



# *Skin Shedding Ritual*



This is a ritual designed to help you release any old thoughts, feelings or energies that are no longer serving you. You can do this during the new moon, at the start of the year or anytime you need help letting go. I find practices that mimic nature to be the most powerful for me. This process mimics the snakes natural shedding process, symbolic of life's cyclical nature of death and rebirth. Below I have outlined the steps that I have found most helpful but adjust and play to create a ritual that feels most beneficial to you.

## **1. Fasting**

To prepare for this ritual I recommend at least a few hours of fasting. Snakes often eat less or not at all as they prepare to shed their skin. This allows you to begin the process of emptying both the body and soul of old energy. I find the best time to do this ritual is in the dark, right before you go to sleep.

## **2. Releasing Old Energy**

My favorite way to spend the time leading up to the actual ritual is dance and movement. Put on some music that makes you want to move your body in a rhythmic motion. I like to imagine that I'm stirring up everything I want to let go of and bringing it to the surface. One of my favorite songs to listen to is "Open" by Rhye. This helps move what you want to let go of to the surface, up to your "skin." You could also spend this time in meditation, journaling or exercising. Visualize and journal about all of the things you want to let go of. Using tarot cards or oracle decks can also help you connect with your intuition and tap into what it is that needs to be released. One of my favorite oracle decks for this is The Water Oracle by Rebecca Campbell. Snakes are solitary creatures and I find it is important to spend this time in solitude.

## **3. Prepare Your Ritual Space**

One of the most powerful natural elements for cleansing, release and rebirth is water. Having a bathtub for this is extremely beneficial, but even a wet towel to cleanse yourself with works. Keep the room extremely dark, either complete darkness with just moonlight or light a few candles. The goal is to closely mimic the womb space. Warmth and humidity are also very important to snakes when they are shedding their skin. If the environment is not humid enough, they can actually suffer from retained shed which can be dangerous for the snake. Placing a snake with retained shed in water allows the skin to be released.

#### 4. Anointing Your Sacral Chakra

The sacral chakra (lower abdomen to navel) is associated with the water element which represents flow, aliveness, and fluidity. This is the energy center of the body that deals with letting go, death, birth and rebirth. This is the chakra we manifest and are reborn from. I prefer to anoint my sacral area with essential oils that aid with death. Rubbing oils on your lower abdomen and your back above the tailbone helps break up stored energy. Keep these oils simple, only using one or two so you are easily able to cleanse them from your senses. Frankincense and Myrrh are both harmonious oils that have been used during death ceremonies throughout history.

#### 5. Prepare the Womb Water

Once your bath is full anoint the water with essential oils that aid in rebirth. This involves placing 5-6 drops of essential oil directly into the bath water. (Always add essential oils to a carrier oil before placing in the bath water.) The water and energy of the oils will then receive you, cleanse you and aid your rebirth. Some of my favorite essential oils for rebirth are uplifting like sweet orange, ylang-ylang, sandalwood, and rose.

#### 6. Enter the Water and Release

Fully submerge yourself in the water. Snakes often go for a swim to help them shed their skin too. Spend as long or as little amount of time here. Laugh, cry, feel any emotional energy that is being moved through your body. What is important is you fully visualize the water cleansing all of the old "skin" that you have stirred up and prepared to let go of. For extra sensory reinforcement you could use a body scrub to literally scrub away old skin. Snakes often rub up against surfaces to start their shedding process. As I imagine letting go of old energy in my body, I like to visualize that space is being filled back up with warm, peaceful, compassionate love.

#### 7. Be Kind and Gentle with yourself

The process of birth is a shocking and jarring event to the system. Babies often sleep frequently to recover from birth. I recommend going to sleep after the ritual. Carry love and your new intentions with you in your heart and return to them frequently.

*Sending Love,*

*Melissa The Earthly Mystic*



