

ALIGNED

Transformational Program With Rony Reingold

Releasing Rituals

Releasing Anger

Materials:

1 or 2 dozen eggs, Sharpie pen, beach or private vast space in nature

Procedure:

- 1. Go to the beach, forest, meadow or other private space in nature, preferably one where water exists.** Fully arrive. Prepare yourself for this ritual in any way that will help you to be the most present and fully engaged. Turn off your phone and find a spot that feels private to you but where you can face the power and vastness of nature.
- 2. Take one egg and using the Sharpie write down a word that represents your anger over a situation.** As you write the word, say ALOUD anything you need to describe what the anger is about. Use your voice to move the anger through you.
- 3. Take the egg and throw it with all your power to smash it into the ocean or safe place in nature.** Scream as you do so, making any loud noises or yelling words that need to be released with that egg. Allow the ocean or nature to hold your anger for you as you release it.
- 4. One-by-one, with every egg, release** these words, sentences, belief patterns, relationships, that you have been storing anger in your body and heart. Let the anger move through you – get it out, make noise, move your arms so it can move. Breathe deep & release anything else vocally or physically that you need to.
- 5. Once you feel complete, return to a place of love.** Let your heart rate come down again and breathe deeply. Shift into a place of gratitude and love by thanking the ocean/nature for holding your emotions, sending love to the sky, the earth, etc. Feeling gratitude for everything in your life, etc, that you were able to release, etc. Allowing loving thoughts and inner peace into your heart and body. Allow the egg shells to decompose into the earth, but clean up any other debris such as the egg carton, your pen, etc. Shift into peace and leave when you feel ready.

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Releasing The Past

Materials:

Safe place to light a small fire (barbeque, bowl, kitchen sink or fireplace) OR if there is no such place, simply use a trashcan; strips of paper and pen

Procedure:

1. Create a sacred space. Some of you may already have a routine for preparing your space for rituals. If you do that's great you can use your way to connect. If you don't have experience creating a sacred space, feel free to explore options before you settle on your way. Setting up the environment to carry out the ritual can vary from person to person and overtime you can develop your own protocol for doing rituals. You can light candles, incense, play soft music, call in the four directions, invite your ancestors to join, or you may just decide to sit down and get comfortable with all your materials take a few deep breaths and begin. This part is entirely up to you. Make sure the space is clear of clutter and find a quiet time to hold the ritual when you will not be distracted or interrupted.

2. Light yourself a sacred fire. If you live in an apartment and will need to use a bowl or kitchen sink to burn your papers, wait until you have already completed the written portion of this ritual. You can also skip the fire and use a trashcan for this purpose.

3. Write down anything and everything you would like to release. This can be any limiting beliefs you have about yourself, patterns that no longer serve you, fear, doubt, connections to people that you are ready to release, etc. It can also be an old identity from an old career, old relationship or an identity of being a person who is sick. Allow yourself to let go of all that has inhibited your growth or restricted your perception. You may even find papers that represent this old identity, such as old lab results showing your diagnosis from years ago, that you can write things down on and then burn or throw away.

4. One-by-one release the strips of paper that contain these words, sentences, belief patterns, relationships, etc. into the fire or trashcan. As you watch them burn feel the lightness that this brings. If you are throwing them away, feel the joy in crumpling them up and letting them go. Vocalize each thing you are releasing as you place it in the fire or trash. Use the power of your voice to make any appropriate sounds and to move energy through you.

5. Congratulations on Letting Go. Close the ritual in any way that feels right for you.