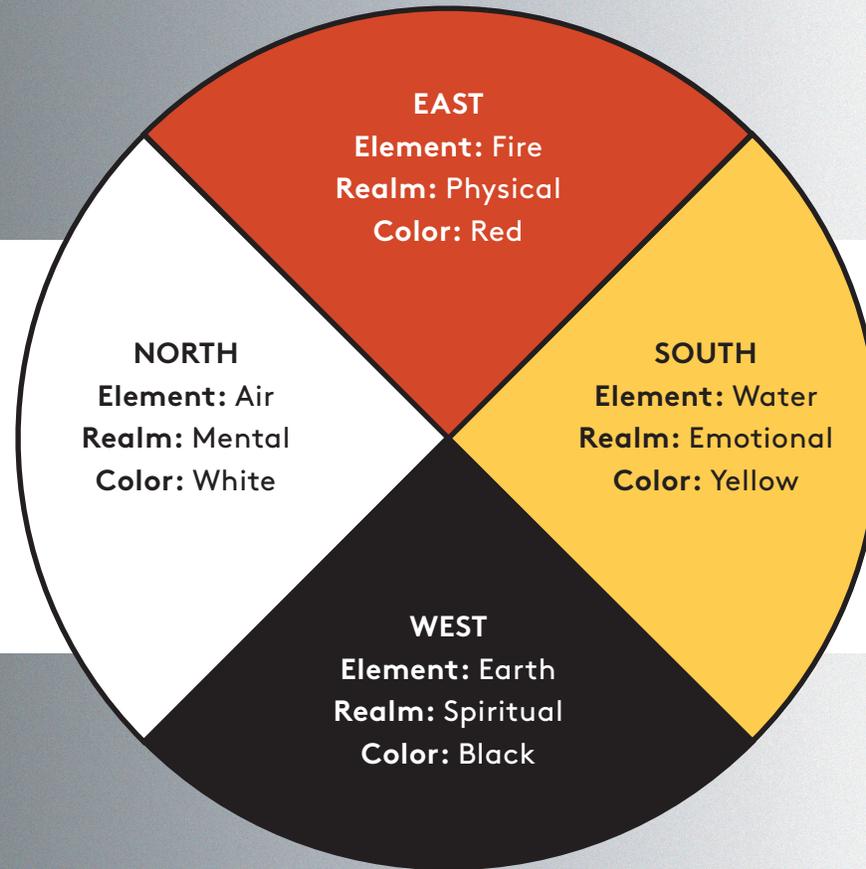


Build an altar to transmute grief and invite life's new seeds



This is an invitation to mark this chapter, this new beginning, this transition. One way to make space for what is to come is to speak and release the grief of what has ended or been lost. One way to release the past, the ending, is to affirm and envision what is to come: the seeds for tomorrow.

Here are some prompts to help you create an intentional space to release and plant those seeds. Find a place that feels sacred →

or resonant where you can rest your objects as you follow these prompts. Journal about what emotions, stories, and realizations come up for you. Once you feel complete with this reflective process, thank the elements and directions, and put your objects away with care. If you'd like, safely bury or burn anything that is organic matter. If you want to share an image of your altar we welcome you to tag us @Ritualofmythmaking (IG).

Created by
Toj + Tijax: The Ritual of Myth Making

Congratulations! Please note, your diploma will be mailed to you.

East & West:

What needs to be released today?

+ Gather objects, images, and text that relate to fire/earth and/or East/West.

What grieving needs to take place right now?

+ You can use this guide or your own cultural traditions for the elements/directions.

+ Fire transmutes and changes energy.

+ Earth composts and grounds energy.

North & South:

What seeds do you want to sow this year?

+ Gather objects, images, and text that relate to air/water and/or North/South.

What do you want to create for your future?

+ You can use this guide or your own cultural traditions for the elements/directions.

+ Air carries our affirmations and prayers.

+ Water nourishes our healing and soil.