

A Ritual to Release: Escaping the Mental Matrix



Use this ritual for whenever you're feeling overwhelmed by the weight of the world and all that is going on.

For the Guided Ritual, please watch the associated Recording.

Step 1: Gather a few materials before you get started (optional)

- white candle (or anything you have on hand)
- crystal quartz
- palo santo

Step 1b: Before you begin, create a space to do this ritual. Make sure a you're alone and undisturbed for 45min to an hour.

If you have the above tools: Light your candle and set your intention for this ritual, for example:

I am open to receive

I'm ready to release

I'm here for clarity

light your palo santo and clear the energy around your body and the space you're in, continuing to recite your intention.

Take a deep breathe in and exhale, let's begin.

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What's taking up space + where?

Step 2: Have your journal out for reflection. What are you overly connected and committed to that you need to disconnect from? Think of literal issues: People, places, things. Create 5 list of 2-3 items per category answering the questions below:

Head Space

What is taking up too much of your mental space (literally causing your head to feel like it hurts or about to explode)?

Heart Space

What is taking up too much of your heart space (causing heartache or tightening around the chest)?

Belly Space

What is taking up space around your belly making you feel sick to your stomach (uneasy, nauseous)?

Leg Space

What is keeping your legs still? What do you feel is preventing you from literally moving forward?

Feet Space

What is preventing you from feeling secure and on table ground? Is there anything at the foundation that needs to be changed?

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Welcome to the Matrix

Step 3: Remember the movie the matrix? Visualize you're in your own pod in the machine of the matrix. Each item you wrote on your list is a tube connected to your body in that particular region (head space, heart space, etc).

Step 4: Disconnect from the matrix. Now see yourself disconnecting each tube one by one. Physically use your hands to touch the base of the tube connected to your body, consider the issue taking up space while you turn the base to disconnect. Then take away the tube from your body and drop it to the side.

Start in your head space and move down to your feet. Each tube, one by one.

Each time you take away a tube, you should feel lighter.

Step 5: Once you're done removing every attachment, you may have "holes" all over your body. Take a moment to rub over each "hole" like you would mend a boo boo. As you rub over it, speak love, compassion and healing into these spaces.

Step 6: Now visualize yourself lying in your pod, completely disconnected from all the tubes aka all the things taking up space in your body, all the things dragging you down--in this moment you're free. Take a deep breathe in and exhale. As you open the door to your pod, instead of being in the machine of the matrix, see yourself entering a "happy place."

Think:

Open field of flowers...

Near a waterfall...

The beach...

Under a tree...

Step 7: Once you feel calm and content. Take your last deep breathe in and exhale. Open your eyes and bring your awareness back into the room. Journal what came up for you.

(Optional) Hold on to your crystal quartz and infuse the feeling you'd like to feel moving forward. Hold onto whenever you feel yourself reconnecting to what you've released. ;

*May you continue
to Release as often
as you need!*



Tiffany Lanier, Founder of
The Morning Shift Co.

**Everyone
Should Start
Their Day Like
This.**

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