

Ritual: Creating the Container

A ritual creates structure when emotions feel chaotic. This is your Safety Ritual—use it before every shadow work session.

The Container Ritual

1. **Light a candle.** This signals to your nervous system that sacred, boundaried time has begun.
2. **Place your feet flat on the floor.** Feel the ground beneath you. You are held by the earth.
3. **Place one hand on your heart, one on your belly.**
Say aloud:
“I am safe in this moment. I can stop at any time. I am the expert on my own experience.”
4. **Take three slow breaths.** Inhale for 4, hold for 4, exhale for 6.
5. **Begin your work.** When finished, blow out the candle to close the container.

Date of First Container:
