

A Ritual for Releasing (and Receiving)

Letting go,
my hands are open
to receive.

That ceiling never was high enough to contain all of me, so I tore it down to sleep beneath the stars. Tonight, I will be free.

-from Love, Child. Love.

Breathe in. *Clarity.*

Breathe out. *Release.*

Clear away resistance.

Celebrate freedom.

Leave white space.

Reinvent.

Grieve.

Make peace.

This is the art of letting go.

Being present, making progress, moving on, getting over it...it's all a dance between holding on and letting go. And there's a reason this is hard.

Letting go is celebration and solemnity. It's moving inward and putting yourself out there. Grieving and receiving. Yes and no. Moving forward and away. Returning and starting fresh. Ritual, ceremony, organic action, improvisation.

Letting go is liberating but also....it's agony.

Pain and paradise at once.

If you can breathe into it and take it lovingly, it will be the pain of tearing down the ceiling that gives rise to evolution. This is how you find growth in pain.

But because it hurts, letting go requires intention and patience. This is how you let go *consciously*.

You may need to let go of something today and tomorrow and every day until your hands learn to trust in the openness that comes with emptiness. Each time, it gets a little easier and you, a little stronger.

It's in the letting go that we see ourselves clearly again. Once the shock fades and pain subsides, it's in this space that you discover you are not this body, you are not this wound, you are not this feeling, and this is not forever.

Letting go gives you space, but it needs space, too. Space brings solace. Space allows expansion.

So, if you need to walk away, then walk away with your head held high. Burn the ceiling and the bridge and the whole darn city.

Or don't.

Find a quiet landing place instead. Restore your strength. Repair what's been broken. And build your palace from there.

Deepen your connections. Seek out and hold on to the people, the memories, the treasures that are most meaningful to you.

Or don't.

Purge it all. Empty the closet, wipe the slate clean, chop off all your hair, and reinvent yourself to become more of who you already are.

Go mad. Lose your mind and your reputation. Leave it all behind and be recklessly free.

Or don't.

Move in and down. Seek solitude and get back in touch with nature. Go organic. Hydrate. Become more fluid, more tender.

Grieve the loss.

Bury the love letters beside the hatchet.

Celebrate your freedom and leap into the unknown.

Let it be.

Say goodbye.

Say hello and invite them in.

Set them free, set you free.

Forgive, forget, remember, repair. Make amends and accept apologies.

Brace yourself for liftoff and escape.

Be firm.

Make art.

Whatever you do, do it consciously. Let go so that you may hold on to something more life-affirming.

Move in the direction that frees you. I won't try to define it for you - you'll know it when you feel it.

Ritual for Releasing & Receiving Instructions

Lay your baggage down and make room in your heart for peace, love, lightness. This is a ritual of release, gratitude, and reflection.

Here's how it works:

Step 1: Name what you want to release and receive.

Use the inspiration banks on the next page to help you identify something you'd like to release and something you'd like to receive. There are no right or wrong answers here, these are merely a suggestion to get your creativity flowing.

Step 2: Set an intention for the day.

Follow the morning instructions as close to the first thing in the morning as you can. Feel free to add to them or adapt them as you like. **The idea is to clearly name your intention for the day.**

As you go about the day, remember this intention. You may choose to use a gentle physical cue, like touching a hand to your heart, or a symbol, mantra, or affirmation as a reminder.

Softness is key. Approach this exercise with an attitude of curiosity and compassion. Whatever arises is allowed.

Step 3: Reflect on the day.

Follow the night instructions as close to bedtime as you can. Give yourself time to reflect on the many gifts you received in the day, including as many instances of what you named in your morning ritual as you can think of.

Acknowledgement and gratitude are key here. There is no need for perfection in this exercise.

Step 4: Add to your practice with fun exercises and reflection questions.

Follow the *make it powerful* exercises to deepen your ritual practice and make it your own. You may choose to add in a simple meditation or journaling practice to go along with it. I included a few reflection questions to get you started.

Inspiration bank:

For this ritual, you'll choose one thing to release every morning so that you may be open to receiving more of what you want. Use this inspiration bank to name one thing every day to release so that you may receive. There are no right or wrong answers here, this list is meant to get your creativity flowing.

Release.

