

Emotional Wave Support Ritual

Coming Home to Yourself in January

Babe, if a big wave is moving through you right now, I want you to know this: you don't have to suppress it, and you don't have to push through it to be “productive.”

This moment isn't about working — it's about **feeling**. The grief, the fog, the overwhelm... they're all part of your emotional intelligence, and part of coming home to yourself. Clarity often comes **after the wave passes**, not in the middle of it.

Let's honor that. Here's a simple structure to support you **feeling your feelings fully**, while still holding yourself in a safe container.

1. Create Space (20–30 min)

- Turn off input (no calls, no socials)
- Light a candle or dim the lights
- Grab a blanket, water, journal, or tissues — your emotional surfboard

2. Let It Flow: The 4 Gateways

Use these prompts — speak them aloud, write them, or cry them through:

I feel...

Let it out with no filter. Rage, ache, confusion, apathy, all of it.

I need...

Ask your system what it craves right now — space, touch, warmth, silence?

I release...

Old expectations, false pressure, any identity that says “I should be working,” or “I should already have this figured out.”

I choose...

Only if you’re ready. A gentle anchor: “I choose softness,” or “I choose to wait.”

3. Re-Ground Gently

After the emotional tide slows, move into body-centered grounding:

- Put your bare feet on the ground
- Touch your heart or solar plexus
- Breathe in deeply 3 times and say:

> ***"I am safe to feel. I do not rush my clarity. I trust the wisdom of my body."***

4. Optional: Reframe Work Guilt

Say aloud or write this reframe:

> ***"My rest is my reset. My clarity is being brewed in the depth.***
> ***I do not create from pressure — I create from power."***

If You Need a Phrase to Hold Onto

> ***"This is not forever. This is through."***

Your wave is sacred. It is not a block — it is a **portal**. What emerges from the other side will be clearer, wiser, more grounded, and it will carry the frequency of your own authenticity.

When you're ready, come back to your day softly, with ease and clarity — no forcing. I'll be right here beside you.

> **A note, if Human Design is part of your language**
> This part is optional. Some women have what's called Emotional Authority, which simply means their clarity really does come after the wave, not during it. You do not need a chart, or any of this language, to use this ritual. If that framing helps you trust the waiting, you're welcome to it.