

*I call
myself back
to me ritual*

An act of remembering and reclaiming

Gather your supplies and choose a spot for your altar.
For your altar choose a spot where you can safely burn a candle and set your 'summoning' items.

Remember, none of this needs to be fancy, witchy, or anything that makes this feel hard. Whatever you have, whatever is easiest, is more than good enough.

Summoning items:

Anything you feel represents you. Like photos, fave bits of things, something you love about you written on a piece of paper. Things that symbolize parts of yourself that have been hidden away, smashed down. Whatever feels right to you.

Candle (any color or kind you feel is right)

Optional Things- incense, crystals, plants or other kinds of offerings.

This is for you. You know you best. Whatever you choose that feels right to you is right.

Stand at your altar. Place your items on it. Light your candle. Clear your mind and visualize all the lost, forgotten, hidden or stolen pieces of you flowing back into you. Hold this visualization for as long as you can or you feel done.

Repeat until you feel it:

I call myself back to me.
I am whole.

I call myself back to me.
Embracing every part.

I call myself back to me.
Releasing what is not mine to carry.

I call myself back to me.

When finished, let your candle burn until it goes out or as long as you safely can. If you need to put out candle, you can relight it at anytime.

It is up to you how long you leave your altar up. I

Change out or refresh items as needed or feels right to you.

If you are unsure about something, check in with your intuition.

