

A Heart-Opening Practice

Your Printable Ritual Guide

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This guide is a printable companion to the full ritual article. Bring it to your altar, your quiet corner, or anywhere you have twenty to thirty uninterrupted minutes. Come as you are. The practice will meet you there.

What You'll Need

- ◆ Rose Quartz and/or Rhodonite (available at energywithincrystals.com)
 - ◆ A candle — pink, green, or any candle you love
 - ◆ Essential oil — Rose or Lavender, diffused or applied to your wrists
 - ◆ A journal and pen
 - ◆ 20–30 quiet, uninterrupted minutes
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The Ritual — Step by Step

1 Prepare Your Space

Light your candle. Set your intention aloud or silently:

"I am here for myself. I am ready to see what I've been keeping small — and I am ready to let it breathe."

Take three slow breaths. Let the exhale be longer than the inhale. Arrive fully.

2 Open the Heart with Breath

Place both hands over your heart. Breathe through this sequence 7 times:

3 Crystal Placement & Intention

Place your crystal over your heart or hold it in both palms. Feel its weight and warmth. Set your intention:

"I am open to seeing myself clearly. I am ready to release the stories that have kept me small. I am willing to let myself be more fully seen — beginning with myself."

Sit in stillness for 3–5 minutes. Return to the breath and the warmth of the stone whenever the mind wanders.

4 The Journaling Sequence

Pick up your pen. Write quickly and without editing. The first response is usually the truest.

5 The Closing Anchor

Set your journal aside. Stand with both feet grounded. Shoulders back, chest open. Read the closing affirmation below aloud.

Stay in stillness for a moment before moving on. Let the practice close in its own time.

Breathwork Reference Card

Inhale

Count of 4 — chest expands under your hands, light expanding at heart center

Pause

Count of 2 — hold gently at the top

Exhale

Count of 6 — everything softens; old stories, old fear, old protection release

The Three Journaling Prompts

Prompt One

"The story I've been telling myself about why I'm not ready is..."

Prompt Two

"What I actually know to be true about myself is..."

Prompt Three

"One way I will honor my own light this month is..."

Crystal Companions

Rose Quartz

Place over your heart during Steps 2 and 3. Gently opens the heart to self-love and emotional healing.

Intention: "I am worthy of my own love."

Rhodonite

Hold in your palms or place alongside Rose Quartz. Bridges heart healing with courageous forward movement.

Intention: "I trust myself to take the next step."

Cleanse your crystals before and after use — moonlight, sound, or a brief smoke cleanse all work beautifully.

➤ **Closing Affirmation — Cut Out & Keep**

Read aloud at the close of your practice, hand on heart, feet on the floor.

*"I build from what is true in me.
I honor the fullness of who I am.
I am allowed to take up space.
I am allowed to be seen.
This is where it begins."*