



Rewilding the Writer's Soul #3

The Gentle Reframing: Sacred HomeMaking

🌿 Sacred Homemaking: A Rewilding Ritual

🕯️ You'll Need:

A candle or bell (whichever you prefer)

One home task you've been avoiding

A few uninterrupted moments

Something to write with and write on

✨ The Ritual:

Light your candle or ring your bell.

Let this be the moment where sacredness begins—not when the task is done, but when your intention enters the room.

Speak this aloud (or write it down):

"This task is an offering to my becoming. May it hold and heal me as I heal this space."

Begin the task gently.

Move slowly. Breathe with it. Let it be an act of devotion, not demand.

Once the task is complete, sit for a moment and write:

"When I care for my space, I care for the Self I'm becoming."

Blow out the candle (or chime the bell again) as a seal of closure and gratitude.

