



NINA'S PORTAL PRESENTS

RELEASE

RELEASING RITUALS, STRATEGIES
& TOOLS

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RELEASE

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RELEASING IS A PRACTICE
RELEASING FROM THE BODY

NINA'S PORTAL

INTRODUCTION

This ebook will help
you to release the
stagnant, negative
energy from within.

releasing

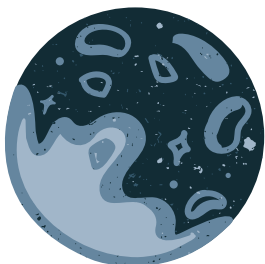
We release thoughts, patterns, behaviors, and energies, from our mind, body, and spirit that no longer serve us. That which we desire to release no longer serves our path of success and does not align with the evolved versions of ourselves. Releasing is a process of peeling back the layers to who we are. And, if you didn't know, each one of us are beautiful, divine, and sacred beings. We all have trauma and shadow self energies that need to be healed and ultimately released. **This ebook will help you to release and clear the stagnant, negative energy from within.**

full moons

Full Moons bring the perfect time to release what no longer serves you.

Full Moon energy is all about completion, releasing, and removal.

It is a very powerful energy. The full moon offers a potent time to create rituals.



While the information in this ebook is timeless and every full moon is a chance to let go of anything that no longer serves you, I'd like to note that we have a very powerful full moon in Aries on September 29, 2023. Utilizing the rituals and tips provided at this time would be of GREAT BENEFIT. You can feel the full moon up to three days before the peak of the full moon and up to three days after. Aries is fire sign and ruled by Mars. It is not a time for hesitation but trusting yourself, the desires of your heart and charging ahead.

Affirm: I move towards my success with confidence.

to remember

Letting go gives us
freedom.

Releasing the past makes
space for new
beginnings.

Clearing out behaviors,
mindsets, and thought
patterns that hinder you
brings peace and
ultimate success.

Releasing creates
energetic space for more
blessings, love, and joy to
flow into your life.

Releasing uncovers your
true self.

Burning Bowl Ritual + Writing a Petition

1. Get a brown piece of paper or a brown paper bag to write on. (A brown Trader Joe's bag is more than fine). Rip the paper to signal the start of your work (there is more to this but for right now we will start here).

2. Grab a pencil and on the top of your paper write your name, the date, and the time.

3. This is a good time to call in your spirit guides, angels, and ancestors for assistance in writing what you would like to release (if you have not already).

4. At this point start your petition with "Dear" _____. whomever you are speaking to and petitioning for help in writing your petition and releasing what does not serve you. Dear Universe, Dear God, Dear Divine, Dear Ancestor, Spirit Guides, and Angels, etc. Ask for their assistance with gratitude and a genuine heart.

5. Begin writing what you are releasing now. Get it all down. Get it out. Think about what is no longer needed in your life, in your energy. External world, internal world. You are DONE with it. Write down what can simply not continue. Write on the back of your paper if you need to.

6. When you are done writing, end your petition with: Thank you (or a statement of gratitude). "For my highest and greatest good always and only. This and then some. For the best in love. Amen and Ashe" And sign your full name (first middle and end) and date it again.

7. Sit with your petition, just for a moment not necessarily going over it but feeling the energy around you. How good does it feel, how empowering does it feel to know that what you want to let go is being released now! How good does it feel to know there is movement in what you want!

8. You can either. Roll up your petition paper (like a fruit roll up), rolling away from you. You can follow your petition, away from you or you can write up your petition into pieces.

9. Head to your burning bowl location. Be sure to practice fire safety! Your bowl can be anything fire safe! You can get mini camp fires online or in your local stores.

10. At the front of your bowl read your petition out loud or in your head. Either way, do so with conviction!

11. Place your paper/petition in your bowl and light it on FIREEEEEEE

12. As you see the petition burning, visualize the situations, energies, patterns you want to release leaving your body and your aura now! You can offer a statement of release at this time. Something like: I release what no longer serves me now. I released BLANK now. I let go of BLANK now. I release for my highest and greatest good.

13. When the burning is complete give thanks to yourself for showing up and **DOING THE WORK. YOU DID IT!**
CONGRATULATIONS ON BEING A POWERFUL BEING.

14. Throw away the ashes and clean up knowing the work is good.

The day after

1. After care is important. Be sure to hydrate.
2. You may feel unusual in your body, that is normal. Energy is moving. You are in a transition phase. These feelings will dissipate as the energy of the full moon comes down. If you would like to talk more about this my dms are always open and you are more than welcome to email me.
3. Open the windows, open the doors, allow energy to move and fresh air to come in! You are in the seat of success!
4. Think about what you would like to bring into your life now. Call it in. For example, you may call in more love, joy, peace, and understanding. More money, discernment, and success. It is all yours, a river to dip your toe into. Write it down and say it out loud calling it to yourself lovingly. Invite it into your life.

The day after (cont.)

