

ELLA
VIDA™

Samhain Self-Care Rituals for the Soul

By Ella Vida



WWW.ELLAVIDA.COM

Hello lovely!



Samhain blessings and welcome!

Thank you for being here. I'm Ella Vida, Singer, Quantum Hypnotherapist, Mystic and founder of Quantum Singing™ — a transformational blend of intuitive voicework, meditation, and quantum healing. Through my workshops, sound journeys, and online membership The Temple Within, my mission is to help others reconnect to their authentic voice, awaken their creative essence, and embody peace, purpose, and presence. I hope you enjoy these rituals over Samhain and I look forward to hearing how you get on!

✨ Sing • Heal • Become

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Samhain Ritual 1

Candle of Remembrance & Renewal

Theme: Honour ancestors • Release the old • Call in the new

You'll need:

- **A black or purple candle (for transformation)**
- **A white or gold candle (for new light)**
- **Paper + pen**

Ritual:

- 1. Breathe deeply three times. Feel the veil thinning between worlds.**
- 2. Light the black candle and say:**
- 3. "I honour the darkness, the lessons, the endings. I release what no longer serves."**
- 4. Write what you wish to release.**
- 5. Safely burn or tear the paper, imagining it turning to light.**
- 6. Light the white candle and say:**
- 7. "From the ashes of what was, I welcome the light of what's becoming. May I walk forward renewed."**
- 8. Sit in the glow of both candles, humming softly as warmth spreads through your heart.**



Samhain Ritual 2

Crystal Grounding & Meditation Ritual

Theme: Deep connection • Grounding • Psychic clarity



You'll need:

- Smoky quartz (grounding)
- Obsidian (protection)
- Amethyst (intuition)
- A bowl of salt or earth

Ritual:

1. Arrange your crystals around the bowl of salt or earth.
2. Sit within the circle, imagining roots growing from your spine into the earth.
3. Hold smoky quartz in your left hand (receiving) and amethyst in your right (sending).
4. Say: "As the earth holds me, I am safe. As the veil thins, I see with clarity. I trust my intuition."
5. Meditate 10-15 minutes, visualising your aura cleansed and stabilised.
6. Thank your crystals and leave them in moonlight to recharge.

Samhain Ritual 3

Voice of the Ancestors Chanting Ritual

Theme: Healing through sound • Connection to lineage • Soul expression

You'll need:

- A quiet space
- A small candle
- Your voice



Ritual:

1. Light the candle and whisper:
2. "Ancestors of love and light, guide my voice as I sing tonight."
3. Begin humming gently — feel the vibration in your chest.
4. Let the hum become vowel tones: "Ahh ... Ohh ... Ee ... Mm."
5. Allow intuitive melodies or syllables to flow — don't think, just sound.
6. Imagine your ancestors humming with you, weaving harmony through your lineage.
7. When you finish, place your hands on your heart and say:
8. "Through voice I remember. Through sound I heal."



Samhain Ritual 4

Samhain Reading & Reflection Ritual

Theme: Divination • Introspection • Wisdom from within

You'll need:

- Tarot or oracle deck (or journal prompts)
- Journal + pen
- A warm drink or cacao



Ritual:

1. Light incense or diffuse oil.

2. Ask:

3. "What wisdom do I need to carry into the new year of my soul?"

4. Draw three cards or reflect on these prompts:

- What part of me is ready to be released?
- What hidden gift is emerging from my shadow?
- What energy wishes to be born in me this winter?

5. Write freely and receive what comes.

6. Samhain Blessing

"As darkness deepens, may I find my light within.

As the veil thins, may I hear the whispers of wisdom.

I honour endings, I welcome beginnings,
and I walk forward in grace and trust."

I hope you enjoyed these rituals!

If you would like to know more about how to join our online community where everything is in one place visit our beautiful membership..

The Temple Within

Come home to your essence through the empowering magic of Quantum Singing™, chanting, meditation, journaling, sound healing, and soul-led practices — all inside a sacred space held with love and intention.

What's Included..

Two LIVE 1-hour online workshops every month

1x Quantum Singing Circle

1x Special Workshop — may include Sound Baths, Quantum Healing, Ecstatic Dance, Shadow Work, Journaling, Sharing Circles & more

🎵 Library of Sacred Soul Songs

Channeled and sung by me, for us to sing together and remember who we truly are.

Access to a growing library of recorded 1-hour LIVE sound baths

New monthly content

Including short courses, meditations, chants, and journal prompts to support your healing journey.

Library of past monthly recordings

Catch up anytime in your own time, your own flow.

Go at your own pace

All sessions are available for replay. No pressure, just presence.

Why Join?

- ✦ Reconnect with your soul self and higher awareness
- ✦ Activate self-love, inner power, and your authentic voice
- ✦ Experience the healing magic of singing and sound
- ✦ Discover what your soul truly craves for happiness, clarity, and purpose
- ✦ Cancel anytime — monthly subscription with complete flexibility



Join here

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Testimonials

In a state of pure bliss right now Ella! I am on a breast cancer journey & feeling lost. With my energy deadened from all the treatments. This is absolutely spot on in reigniting my heart & filling me with all the sparkles & joy. This is just what I need right now. It's going to be on repeat. From my happy, little heart to yours. Thank you, thank you thank you.

Marilyn

I'm really enjoying your meditations. I listen every couple of days before bed and the songs come back to me during the day. I appreciate all the hard work you have been doing feeling your love.

Anon



The singing circle was absolutely beautiful, It was amazing how our voices all weaved together intuitively in beautiful harmonies and it felt really powerful to hear all of our voices coming together. The songs Ella wrote were really beautiful and I loved singing them. Ella has such a beautiful bubbly warm energy that instantly puts you at ease and she also brings some light-hearted playfulness in too. I left feeling very peaceful and connected with myself.

@rest_restore