



Rewilding the Writer's Soul #6

Window & Well

Purpose: A recalibration ceremony for times when you are feeling small or feel like hiding

You'll Need:

A small candle (or tealight)

A small bowl of water

A notebook or ledger

Steps:

The Window (Witness)

Stand near an open window.

Light a candle. Breathe in fresh air.

Place your hand on your chest and whisper:

"I am not small. I am sacred."

Look out the window—not to the future, but to the now.

Let yourself be seen by the world outside, even if only for a moment.

The Well (Feeling)

Take a bowl of water.

Speak your shame into it—quietly, or just with your breath.

Then pour the water into the earth (or down the drain with intention).

Say:

"You do not own me anymore. I choose softness. I choose me."

