

# Intentional Magic: Sacred Ritual

## ~ Sacred Opening

What called you to this ritual today?

.....

How would it feel to live intentionally, not reactively?

.....

## ~ Understanding Intention

What do you desire to FEEL more than anything?

.....

What is your soul asking to create or experience right now?

.....

.....

## ~ Ritual Clearing

What are you releasing or clearing space for today?

.....

Where in your body do you feel this energy waking up?

.....

Optional prompt: Draw or trace on your skin where you feel energy shifting in your body.

## ~ Writing Intentions

Write 1–3 soul-led intentions in present-tense, embodied language.

**I am...**

**I create...**

**I feel...**

**Optional: Write your intention slowly while listening to 963 Hz or 852 Hz frequency music.**

## **~ Frequency Activation**

**Describe the version of you already living this intention.**

.....

.....

.....

- **What does she know?**

.....

.....

.....

- **How does she move through the world?**

.....

.....

**Optional: Draw this version of you, or write a letter from her to your current self.**

## **~ Sacred Action**

**What sacred action will you take to honour this intention in your life?**

.....

**How will you stay connected to this frequency for the next 7 days?**

.....

**Ritual Tracker (circle each day):**

☐ Day 1 ☐ Day 2 ☐ Day 3 ☐ Day 4 ☐ Day 5 ☐ Day 6 ☐ Day 7

## **Frequency Guide (optional section)**

**432 Hz: Harmony & grounding**

**528 Hz: Transformation, DNA repair**

**639 Hz: Heart connection & relationships**

**852 Hz: Awakening inner strength**

**963 Hz: Crown chakra, divine connection**