Week 1 Ritual Guide: The Sacred Center

This ritual marks the beginning of your sacred journey. We open the space with intention, burn away what no longer serves, and ignite the flame within. You'll also meet the Grandmother Archetype – The Keeper of the Flame – who will walk with you through this circle.

Ritual Steps

Prepare your altar space: Include your candle and sacred object,

With a toothpick, carve your intentions and what you wish to release onto the candle. Instead of throwing away the toothpick, burn it safely.

Light the candle.

Write down or name something you are ready to release.

Speak your release outlet and burn it symbolically, or offer it to the flame in a fire-safe dish and outside if possible.

Breath (inhale deeply, hold it for a couple of seconds, then release, do this 3 more times) to anchor the ritual.

Close with this phrase: "Let this fire be a beginning, not an end".

Guided Visualization: Return to the Inner Flame (Either record yourself or have someone read this for you)

Close your eyes. Take a few deep breaths and feel your body begin to settle.

Picture a fire before you. It's not just any fire—it's your fire. The one that's been waiting.

You see the flames rise, golden and strong. This fire isn't just warmth—it's power. It burns through illusions, doubts, and old stories.

Now, bring into your mind something you're ready to release. A belief. A voice. A fear. Hold it gently in your hands in your mind's eye—and place it in the fire.

Watch it burn. Watch the smoke rise.

As the last thread burns away, you sense a presence beside you.
You don't need to turn to see her. You can feel her.

The air shifts—steady, warm, fierce but loving. She is the Keeper of the Flame.

She has tended this fire for generations. She has walked through loss and joy and power.

And now, she turns to you. She nods with knowing.

She places a hand on your back and whispers:
"You were never broken. You were only buried. Burn away the noise, and remember who you are."

She offers you a gift—a word, a color, a symbol. Let it rise.

This is your first message. Your first spark.

Hold it close. Place it in your heart. This is yours now.

Reflection Prompt

After the visualization, take a few moments to reflect:

- What did your fire look like?
- What did you release?
- How did the Grandmother appear to you?
- What gift did she offer you?

Let this be your first journal entry of the circle.