

Sea Ceremony Guide

BOUNDLESS
WAVE

Step 1

CREATE THE OBSERVER

In order to "Let Go" we need to know what to Let go of. By relaxing the mind and bringing attention to our thoughts and beliefs we create an OBSERVER. Who objectively brings the negativity to our awareness. What is revealed can be healed!

Step 2

BURN AWAY THE BELIEFS

Acknowledge the beliefs, thank them for their service and release. Out loud or in your mind. Then find a special place in nature and literally burn or bury your negative thoughts/beliefs. The physical action of destroying the beliefs penetrates the psyche.

Step 3

BRING IN THE NEW

Celebrate! Do a dance, shout or shake. Set yourself free! Then take some time to quietly write down the new thoughts/beliefs you desire. Put them in a sacred place and remind yourself daily!



Freedom!!!!

photo by Naomi Olson

An Ongoing Task!

This Sea Ceremony is one that I do throughout my life. It can be fun to do on the New Moon to enhance the energy. I encourage you to try this as often as you can and especially if you feel overwhelmed by negativity or wish to change something in your life.

Having a writing utensil and something to write on is essential to capture the thoughts and replace with new ones. A lighter or matches and a safe place to burn. Tearing the paper or burying it also works well. Relax and have fun with this! The most important part is settling the body and mind to develop the observer!

Thoughts tend to be continuously cycling through, where as, the Beliefs tend to be by-products of thoughts that are buried much deeper in our mind. As we let go and shift our thoughts we shift the beliefs and vice versa! Let us know how it goes...