

## *The Sacred Saltwater Ritual: Your Name, Your Power*

### Name Ritual in Saltwater: Cleansing and Renewal

This ritual is based on the principle that water and salt have purifying properties capable of absorbing negative energies and releasing blockages. It is often used to cut energetic ties with heavy situations, cleanse your energy, or attract fresh new energy into your life.

### *How to Perform this Ritual*

#### Prepare Your Sacred Space

Find a quiet moment where you won't be disturbed.

Place a white or blue candle nearby to symbolize purification.

Fill a bowl with clean water and add a handful of salt (preferably sea salt or Himalayan salt).

#### Write Your Name on Paper

Take a white sheet of paper and write your full name (or the name of the person to be cleansed).

You can also add an intention, such as:

- *"I release everything that prevents me from welcoming abundance."*
- *"I cut ties with negativity and welcome the light."*

#### Immerse the Paper in Saltwater

Gently place the paper into the water while saying your intention out loud.

Let it soak for a few hours or overnight. During this time, the water absorbs stagnant energy.

#### Dispose of the Water and Paper

The next day, pour the saltwater down the toilet or outside, visualizing it carrying away everything that needs to be cleansed.

You can burn or bury the paper to symbolize final transformation.

### *Ritual Variations*

To attract abundance: Add a drop of cinnamon essential oil or a pinch of basil.

To cut ties with a toxic person: Write their name along with yours and let the paper fully dissolve.

For protection: Perform the ritual under the full moon to amplify its power.

This ritual becomes even more powerful when accompanied by a prayer or a positive affirmation.

### *Prayer for the Name and Saltwater Ritual*

*(To be recited as you immerse the paper in the saltwater and visualize negative energy dissolving.)*

💧 *O benevolent Universe, forces of light and renewal,*

*Today, I place my name into this sacred water.*

*May the salt absorb my doubts, fears, and all that holds me back.*

✨ *I release stagnant energy,  
I cut ties with all that no longer aligns with my well-being.  
As the water purifies every part of my being,  
I am reborn, lighter, cleansed, and filled with light.*

🌿 *May this water carry away all invisible burdens,  
May the salt neutralize all negativity and open the path to abundance.  
I am ready to welcome peace, prosperity, and clarity.*

🙌 *Thank you, thank you, thank you.  
So be it.*

### ☀️ *Positive Affirmation to Reinforce the Ritual*

*(Say three times after placing the paper into the water.)*

- *“I release everything that holds me back and welcome the pure energy of the Universe.”*
- *“All that is no longer in alignment with me now dissolves.”*
- *“I am cleansed, protected, and open to new blessings.”*

All rights reserved © 2025 “Soif de Vie: The Key to Success”

