

# RITUALS FOR THE SOUL

## RELEASE, PROTECTION & WHOLENESS

Claudia Secoban

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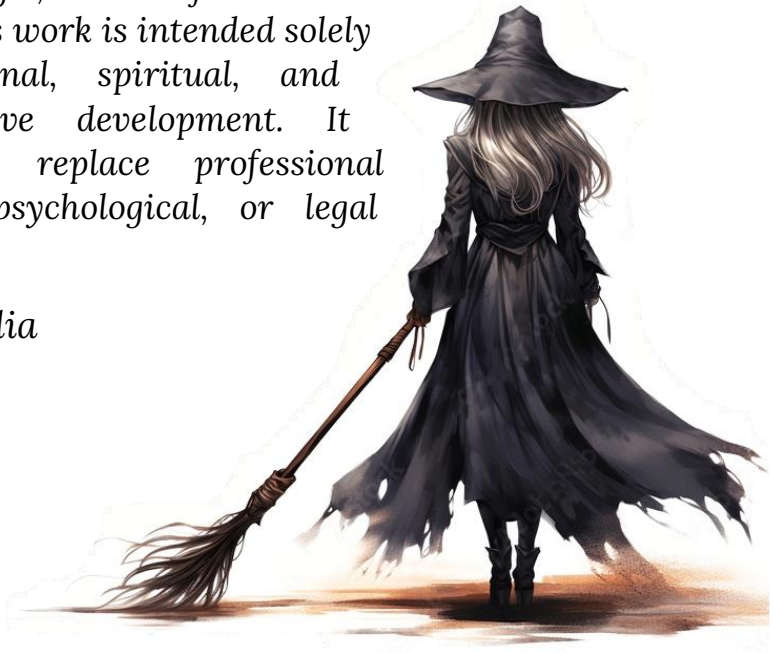
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# RITUALS FOR THE SOUL: RELEASE, PROTECTION & WHOLENESS

*A guidebook for the woman who wants to cleanse, protect, and rebuild her inner energy, with gentleness, clarity, and sacred intention.*

*I dedicate this book to all the women who, at some point, felt lost - and who, with tenderness, courage, and a little magic, chose to find themselves again. This work is intended solely for personal, spiritual, and introspective development. It does not replace professional medical, psychological, or legal advice.*

*Claudia*



# ACKNOWLEDGMENTS

My deepest thanks to all the women who have been guides, mirrors, and sources of inspiration throughout the creation of this book. To every client who trusted me in our sessions. To every friend who encouraged me when doubt crept in. And above all, to that inner voice that kept guiding me, even when I felt completely directionless.

This book is for you. It's about you. And it was written with you in my heart.

With softness and sacred fire,

Claudia Secoban

# INTRODUCTION

This is not just another book of magic. It's not a collection of spells or incantations; it's a work of soul alchemy.

The rituals inside weren't pulled from dusty books or impersonal traditions. They come from life. From painful questions, from honest seeking, from working directly with women who had lost themselves and found their way back.

What makes this book different? Its tone. Gentle, yet steady.

Deep, yet accessible. You won't find quick promises or power formulas here, but rather invitations, toward clarity, remembrance, and reconnection.

This is a book for the woman who wants to feel the quiet sovereignty of her own energy, to release with intention, return to herself with tenderness, and manifest from a place of inner integrity.



Since childhood, I've felt a special sensitivity to the unseen world. Subtle perceptions, vivid dreams, and the sense of "feeling" things beyond words have always been part of me. It wasn't always easy. But those gifts led me to the work I do today. For years, I've guided women through Akashic Record readings, deep soul explorations of the past and the energies shaping the present.

Over time, I came to understand that real answers don't always come from the mind, but from a more subtle space. That's when I began creating rituals, some intuitively channeled, others born from the journeys I've shared with my clients. Each of them opened a doorway to personal power.

Of course, I've been asked whether what I do is "magic" or "witchcraft". And my answer is: yes, but not in the feared or distorted sense of the word. There are many forms of magic: white, gray, black. This book speaks only of conscious, white magic.

