

## **Who are you? Release and embodiment ritual**

[Before you begin sitting, standing, walking or lying down, give yourself a moment to stretch and really inhabit your body—notice how your body feels before you begin.]

*Feel where your breath is located inside your body  
see if you can hear your heartbeat  
can you feel it  
your blood  
your breath  
your heart*

*Feel the light of the Moon fill your body, imagine the Moonlight coursing through your whole body*

*See if you can really feel the Moon's pull  
to rise to reveal  
to release*

*Pain, suffering, heartache. What does that feel like?*

*Breathe in. Breathe out love.*

*Breathe and feel your body rise  
and expand*

*Rest your awareness in the expansive quality  
Place your attention on the vastness*

*Breathe into your heart center*

*See if you can feel your energy, your life force*

*This is the space of unconditional love  
for yourself for others*

*See if you can sense this love in your heart space*

*What does that love feel like? What is the quality of this love?*

*How do you feel when you are radiating with this love?*

*Continue to breathe into your heart center  
and really feel and hold that love*

*Let that love spread throughout your body  
healing anything that feels painful*

*Let your love be your antidote to suffering  
with each inhale hold that love, feel the unconditional quality*

*Then with the exhale, send the love out into this room, feel your love expand  
throughout your home, let it fill the streets of your town/city.*

*Gradually imagine your love, this energy of unconditional love expand and fill the  
whole Earth.*

*Imagine the energy streaming out of you, a golden light pouring forth from your heart  
center*

*See if you can send your love into the universe.*

*Let this love light stream connect the stars, the planets, the moons*

*Then gently gently on your inhale, come back into your body, your breath*

*Notice: where is your breath located in your body?*

*Feel the Earth holding you, your body, upright.*

*The Earth is supporting you.*

*Let go of any pain or discomfort, any suffering.  
Send this energy down into the Earth*

*Let the Earth transform this energy  
so when you send your memories, any hardships and painful energy into the Earth  
the Earth receives this energy and at its core, transforms this energy into love, a  
nectar of love that will nourish and guide you to you  
to who you really are*