

Creating an Ideal Set & Setting Before Ceremony

1. Pre-Ritual Preparation (Day Before or Morning Of)

Cleanse & Prepare the Space

- **Tidy the area** where the ceremony will take place — remove clutter.
- Use **natural light**, candles, or soft lamps.
- Lay out **comfortable items**: blankets, pillows, mat, water, tissues, etc.

Prepare Your Body

- Eat lightly or follow any recommended fasting guidelines.
- Hydrate well.
- Avoid alcohol, cannabis, or social media for 12–24 hours prior.

2. Opening Ritual (1–2 Hours Before Ceremony)

Step 1: Energetic Cleansing of Space

- Burn **sage, palo santo, cedar, or incense** to clear energy.
- As you smudge the room (or yourself), say aloud or silently:

“I release what does not serve. I invite clarity, peace, and protection.”

Step 2: Grounding Breathwork or Movement

- Do 5–15 minutes of one of the following:
 - **Deep belly breathing**
 - **Box breathing** (4–4–4–4)
 - **Slow yoga** or shaking/dancing to release nerves
 - **Walking barefoot** in nature or around the space

Step 3: Set Your Inner “Set” (Mindset)

- Light a candle or sit quietly.
- Reflect on your emotional, mental, and spiritual state.
- Journal or speak your intention aloud:
Example: *“I enter this space in humility and trust. I open myself to what I need to see, hear, feel, or heal.”*
- Optional: Hold a **stone, token, or object** to symbolize your intention.

3. Create the Outer “Setting” (Environment)

Sound

- Prepare a playlist (meditative, tribal, ambient, or curated for the medicine).
- Alternatively, embrace **silence** or **natural sounds**.

Light & Scents

- Light candles, dim lamps, or use natural light.
- Add sacred scents: essential oils, incense, resins (frankincense, myrrh).

Sacred Items (Altar or Centerpiece)

- Create a small **altar** with:
 - Crystals, feathers, water, or plant elements
 - Personal or ancestral items
 - A small offering (flowers, cacao, food)
- Optional: Say a blessing or offer gratitude to the land, ancestors, guides, or Source.

4. Invocation / Prayer (Just Before Ceremony Begins)

Stand, sit, or kneel.

Speak aloud a prayer or invocation to open the space. Example:

"Sacred medicine, I welcome you.

Guide me with clarity and compassion.

I release control and receive with trust.

May only love, truth, and healing enter this space.

I honor all who have come before and all who will follow."

Take a few deep breaths in silence.

You may end this with the ringing of a **bell**, **chime**, or **clap** to mark the transition into ceremony space.

Optional: Spiritual Protections

- Draw a **boundary circle** mentally or with objects.
- Call in specific guides, deities, ancestors, or archetypes you trust.
- Say affirmations like:
 - *"I am safe."*
 - *"I am held in light."*
 - *"Only healing energies are welcome here."*

Closing Note

This ritual doesn't have to be rigid — it's about **intention, presence, and respect**.

Customize it with your own traditions, symbols, or practices.