

7-Day Ritual for Release & Transformation

Summary

This 7-day ritual features Chiastolite (Cross Stone) as the anchor stone for protection, release, and embracing transformation. Supporting stones include Arfvedsonite, Prehnite, Epidote, Seraphinite, Lodolite (Shamanic Dream Quartz), Black Moonstone, and Selenite. Herbal teas are included to deepen the process: Release & Detox, Past Life Regression, and Heart Release.

This ritual will help you:

- Cut cords (Day 2, 5)
- Heal emotional nostalgia (Day 3, 6)
- Access past-life insights (Day 4)
- Anchor transformation with Chiastolite every day

✨ By Day 7, you'll have shed stagnant energy, aligned with your higher path, and invited in major energetic shifts with protection and clarity.

Daily Framework

- Morning: Grounding & clearing ritual with crystals + Release & Detox Tea
- Afternoon/Evening: Themed ritual (cord cutting, past life, heart release, etc.)
- Night: Gentle meditation with stones + journaling/reflection

Day 1 – Opening the Path (Setting Intentions)

Crystal Focus: Chiastolite (hold during meditation), Selenite (altar space clearing).

Tea: Release & Detox Tea (dandelion root, nettle, lemon balm).

Ritual:

1. Cleanse your space with incense/sage.
2. Place Chiastolite in your left hand, Selenite in your right.
3. Speak aloud: "I release the old. I open to transformation."

Meditation: 10 min grounding breath → visualize roots pulling stagnant energy down into Earth.

Journal Prompt: What cycles/patterns am I ready to release?

Day 2 – Cutting Cords

Crystal Focus: Chiastolite + Black Moonstone + Arfvedsonite.

Tea: Release & Detox Tea.

Ritual:

1. Visualize toxic cords attached to your body.
2. Sweep Selenite along your aura.
3. Hold Arfvedsonite to burn away limiting beliefs.
4. Place Chiastolite on solar plexus, affirm: “I reclaim my power.”

Meditation: Cord-Cutting Visualization (Archangel Michael or your guide severs cords with light)..

Journal Prompt: Which comfort zones feel safe but keep me stuck?

Day 3 – Healing the Heart

Crystal Focus: Chiastolite + Prehnite in Epidote + Seraphinite.

Tea: Heart Release Tea (rose, tulsi, chamomile).

Ritual:

1. Hold Prehnite over your heart, imagine green light dissolving attachments.
2. Place Seraphinite at your crown, invite angelic presence to heal grief
3. Place Chiastolite in front of your heart as a shield of strength.

Meditation: Loving-Kindness (Metta) → Send forgiveness to self and others.

Journal Prompt: Who/what do I forgive and release with love?

Day 4 – Past Life Regression

Crystal Focus: Chiastolite + Lodolite (Shamanic Dream Quartz) + Seraphinite.

Tea: Past Life Regression Tea (mugwort, blue lotus, chamomile).

Ritual:

1. Drink tea before meditation.
2. Lie down with Chiastolite at feet, Lodolite at third eye, Seraphinite over heart.
3. Set intention: “Show me the past I must release to walk forward free.”

Meditation: Guided regression (use audio or self-guided visualization → walk down steps into past-life memory).

Journal Prompt: What past patterns surfaced? How can I break them?

Day 5 – Shadow Release

Crystal Focus: Chialstolite + Arfvedsonite + Black Moonstone.

Tea: Release & Detox Tea.

Ritual:

1. Write down a toxic cycle on paper.
2. Place Chialstolite on paper, Black Moonstone above, Arfvedsonite to side.
3. Burn paper safely (fire release ritual).

Meditation: Shadow Integration → visualize embracing your shadow self, thanking it, and releasing it into light.

Journal Prompt: What toxic cycles did I release today?

Day 6 – Integration & Renewal

Crystal Focus: Chialstolite + Prehnite in Epidote + Selenite.

Tea: Heart Release Tea.

Ritual:

1. Create a circle with crystals.
2. Place Chialstolite in front as anchor.
3. Hold Selenite and breathe deeply, welcoming renewal.

Meditation: Body Scan → Imagine each chakra filling with light, old energy being flushed out.

Journal Prompt: What feels lighter and clearer after this journey?

Day 7 – Sealing the Shift (Rebirth Ritual)

Crystal Focus: Chialstolite (center), all supporting stones around in circle.

Tea: Intuitive choice (Release, Heart, or Regression).

Ritual:

1. Sit in crystal circle.
2. Speak: "I release the past. I embrace transformation. I walk forward free."
3. Visualize yourself stepping through a golden doorway into your new path.

Meditation: Visualization → Golden Light Bath (imagine being immersed in light, renewing your aura).

Journal Prompt: Who am I becoming as I step into this new phase?