



Shamanic Releasing Ritual

A ritual like this was taught to me by a member of the Ojibwe Midewiwin (Medicine) Society. I used it for myself, with some modification of the prayers, when I needed to let go of a person I was obsessing about, as well as bringing my heart and soul back into balance by ending all the time I was spending in obsessing, dwelling, ruminating, journaling, and trying to change myself or the situation.

I did this ritual as outlined, and it worked. The obsessing stopped. My heart was healed and a higher-self perspective came into focus that brought my soul the balance and harmony I wanted. I felt more empowered, more balanced and spiritually whole as a result. May the same be true for you.

Morning Prayers Releasing Ritual

First thing in morning – no matter what time that is for you -- before coffee, breakfast or shower, face East towards the Rising Sun. Say this Greeting to the Morning prayer:

With humble heart, I greet the Sun
And give thanks for the Light you bring.

With hopeful heart, I greet the Morn
And give thanks for the fresh start you provide.

With hungry heart, I greet this Day
And give thanks for all blessings and lessons.

After the Greeting to the Morning prayer, give gratitude for the lessons learned because of the thing you now want to release. This acknowledges that although difficult and maybe painful, there has been a soul-growth purpose for the situation, and it gives respect to the role the person or circumstances has played in adding to your wisdom, healing, or empowerment. This giving gratitude portion of the ritual doesn't need to be lengthy but does need to be sincere. It might sound something like this:

Blessed Sun, from the pain you know I have endured,
I have grown in my ability to care for myself.
Blessed Light, from the anger you know I have felt,
I have had opportunities to hold better boundaries.
I am grateful, I am grateful, I am grateful for it all.

Next, say a releasing prayer. In essence, a releasing prayer confirms your intention to shift the energy, walk away from the situation or person, reclaim yourself, and asks the Universe for support in doing so. A releasing prayer might go like this:

For today and always, I am done with this pain.
For today and always, I release my attachment to the cause of this pain.
For today and always, I leave this pain behind me
And with the help of the Universe, my guides and guardians
I move forward in my life free from the burdens of this pain.

Do this ritual in exactly the same way for 9 days then put it out of your mind. If you find thoughts of the person or situation you intend to release coming into your mind during the 9 days, say to the thought:

I have learned the lessons you brought,
And I release my attachment to you.

Repeat that reinforcement mantra as much as you need to. Make it a chant, or write it on a slip of paper and burn the paper. Eventually – and most likely before the end of the 9 days – the bothersome emotional thoughts about the person or situation will lighten and then evaporate.

Additions to Your Releasing Ritual

As long as the main parts of the ritual outlined above are retained, you can add other things to make the ritual feel more special. Suggestions for that might be:

- Ring a meditation chime or tingsha at the start and the end
- Light a candle or an incense stick at the start, extinguish it at the end
- Hold an absorbing crystal* each day during the ritual, then bury it on the 9th day.

*Some absorbing crystals and stones among many others:

Agate	Citrine
Apache Tear	Hematite
Chrysocolla	Obsidian