









Unit 3: Ritual of Release

 Components	<div>Activity Instructions</div> <div>Video</div>
 Duration	15 min
 Notes	Includes Stoplight Check-In, physical release ritual (fire/burial/shredding/sealed envelope), reflection upload
 SOU Evidence	
 Section	Module 1
 Status	Not Started
 Subsection	Grief Work

Overview

Duration: 15 minutes

Components: Video, Activity Instructions

This unit provides a physical ritual to mark the release of the old self and create a threshold moment for transformation.

Learning Objectives

- Create a physical act of release for the old identity
- Mark the transition from grief to possibility
- Generate evidence of transformation for SOU documentation

Stoplight Check-In

 **Green** - I feel calm, grounded, ready

 **Yellow** - I feel some activation, but manageable

 **Red** - I feel overwhelmed, unsafe, or shut down

If you're in red, you can modify this ritual or do it when you're ready.

Video Content

The Power of Ritual

- Why physical acts matter for psychological transformation
 - Examples of release rituals across cultures
 - How to choose the ritual that feels right for you
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Activity: Ritual of Release

Choose one of the following physical rituals to release your old self:

Option 1: Fire Ritual

- Print or write your "Letter to Old Self" on paper
- Safely burn it (fire pit, candle, fireplace)
- As it burns, say: "I release you with gratitude and grief"
- Take a photo of the ashes (for your records)

Option 2: Burial Ritual

- Write your letter or shame scripts on biodegradable paper
- Bury it in the earth
- Plant something on top (seed, flower, herb)
- Take a photo of what you planted

Option 3: Shredding Ritual

- Print your letter or shame scripts
- Shred the paper by hand (not a machine—use your hands)
- Dispose of the pieces in separate trash bins

- Take a photo of the shredded pieces

Option 4: Sealed Envelope Ritual

- Write your letter and seal it in an envelope
 - Write "DO NOT OPEN" on the front
 - Store it somewhere you won't see it daily
 - Set a calendar reminder for 1 year from now to read it
 - Take a photo of the sealed envelope
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Reflection Prompt

After completing your ritual:

Write 3-5 sentences:

- Which ritual did you choose and why?
 - What did it feel like in your body?
 - What changed after the ritual?
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Submission

Upload:

1. Photo of your ritual (ashes, plant, shredded paper, or sealed envelope)
2. Your 3-5 sentence reflection

Note: These submissions create timestamped evidence of program participation for USPTO Statement of Use filing.