

## □ Final Soul Exit Ritual □

“Seal what has shifted. Carry what is true.”

### 1. Prepare the Space

Light a single candle. Sit comfortably with your back supported.  
Place the Soul Symbol (or chosen sigil) before you.

### 2. Breathe in Layers

Take 3 deep breaths:

- First for the shadows you've met
- Second for the truths you've seen
- Third for the choice to carry only what's yours

### 3. Whisper the Exit Word

Softly say the word: SOUL — not as a password, but as a name.  
A name for your own return.

### 4. Symbol Activation

Look at the Soul Symbol.  
Let your breath settle into a rhythm.  
Say:

“I seal this journey with breath,  
I carry no illusion.  
I walk forward with soul.”

### 5. Close Gently

Blow out the candle.  
Touch your chest with your palm.  
And, just for a moment, smile — even slightly — for the You that made it through.