
A SACRED PRACTICE TO RETURN TO

The Art of Ritual

Release · Remembrance · Intention

A personal ritual to honor what is ending, listen for what is emerging, and bring your prayers into embodied action. Move at your own pace and adapt each element to your own spiritual path.

I. Enter Sacred Space

01 PREPARE

Gather a candle and lighter, a glass of water, and your journal. Optional: bell, drum or shaker; incense or herbs; and meaningful objects for an altar.

02 LIGHT YOUR CANDLE

Let the flame mark your entrance into sacred time and space.

03 CLEANSE

Use incense, herbs, or simply your breath to clear yourself and your space. Let the distractions of the day fall away.

04 GROUND

Breathe deeply. Feel your feet and imagine roots reaching into the Earth. Become present in your body.

05 CALL IN YOUR HIGHER SELF

Hold your left palm upward at your heart. Raise your right hand overhead, then lower it along the center of your body toward your left hand. Say: "I call upon my Higher Self to be here with me now." Bring your hands together and bow.

06 CREATE YOUR CIRCLE

Imagine a luminous circle around you. Invoke East/Air, South/Fire, West/Water, North/Earth, and Center/Ether. Welcome any ancestors, guides, deities, or allies you work with.

II. Release & Reclaim

07 NAME YOUR INTENTION

Speak aloud: "My intention for this ritual is..."

08 MEET THE SHADOW AND RELEASE

Journal: What am I ready to let go of? Where have I been giving away my power? Which stories or patterns no longer serve me? How did these patterns once protect me, and what wisdom can I keep?

Thank the part of you that tried to keep you safe. Then speak your release toward the candle flame:

"I release the stories and patterns that no longer serve my becoming. I honor their wisdom and reclaim my power to live as my truest and fullest self."

Blow gently into your hands three times and sweep them over your body. Seal your release with a bell, drum, shaker, your voice, or three claps.

III. Call In Your Dream

09 PLANT THE SEED

Return to your heart. Ask: What do I desire? What dream is ready to take root? Sit in silence, then write what arises. Imagine the intention as a seed in your womb or belly, held in fertile darkness.

Speak your intention into your glass of water. Lift it toward the sky, envision it blessed with loving support, then drink. You may save a little water to offer to the Earth.

Imagine yourself living this dream. How does it feel? Ask for a symbol or image that represents it. Draw or write it down. Finally, name one concrete action you are willing to take.

IV. Complete & Integrate

10 OFFER GRATITUDE

Feel gratitude for your intention already taking root. Allow it to fill your body.

11 THANK YOUR ALLIES

Thank and release the directions, elements, ancestors, guides, and sacred beings you welcomed.

12 DEDICATE THE RITUAL

Say: "I offer this ritual for the highest good of all beings and the upliftment of the Earth."

13 SEAL YOUR CEREMONY

Close with a prayer, chant, song, or movement. Bow to the Earth or place your hands over your heart.

14 SPEAK COMPLETION

Say: "It is done. It is done. It is done. In the Name of the One." Or choose words that resonate with you. Blow out your candle.

15 LISTEN AND TRACK

Sit in silence. Journal what shifted, what messages arose, and the action you will take. Revisit your notes in the coming days to witness how your ritual moves into life.

A Deeper Invitation

If this practice awakens a calling to go deeper, the Priestess Initiate Circle is a year-long journey through the 13 Archetypal Temples of the Divine Feminine, weaving shadow work, ritual, mentorship, and sisterhood. Our next circle begins November 14, 2026.

Explore the Priestess Initiate Circle: nataliaprince.com

With love and devotion, Natalia