



# Fall Intentions Ritual

Fall is a beautiful time to release any old energy and set intentions for the year to come. You can do this in so many ways, but here is a simple ritual to get the manifestation wheels turning.

## Ingredients:

- Pen and paper
- Candle and matches
- Markers, crayons
- Magazines for clipping
- Paste or tape
- Good music

In a quiet safe space, light your candle. You may wish to say a prayer of thanks and request for guidance or simply sit and meditate. When you are ready, write down 12 or more things you are thankful for from this year (great experiences or changes in your life, good fortunes, good people, etc.) On the back or a separate paper, write down 12 or more things you'd like to let go of from this year (bad habits, stuck energy, roadblocks, and heaviness.) When you feel complete with your lists, burn the papers. Say thank you, and let them go.

Turn on your good music. Pull out a fresh sheet of paper and write, draw, or collage 12 or more things you would like to manifest or intentions you'd like to set in the coming year. (What do you love? What are you drawn to? What would you like in your reality? Let your heart guide this as much as possible. You don't have to know the how or stay in the practical. This is dream space. Don't limit it if you can.) When you feel complete, put your intention paper/drawing/collage somewhere you can see it throughout the coming year. Say thank you, and blow out your candle.

Throughout the year, consult your list/drawing/collage. (This is called a Love List, by the way, and it works for getting clear on manifesting anything.) Notice what starts showing up in your world 😊.

Want more guidance on manifesting your dreams? Need some support on letting go of the roadblocks? Let's talk.

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