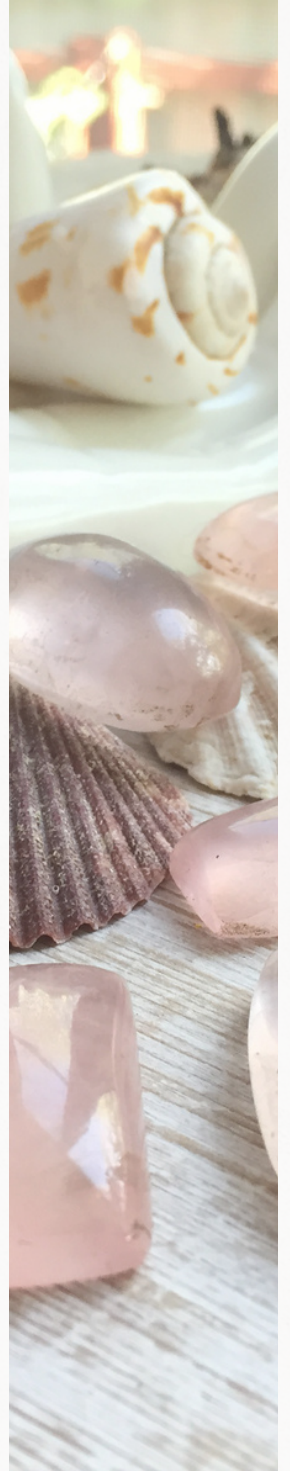
Heal with Me... Toni-Lee

BYE BYE PAST , BYE BYE 2023

Our bodies and our minds hold on to many thoughts and emotions.

Sometimes we even drive them down deep, & hide them away. This is a natural thing to do, as it is our brain & our heart looking out for us & keeping us safe.

But as we get older, some creep out, or some are so buried that they begin to rot and become toxic. To be healthy we need to accept these emotions, these memories. We don't have to like them but we do need to acknowledge them & set them free or just let them be....



START 2024 FRESH

Rid yourself of any past or unwanted memories & conditions.

Letting go of any stagnant energies from past & present that are holding you back.

Making space for new positive beginnings.

Helping to cleanse body & mind, allowing you to focus on what truly matters,

With the countdown to the New Year here, follow these steps to leave 2023 behind....

Follow these steps

YOUR STEPS

01

Create and Prepare

02

Checklist

03

Pen to Paper

04

Mind, Body & Breath

05

ignite - Burn





06

Reflect

07

Prayer- Letting Go

08

Journal

09

Heart Yourself Retreat



CREATE & PREPARE

Create a space with a goal to feel grounded and calm.

Make this space your space.

You could add crystals, candles, essential oils, ornaments, feathers.

You will also need a fire safe bowl or dish unless you use an open fire.

Have a cushion or comfortable seating.

You can either do this outside or somewhere quiet inside.

Remember that it's important to feel safe and comfortable in your space.



02

CHECKLIST

Preparation for your Fire Ritual

- | | | | |
|--------------------------|-------------------|--------------------------|-----------------------------|
| <input type="checkbox"/> | Set up your Space | <input type="checkbox"/> | Pieces of paper |
| <input type="checkbox"/> | Fire safety Bowl | <input type="checkbox"/> | Comfortable Seat or cushion |
| <input type="checkbox"/> | Pen or Pencil | <input type="checkbox"/> | Lighter or Matches |
| <input type="checkbox"/> | Journal | <input type="checkbox"/> | Candles & Crystals |
| <input type="checkbox"/> | Essential Oils | <input type="checkbox"/> | Ornaments |
| <input type="checkbox"/> | Glass of Water | <input type="checkbox"/> | Music |
| <input type="checkbox"/> | Open Heart | <input type="checkbox"/> | Allow thing to come up |





Primo

Once set up , you are ready to begin...

*Take a moment to centre & ground
Close your eyes and take 3 deep breaths....*

03

PEN TO PAPER



On little slips of paper, write down what you want to let go of. Feel how you feel within as your pen hits the paper.

WRITE DOWN WHAT YOU
WANT TO RELEASE

MIND, BODY & BREATH

*Prepare your mind &
take deep breath.
Read through each
slip, one last time.
Close your eyes, empty
your mind & open your
heart.
Let your emotions flow
as you prepare to
release them.*



05

IGNITE – BURN



FLAME

Use a lighter, a candle or a open flame



IGNITE

Light the corner of each slip, one at a time



FIRE

Drop into fire proof bowl or fire pit. As you set each slip on fire.



SMOKE

Say aloud "I choose to release you now."

Imagine the smoke is carrying your unwanted thoughts releasing you of them.

06



CLOSE YOUR EYES &
REFLECT

*After all papers & thought have
been burnt, close your eyes & go
within. Meditate for a moment.
Focus on what you have learned &
accept closure as your past is
cleansed.*

Reflection

PRAYER – LETTING GO

Place your hands in prayer at your Heart centre. Saying “Give me solace in my Heart & the courage to get over the pains of the past.”

“Empower me with strength, happiness & improve my situation.”



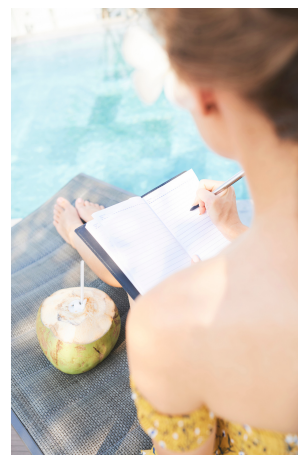
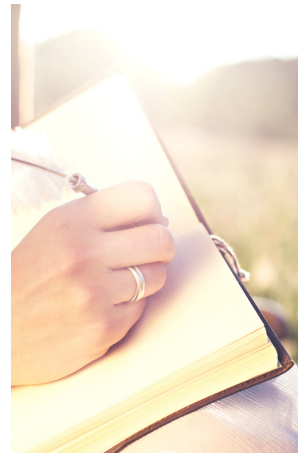
08

JOURNAL

You are now ready to bring in the positive & new experiences into your life, without being affected by past negativity.

*You are ready to start **2024** with clear intentions & endless possibilities.*

Take some time to write your intentions for 2024 & whatever else came to mind.



09

“HEART YOURSELF” RETREAT

*A weekend to be Down to
Earth & Naturally You.
Reconnect Within & Embrace
Nature. Restore your Spark.
Become your Own Best
Friend. Love the Skin You're
In. Accept Your Fear.*

LEARN MORE



Heal with Me-Toni-Lee

Coming May 2024