

Ritual - Changing the Book of Life

A Ceremony to Sever Ties and Recover Lost Energy

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Preliminaries

- You must first choose a filter for which to experience love from the universe/God. My filter is a combo of Buddha, An Oak Tree, Ghandi and Jesus Christ. This filter is important for the end of the ritual. You need only pick one, but I mention mine because you can be as creative as you need or desire.
- Sit out in nature with the wide sky out in front of you or in front of a private altar.
- It is preferable that you are in a place where you can be vocally expressive.
- Bring sage, cedar, gems, colored cloth, candles, an offering and other ritual items which might assist you in this ceremony.
- To clear the main chakras and to prepare your body for clear channeling and spirit connections, it is helpful to do an hour of intensive, breath oriented yoga before beginning any aspect of this ritual. Kundalini breath work is great for this.
- Open with a prayer to your ancestors and all your relations. Ask that they remain with you as you attempt to manifest love and your highest good by performing this ritual.

STEP 1

Picture the soul with whom you are seeking change and picture their face in the sky above and in front of you. Tell them you love them and appreciate the exchange that took place between you.

STEP 2

Ask for forgiveness for anything that was not done cleanly between you. Forgive anything that you felt slighted by. Forgive yourself as well.

STEP 3

Ask the guides of the face above to take back the gifts, talents and attributes that you received while you were in contact. Give these gifts, talents and attributes back freely and lovingly.

STEP 4

Ask that her guides give back the gifts, talents and attributes that you received while you were in contact. Receive these things with love and appreciation.

STEP 5

Send that person from your soul with love and appreciation. Send them off to do their highest good.

STEP 6

Ask that God/Universe change the book of life regarding your relationship. Ask that your filter become the new channel for which you to receive the love you experienced. Picture your filter to the right of the person you are working with, seeing them next to each other.

STEP 7

Ask your filter to sever the silver cord that bonds you to this person. Request of your filter that he/she become the new channel for the love that was once enjoyed.

STEP 8

By performing this ritual, you must agree to accept any changes that might take place in your heart, mind, life and universe. There will be change. Sometimes subtle, sometimes huge.

STEP 9

Thank your filter and the person. Close your eyes and send love to the person as they vanish from your sight and heart. Open your eyes

to focus on your filter and the love that pours from his/her being.
Pray to fully experience and internalize the love from your filter.

STEP 10

Leave an offering in the woods. Chocolate, tobacco, corn meal, foods, sage or other herbs are perfect offerings.

With love,

Paul Wagner

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