

*Most people hold a lot of pain in their hearts. The idea of looking at it, even with the intention to clear it, can seem overwhelming. Please take your time with this ritual. I've found it works best if you narrow your focus and repeat the ritual multiple times - over weeks, months or even years. Each time you do it, you'll release more of the pain that has lived in your heart, increasing your capacity for forgiveness, love and joy. Above all, be kind to yourself.*

## **HEART CLEARING RITUAL**

1. **Create Sacred Space.** Prepare your space and perform a cleansing ritual. (For suggestions on creating sacred space, see [Creating An Altar, Creating Sacred Space or New Moon Ritual.](#))
2. **Set your intention.** Light a candle and set an intention for clearing your heart of anything that no longer serves you.
3. **Explore your heart.** You may want to do this part ahead of time, over a few days or even weeks. Spend some time thinking about all the people you've invited into your heart over the years. Write down the places you've lived and the people you've been in relationship with. Think about the times in your life when your heart was hurt. List all of the people or experiences that caused you to shut down. Write down the times you felt betrayed, abandoned or rejected, doubted yourself, or lost faith in someone you loved. If this feels overwhelming, consider working with a single relationship or experience. Write down all the ways in which the relationship or experience challenged you to stay in your heart, believe in yourself or trust.
4. **Fill a bowl with salt water.** Salt is very effective for neutralizing and cleansing. Ask the water to wash away the residue of these experiences, so that your heart can open again, and you can be free to love and be loved. Place the bowl in front of you.
5. **Release into the water.** Read each item on your list, releasing it into the

water by naming it (such as "I release my first boyfriend Michael" or "I release the time my father walked out on us.") Try to identify the negative view or feeling you internalized from the relationship, situation or experience. Think of the specific way in which your heart shut down in response to that person or experience. Feel the emotions the situation evoked within you and set your intention to release those, too. Release it all from your heart by feeling it and naming it (such as "I release the doubt I've carried as a result of his rejection of me"). Take your time. Use your breath to help you release the emotions you've held in your body.

6. **Symbolically release the list you made.** After you've released each item on your list, it's time to let these old stories go by symbolically destroying the list in any way that feels right to you. Some suggestions:

- rip it up and throw it away,
- burn it,
- put it in the bowl of water and let the water blur the ink until you can no longer read it,
- bury it in the earth or in a pot of soil so it can nourish something new.

7. **Clear your heart with light.** Imagine rose, white, gold or green light filling your heart. Allow the light to open, heal, strengthen, and purify your heart. If you have a heart chakra stone (such as rose quartz, jade, emerald or green aventurine), hold it in your left hand and place your right hand on your heart. Take a few deep breaths, drawing the stone's healing energy into your heart chakra. When you're done, place both hands on your heart and take a few slow, deep breaths. Feel the space you've created. From now on, your heart will be able to more freely love and accept love, to experience joy, to feel supported and receive all the good that life has to offer.

8. **Clean your space.** Blow out your candle. Burn some sage or diffuse essential oils to clear your space. If you'd like, take a bath, with some salt and/or essential oils.