



Thrive

Counselling and Consultancy

Letting go ritual...

Materials (you may not use all of these) Drawing paper, card paper, pastels, paint, crayons, matches, ribbon

Prepare your space

- ❖ Ensure you have a quiet uninterrupted space to work on your activity – turnoff your phone, etc.
- ❖ Play relaxing music or light a candle if that is what you like to do
- ❖ Ensure you have all your materials at hand

Process

- ❖ Begin by sitting comfortably and closing your eyes or holding a soft gaze
- ❖ Breathe deeply into your body
- ❖ Think about the issue, emotion, object, relationship you wish to let go of
- ❖ What colours, shapes, symbols, sensations, do they represent? What do you see as you sit and breathe?
- ❖ Remember to continue focusing on your breath. Breathe in deeply, breathe out...
- ❖ As you breathe out pay attention to what you are releasing. Draw what you breathe out.
- ❖ Use mindfulness to be aware of any emotions that arise – anger, fear, anxiety and/or sadness. Allow these emotions to spill out onto your paper.
- ❖ Do this process for as long as you need
- ❖ When you have completed your drawing, observe it quietly.
- ❖ Notice what it felt like to breathe out and release these feelings, objects, relationships onto the paper. What do you notice about the image, what is it telling you?

Ritual ending...

- ❖ Now that you have drawn what you want to let go of, how do you want to finish your ritual? Some like to burn their drawing to completely release it. Some wrap it up to remind them of the gifts it held. There is no right or wrong way to finish your ritual. Do what feels right for you.
- ❖ Finish the ritual by standing tall. Breathe in and out again slowly. With your hands by your side, shake them out as if you are trying to shake off excess dirt.
- ❖ Once you have completed your ritual, pack away your materials and wash your hands to wash away any remnants that remain.
- ❖ Bring yourself back to your day.