Add your own ideas here:

force	obsession
attachment to details	anger
control	analysis
overexertion	doubt
certainty	perfection
addiction to busy	fear
resentment	comparison
attachment to ego	time pressure
rigidity	guilt
judgment	darkness
strictness	worry
dissonance	shame
defense mechanisms	artificial limitations

Receive.

Add your own ideas here:

sincerity	groundedness
lightness	strength
harmony	buoyancy
expansion	flexibility
alignment	nourishment
creativity	truth
inspiration	support
wisdom	liveliness
freedom	tranquility
courage	openness
authenticity	gratitude
awe	joy

Morning: Release.

As you begin the day, sit with open hands on your knees, palms facing up. Take a few deep breaths and repeat the following aloud. You may also choose to write in a journal about what you'd like to release.

Today, may I release:

So that I may receive:

Spend a few quiet moments breathing and picturing whatever it is you wish to release floating from your open hands to be taken over by the universe, the life force around you, a spiritual figure, or simply to float out the door and away.

For when you forget during the day (because forgetting is **NORMAL**):

Letting go doesn't happen immediately. When you have years of practice holding on, it takes intention and repetition to learn to let it go.

You can help yourself along with simple reminders you can reference throughout the day:

- Write your intention in your planner, post it on your mirror, or keep a card with your written intention in your wallet.
- Choose a gentle physical cue, such as touching your hand to your heart or holding your own hand as a reminder of this intention.
- Use a token as a reminder, such as wearing a piece of jewelry or keeping a coin or stone in your pocket that symbolizes this intention.
- Remind yourself verbally of this intention throughout the day.

Evening: Receive.

As you end the day, sit with hands placed over your heart. Take a few deep breaths and repeat the following aloud:

I received the gifts of:

Thank you.

As I end this day, may I release:

So that tomorrow I may:

Spend a few quiet moments letting these statements sink in. Breathe and picture all that you received in the day flowing into your heart through your hands. Picture these gifts filling every cell in your body with whatever healing energy you need.

Make it powerful.

Releasing:

Write down what you wish to release on a scrap of paper. Date it, then tear it up or burn it to release it. Say aloud the date and what you wish to release as you do.

Receiving:

At the end of the day, write down at least one gift you received on a scrap of paper. Date it and keep it in a jar or special box. Add to it as often as you can as you collect life's gifts.

Reflect:

As you practice this ritual, reflect on the following questions. You can keep a journal or simply take a few minutes to contemplate them.

I hope to...after practicing this ritual.

Describe what you'd like to release. Why is this important? How does this show up in your life?

What is one concrete step you can take to practice letting this go?

Describe what you'd like to receive. Why is this important? Where do you already see or experience this in your life?

How does it feel to reflect on your day with gratitude?

About Leslie Ralph



Hi, I'm Leslie. I create things for people seeking tenderness and healing, the ones who want to bring the light back into their lives and love themselves unconditionally. Articles, visualizations, poetry, self-help...all for finding the clarity, building the courage, and practicing the compassion that fosters lasting inner peace and self-love.

Over the last 15 years, I've immersed myself in all things healing - from positive psychology to spiritual development, and everything in between. When I started, I just wanted to fix myself. I thought of myself as too quiet, too serious, too sensitive, too soft, too hyper, too needy.

Today, I know there's something in me worth nurturing. Just like I know there's something in *you*.

And I've learned through experience that it's never, ever about being perfect. It's about the small decisions that give you a shift. (Soon, you're watching your life transform.)

That's why I'm sharing this ritual with you. It grew from my years of experience as a psychologist, and it's one of the things I do *in my own life* to encourage myself, get back to the present, and move forward from a positive place.

Want to go deeper?

Read my collection of [healing stories and words of validation and encouragement](#), infused with love and a little bit of magic. Here are a few of my personal favorites:

- For the courage to [let the walls come down](#).
- For [feeling the love flow through you again](#).
- Something from my epic poem in the making, *Love, Child. Love*.
- And for [the voice in your head](#) (it needs your love more than anything).

Grab more [free welcome gifts](#).

Or pick up a book:

[There, I Might Find Peace: Poetry & Meditations for Peace, Love, and Strength](#)

[How to Have Your Back: Simple Instructions for Loving Yourself Through the Ups and Downs of Life](#)