

VOWS

Blanks are for you to fill in as you wish. Use the back of this page if you need.

Do you have any vows you would like to use? What's important to you? What would you like the Priestess to guide you through? Is there any feeling you would like to ritualize? Use the back of this sheet.

PLEASE CHECK THE VOWS THAT APPLY

You may begin with a Quick Emotional Cleanse, - (AKA - Zippy Exorcism or "Divorce" from old selves)

List things you would like to release here: _____

I promise to:

	Forgive Myself
	Never deceive myself
	Release old images of myself that make me feel unattractive
	Accept that I can make serious mistakes and be downright human
	Never Cast A Curse on Myself (Even in those little moments when you call yourself "stupid" or "clumsy")
	Love Myself like I love those whom I most treasure
	Know My Genius and Do Things to Remind Myself of It
	Cherish My Strange Wonder
	Obey My Small Voice That Knows The Truth and What's Right
	Do the Right Thing so I can live with myself in peace
	Find Myself Gorgeous and Mysterious When I Need That Boost and Nobody is Around
	Kick my own ass when I need it and not expect others to do it for me
	Expect the best from myself - in spite of any old voices (parents/teachers/etc) who tell me different
	Understand my own signals for when I need help – and get the help I need
	I will fix imbalances instead of accepting blindly or flipping out
	Rethink my situation (<i>ex: values, jobs, and relationships</i>) when my identity is at stake
	I will release my pain on a regular basis through (<i>add word:</i> _____ <i>ex: writing, crying</i>)
	Evaluate what is important and embrace the outcome. Life is short.
	Accept that I am totally responsible for my own happiness.
	I will take steps on a <i>regular basis</i> to achieve harmony around me.
	Bring sweetness into my life even when it seems far-fetched.

After today, you may want to create wedding rituals on your own.

Some suggestions to keep the flame alive:

Gifts to yourself that remind you of your vows. Find a proper place to put them so they serve as reminders.

Something to wear every day is good – rings are the norm, but even a perfume can remind you of your vows.

Something to read – inspiring quote or something you have written.

A list of things to release and things to bring into your life. A thing to taste to heighten your sense to the moment.

A closing statement to solidify the ritual.