

The Ceremony of Transformation Initiation & Your Mantra

Today marks the day you step into the Freedom Within and ask your higher self to help guide you throughout these next 12 months.

We will take one step at a time, knowing that each step is in-line with our highest purpose. Ceremony is a powerful way to begin the seeds of manifestation, whether we desire freedom from sufferings, for greater health, wealth, etc.

Today's initiation ceremony will empower you to commit to yourself... to set the intention that you are stepping into a transformational process and that you are committed to this process for the next twelve months...*no matter what*.

How the ceremony works

1. Sit in a quiet space in your home. You will light a candle(s), burn incense if you have it (white sage is great or any natural incense).
2. You will start by taking a few minutes to connect with your breath, breathing deeply in through your nose and out through your mouth. Each breath expands the belly. Each breath comes from deeper within the belly and you let your stomach completely expand and relax. Let your shoulders and neck relax.
3. Repeat one of the mantras (see below) that truly resonates with you. You can repeat it as many times as you feel necessary. As you repeat your mantra express more FEELING with it. You can combine mantras or make your own.

4. Finish with more deep breathing and stay in this relaxed state as long as you need.
5. Once you've completed this, blow out the candle(s) and take a relaxing, warm shower. Taking a warm shower serves the purpose to release all negative emotions. The body is made pliable and fresh. You can repeat your mantra in the shower as well and acknowledge that you releasing negative emotions and stepping into transformation.
6. You can end the ceremony by doing self-massage with warm oil.

As mentioned above, you may use one of the mantras below or create your own mantra.

Mantras for Ceremony

As I enter this transformational process, I let my guard down and open my heart for transformation. I believe in my ability to truly love myself for who I am. As I breathe in, I honor myself as the creator of my future. As I breathe out, I release what no longer serves me.

Today I let go of unhelpful patterns of behavior around food (procrastination, sabotage, laziness, disorganization). I ask for forgiveness from myself, so I can I truly let these patterns dissolve. As I breathe in, I honor myself as the creator of my future. As I breathe out, I release what no longer serves me.

Today I bring the qualities of fulfillment, happiness and contentment into my life as I am now. I let go of any guilt I hold onto and I also let go of the need to control and be perfect. I believe in myself and acknowledge my greatness. As I breathe in, I honor myself as the creator of my future. As I breathe out, I release what no longer serves me.