

# Releasing a Painful Situation



Do this ritual during the waning cycle of the moon.

## **Items needed:**

Candles: White for Goddess, Green for healing, and Red for Courage, black for discord

Herbs for bath: Basil, cumin, rosemary, lavender, mint (can use essential oils)

Incense

Oil: Rose for healing, sandalwood for Goddess, cinnamon or clove for courage, and olive oil for discord; or olive for all of them if you have no other oils. \*or use hoo doo oils where appropriate.

Carving tool

## **Ritual:**

Take an herbal bath...meditate on the ritual you are about to perform. Concentrate on releasing the painful situation as the herbs seep into your pores. See yourself enjoying the peace of letting go, and feel yourself being cleansed.

Go to your altar and light the incense. Dress your candles with oil while concentrating on the intent of this ritual. Carve your intentions and deities on the candles.

Call the circle. Invite your goddess/es of choice (my choice in this ritual is Kali), and any others you wish to have with you for protection and support.

Light candles and state intent as you light each candle.

"White is for the goddess Kali Ma, who turns bad into good, and who comforts and strengthens her daughters."

"Green is for healing. I ask that my heart and my emotions be healed as I release this trauma."

"Red is for courage. Please help me have the courage to accept, love, and release the pain."

"Black is for discord. In loving and accepting you, I neutralize you and send you back to the light, and into the arms of Mother."

Sit in meditation, and focus on Kali Ma's (or your goddess of choice) love and protection. Imagine the pain in your life, and hold it in your arms as if it were your baby. Give it love. Accept it. Give it compassion. Then, when you are ready, lift it up to Kali Ma. In return, allow Kali Ma to give you a new baby filled with peace and creativity!

Thank her and open your circle.

Ground.

*Danu GrayWolf*