

BURN RITUAL FOR
RELEASING OLD
BELIEFS

“I no longer believe that...”

Alicia - WMSC
wildmoonsacredcycles.com

What You'll Need:

- Paper and pen
- A candle
- A safe burning bowl or fireproof container (a kitchen sink or metal bowl works too)
- A lighter or matches
- Music (optional – calm instrumental or sound bath)
- 15–20 minutes of quiet space

Opening the Ritual

Light your candle. Let the music play softly. Sit down with your journal and take three deep breaths.

Say quietly:

“I’m here. I’m ready. I release with love.”

Place your hand on your heart and breathe once more.

Say:

“Everything I’ve believed until now – was trying to protect me.”

“And I am ready to lead from truth, not fear.”


Step 1: Write What You're Releasing

Write down beliefs that you know are outdated, limiting, or untrue — about yourself, your body, your worth, the world, love, money, success, safety, or power. These could be full sentences or short phrases.

Examples:

- “I have to be perfect to be loved.”
- “Money only comes through struggle.”
- “People always leave.”
- “I can't trust myself.”
- “Good things aren't safe.”
- “I'm too much / I'm not enough.”
- “It's safer to stay small.”

Write each belief on a **separate piece of paper**, approximately one finger length and width.

When you're done, read each one quietly to yourself. Place your hand on your heart again and say: 

“Thank you for trying to protect me.”

“But I no longer believe this is true.”

“You may go now.”

Step 2: Burn + Reclaim

One by one, hold each belief over your burning bowl.

Say aloud:

"I no longer believe that..." (read the belief)

"I choose to believe in my power."

"I choose to lead from truth."

Then gently burn the paper (safely). Watch it turn to ash.

After each one, take a breath.

Let your body feel lighter.

Let your system settle.

Repeat this as many times as you need, with each belief.

Closing the Ritual

Sit in silence for one minute.

Watch the ashes, the light, the stillness.

Place your hand on your heart again and say:

"I release. I return. I rise."

Blow out the candle. Stay soft.



Hi, I'm Alicia

Five years ago, my life and business came to a complete stop.

I went through an eight-week panic episode that took my confidence and my sense of direction with it.

I didn't feel like myself anymore.
Even simple ones felt overwhelming.

The tools I had relied on before stopped working.
Not willpower.
Not productivity.
Not positive thinking.

I had to slow down and rebuild from the inside out.
Not by becoming someone new,

But by learning how to re-center and reconnect, every day,
sometimes many times a day.

That process is where this work comes from.

This guide is a starting point.

The full course, Wild Rituals for Mornings That Change Your Life, is where these practices become a lived rhythm.

Learn more here:

<https://www.wildandsacredwithalicia.com/wildritualsformorningsthatchangeyourlife>

hello@wildandsacredwithalicia.com
wildmoonsacredcycles.com