

# Ritual Guide

## PREPARE YOUR SPACE

Preparing your space before meditation or self-healing helps create a sacred container for your energy. When your environment feels calm and intentional, it signals your nervous system to relax and allows you to more deeply connect with the Divine.

SMUDGE

Use sage or  
Palo Santo

OPEN WINDOWS

Clear out old,  
stagnant air

SET UP MUSIC

Soft music to bring  
calming energy

SOFT LIGHTING

Choose soft light  
for balance

GEM STONES

Support your  
energetic frequency

I invite you to cleanse your space and call in  
Divine Love before you begin.



# Reflection Prompts

## CONNECT WITH YOUR INNER WISDOM

Allow yourself to gently open to whatever arises, without trying to control or predict it. In this space of surrender, your highest self can speak clearly, guiding you with truth and love.

What is in my Highest Good to know at this time?

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What may be holding me back from all that I desire?

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What is coming up to be healed at this time?

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Where do I need to take back my power?

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How can I live out my Highest purpose?

Additional soul-guided questions to explore during your Divine Activation

