

Lion's Gate Ritual



Ritual

**Allow yourself to connect deep into your heart center,
breathing expansive breaths.**

**Begin to tune into the frequency of the Great Central
Sun and begin to visualize your physical form merging
into your ethereal state of beingness.**

Pause, and allow yourself to receive the cleansing light pouring in through your crown, see, sense, or feel the heat beginning to rise.

Take notice as to where you are feeling the warmth within your energy portals. Is the energy pooling, encircling in your crown, third eye, throat, heart, solar plexus, sacral, or root?

Sit with the energy as you breathe long expansive breaths into your heart center and release through your crown.

Taking a moment to settle your frequency and begin to see yourself as this pillar of pure, white, un-wavered light.

Feeling a sense of deep bliss begin to wash over you as you allow your breath to become steady and fluid within your beingness.



Release

Take a moment to light a white pillar candle, draw upon either a lemurian clear quartz, smoky quartz or citrine crystal of your choosing and all yourself to reflect on the following affirmations.

Take out a sacred journal or note pad and freely, from the space of your heart center, respond with love and intention.

- *I forgive myself for...*
- *I am getting better at...*
- *I can love myself more by...*

- *I believe in myself because...*
- *I am my most intuitive when...*
- *I feel the most aligned when...*