You won't find rituals here that aim to bind or control. There are no spells to force someone to stay or

to manipulate reality. Everything written in these pages holds one single intention: release, clarity, protection, and reconnection.

This book was written by a woman who has fallen, risen, loved, been hurt, forgiven, and rebuilt herself. A modern witch who has worked with hundreds of souls, not from theory, but from lived experience.

It's a book about coming home to yourself.

Inside, you'll find step-by-step rituals, clear, grounded, and rooted in intention. They're designed to support you through key moments in life: when you feel like you can't go on, when you need to protect your energy, when you're ready to close a wound or call something new into your life.

You'll also find affirmations, prayers, ritual letters, and energetic cord-cutting formulas. Some will help you release; others will help you reclaim your strength. And some may bring tears, especially where your soul has been quietly waiting to be seen.

Use this book as your intimate altar, something you can return to whenever you need.

Not for perfect answers, but for remembrance.

Remembrance that no matter how far you've drifted, you can gather yourself again. That you are not lost.

That within you lives a whole woman, with a voice, with power, with clarity.

This book doesn't teach you how to become someone else. It helps you remember who you are.



# BEFORE YOU BEGIN...

Each ritual in this book is an invitation into sacred space, both around you and within you. That's why, before starting the first chapter, I encourage you to create your own sacred circle: an energetic space of safety, protection, and clear intention. You don't need elaborate ceremonies. What matters most is your intention.

## HOW TO CREATE IT? SIMPLY:

Choose a quiet space. It can be a room, a special corner, or a spot in nature.

Light a candle and, either silently or out loud, say:  
*„I now create my sacred and protective circle. Here, energy flows with love, clarity, and protection. I call upon the elements of nature for support: to the South – Fire, to the West – Water, to the North – Earth, to the East – Air.”*  
You can visualize a circle of light surrounding you, like a glowing halo gently enveloping your space.

## CALLING IN SUBTLE SUPPORT:

You may invite beings of light that you feel connected to, goddesses, archangels, ancestors, spirit animals, or guides. There are no strict rules, call upon whatever feels right and supportive in that moment.

For example: *„I invite the energy of Brigid / Archangel Michael / the goddess Hecate / my ancestor... for protection and clarity during this ritual.“*

## CLOSING THE CIRCLE:

At the end of your ritual, don't forget to thank the presences you've called in and release the energy with care.

You may say: *„Thank you to all who supported me. I now open the circle and allow the energy to return to Source in harmony.“*

Blowing out the candle can serve as a symbolic gesture to close the sacred space.

# CHAPTER 1

## RITUALS FOR CUTTING ENERGETIC CORDS



This section is devoted to releasing the ties that keep us stuck in the past. Whether it's about past relationships, people who still haunt our thoughts, or recurring karmic connections, these rituals are designed to help you close, cut, and return to yourself.

Energetic cord cutting is not about hatred or rejection, it's about reclaiming your inner space, creating healthy boundaries, and returning to your own sense of freedom.

# CUTTING ENERGETIC CORDS WITH A FORMER PARTNER



When the relationship has ended physically but still lingers in your thoughts, dreams, or emotional pain, this ritual helps you close the energetic door and call back the parts of yourself you may have lost along the way.

🔥 You will need:

- One white or black candle
- A pair of scissors
- Two thin strings (one representing you, one representing your former partner)
- Paper and pen

🔥 How to do it:

1. Light the candle and sit in a quiet, undisturbed space.
2. On the paper, write: *„I release [name] from my energetic field. I choose to reclaim my energy and close this cycle.“*

3. Tie the two strings together in a knot. Hold them in your fingers for a few moments and say out loud: *„Thank you for what we shared. I now release you, with gratitude and freedom.“*
4. Cut the knot between the strings with the scissors.
5. Burn the paper (or tear it into small pieces) and dispose of it in running water or bury it in the earth.

🔥 After the ritual:

Take a salt bath, or hold a protective crystal (like obsidian or black tourmaline). Say: *„I release what no longer belongs to me. I am free.“*