5. You will see that your desires moving towards you know now and more so over the next week. Hold space for it come in. While breaking free from old, out-dated restraints, things will begin to look and feel different, remember you are in transition for your best and highest good. Congratulations to you.

Earth Energy Healing

This is a method adapted from Intuitive Jessica Alexandria of Behatilife.

It requires you go out into nature on grass, dirt, soil, and give that which you need to release to Gaia (mother earth). This is a very powerful and sacred ritual.

Get down on the ground on all fours and set the intention to connect with Mother Earth. With a genuine heart ask for support in releasing that which can simply not continue, ask for healing, ask for strength. Allow the Earth to nourish you, **heal you, support you.** Imagine a white light coming from though your body into the earth and back up again in a cyclical fashion. Stay here for as long as you can, holding the nourishment from the Earth. Pray, cry, release, receive and say thank you.

When you are finished releasing, bring an offering to the earth. A piece of fruit and some water will do. Be intentional and grateful for the love and support. After care: hydrate and relax as you are able.

candle magic

Items needed: white candle, olive oil, black pepper, fresh rosemary, and dragon's blood (you may sub with a pinch of cayenne). Black tourmaline (to hold) for protection.

Energetically clear the space you're in. Pray. Set the intention for protection as you do your ritual work and cut off all distractions. Call in your angel, spirit guides, and ancestors. Ask them for assistance in releasing what doesn't serve you.

Set up your space: Get your white candle, smother it with olive oil and set it aside. Grind together your black pepper, fresh rosemary, dragon's blood (or cayenne) and smear over your candle.

Now, and with INTENTION, speak over your candle what you need to let go OR Write on a brown piece of paper (burning bowl ritual for more instructions).

As you are speaking, light the candle and continue to speak removal and release over your life. This looks like, for example, “As I light this candle I remove ____ from my life now. It is gone! No longer needed. No longer serving my divine purpose. I am releasing that which blocks me from living my true divine self. Thank you my God, my angel and spirit guides, and my ancestors for assisting me now. I know with my power and yours it is done now. Gone, Cut, Removed, Released for the BEST IN LOVE.”

When your candle is done, clean up knowing the work is good. Thank yourself and whomever you have called to support you in your work.

Cleanse and clear your space. Hydrate and rest as appropriate.

The first step to
releasing is no
longer accepting
what once was.

releasing is a practice

Now is a powerful time to release and separate from that which simply cannot continue. This release is a practice.

When you release you are telling the universe, your spiritual team, and yourself that you no longer want to experience what you have been. A particular situation, energy, behavior, no longer serves your highest and best good and needs to be released.

After stating your intention for release, you may see that energy continues to pop up in your life. That is okay!

When it pops up this is the universe's way of telling you to practice holding what you would prefer in its place.

The first step to releasing is no longer accepting what once was. You hold yourself to a higher standard.

Let's say you desire to release fear from your body and mind. You've set the intention to release, possibly done a releasing ritual and are now becoming (even more fully) an active participant in your successful release.

After you've set your intentions and move forward you still feel fear coming up through your body and in your mind. This can look like a project not being as done as you would like. You start thinking thoughts of "I'm not good enough, my work isn't good, I'll never get there." This is fear of failure popping up again.

To practice release in this moment is to acknowledge your feelings and bring yourself back to a calm state of safety and center no longer moving, making decisions, or operating from that fear ridden space. This robs fear of its power.

This is a practice of soothing and calming the body and mind. It is a practice of reprogramming your mind and getting your body out of survival mode. Every time you do this the fear becomes smaller and smaller and ultimately releases.

This is an opportunity to practice who you say you are and who you know yourself to be. This is an opportunity to practice no longer accepting what was. As this is done you are actively releasing that fear and a new reality starts with no longer accepting the old from others and yourself.

Releasing is also a practice of asking for help, eliciting the help of mentors, guides, your angels, your spiritual team, a therapist. It is a practice of self awareness, self compassion, and mental and emotional boundaries you hold with yourself.

State your releasing intentions, do your releasing rituals and routines and your internal and external reality will react accordingly. You are actively creating here.

The mind and the body can heal. Adopt empowering beliefs, supportive thought patterns and cheers to your ultimate success.

releasing from the body

Explore: Intentional movement and Somatic Therapy

Explore: Energy Work (Reiki)

Use the body-first approach of somatics (intentional movement) to free unprocessed trauma, emotional baggage and clear energetic debris. Examples of intentional movement include: dance, stretching, and yoga.

Participate in Energy work like Reiki to remove stuck or unprocessed energy from the body.

Both create a sense of safety and connection in our bodies.

BIG POINTS:

After setting your intention for release, look out for signs and messages from the universe that support you in your transition to a freer you. This can look like videos, tiktoks, IG posts that speak on your situation in a way that brings you more emotional freedom, peace and nourishment.

A new reality starts with no longer accepting the old from others and yourself.

State your releasing intentions, do your releasing rituals and routines and your internal and external reality will react accordingly.

Just jump in and experience a little more. Get a little brave, divine one. Break free from old, outdated restraints and follow the promptings of your heart.

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