



BIBIANA
RUEDA BUENO
PSYCHOLOGIST

Psychomagical Ritual of Closure and Reconfiguration

LETTING GO OF WHAT NO LONGER REPRESENTS YOU

Bibiana Rueda

I'M BIBIANA RUEDA

A psychologist certified in Bioneuroemotion®, Transgenerational Therapy and Psychogenealogy.

I combine tools from energy healing, holistic sexuality, and Nonviolent Communication (NVC), along with the use of symbolic objects and insights from epigenetics.

I've worked with individuals, couples, and groups for over 15 years in Colombia and Shanghai.

Currently, I offer in-person therapy in Lisbon and online sessions worldwide, in both Spanish and English.



@bibianaruedabueno



PSYCHOMAGIC RITUAL FOR CLOSURE & RECONFIGURATION

Ritual Purpose: To release what's weighing you down from this cycle, reprogram your subconscious, and seal new intentions about your energy and direction.

Approach: psychomagic + symbolic psychology + body + word.



WHAT YOU'LL NEED

- 🌙 1 plain white sheet of paper (no lines)
- 🌙 1 candle (choose the color that matches the energy of this closure:
white for peace, orange for expansion, red for strength)
- 🌙 A pen (no pencil)
- 🌙 Aluminum foil
- 🌙 A lemon
- 🌙 Sea salt
- 🌙 Scissors
- 🌙 A fire-safe container

SETTING THE SPACE

1. Curate a quiet space, turn off screens and slow down your pace.
2. Take three deep breaths.
3. Light the candle with the intention of “bringing light” to the closing of this cycle.





THE RELEASING

At the bottom half of your sheet, write everything you want to let go of or bring closure to this year. Write in present tense, as if acknowledging what's already clear to you:

“I release the need for approval.”

“I let die the version of me that settles.”

“I break the inherited pact of scarcity.”

When you're done, draw a dividing line to separate this section.



THE REPROGRAMMING

At the top half of your sheet, write the positive opposite of each phrase.

Example:

“I receive recognition freely.”

“I allow myself to grow without guilt.”

“I live in conscious abundance.”

Read both parts out loud, alternating: what you release, then what you choose.

That rhythm creates a verbal and emotional reprogramming effect.



STEP 3

THE PSYCHOMAGIC ACT

1. Fold the sheet and cut the bottom half (the release section) into thin strips, **like a “Hawaiian skirt.”** Each cut symbolizes **a liberation.**
2. Place the strips onto the aluminum foil.
3. Sprinkle a little sea salt over them and say:
4. **“I purify and return to the origin what has already served its purpose.”**
5. Squeeze a few drops of lemon over the strips, **it clears and cuts old memories.**
6. Pour a bit of melted candle wax onto the papers and burn them with intention.
7. Watch how the fire transforms everything into new energy.
8. When only ashes remain, wrap them in the foil and dispose of them outside your home, in the earth, a garden, a river, or even the trash, **wherever your intuition guides you.**





THE NEW PACT

Return to the top half of your sheet, your intentions .

Read them out loud as if you were signing a contract with yourself.

Fold the paper three times toward you and place it somewhere meaningful: your altar, purse, journal, or under your pillow.
Read it every morning for the first seven days of the new year.

ENERGETIC CLOSING

Blow out the candle and say:

“I honor this cycle. I honor what was and what now comes to an end. I welcome what is being born within me with clarity and presence.”

You can accompany this moment with soft drum music or singing bowls.

