

MINDFUL TRACE

MATRILINEAL CORD RELEASE

AN ANCESTRAL RITUAL OF
HONOR, RELEASE & RECLAMATION

*Release what was inherited.
Keep what is sacred.
End what no longer belongs.*

DIFFERENT
WOMEN.
SAME STRENGTH.
A BRIGHTER
TOMORROW.

HONOR
THE ROOTS.
BREAK
THE PATTERNS.
CREATE
A NEW LEGACY.

A RITUAL GUIDE

CONVERSATIONS FOR A MORE AWAKE LIFE
MINDFUL TRACE



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*I acknowledge
the women who
came before me.*

I honor their lives,
their struggles,
their strengths,
and their choices.

I am part of this lineage,
but I am not required
to carry everything
it has carried.

02 —*— THE INTENTION

Why This Ritual Matters

This ritual is an invitation to honor your maternal lineage while consciously choosing what you carry forward. It is a chance to pause, to recognize the strength and resilience of the women who came before you, and to release the patterns, wounds, and expectations that no longer serve you.

We can love and honor our ancestors without repeating every pattern. This ritual is not about rejection — it is about respect, awareness, and choice. It allows you to stand in gratitude for what you have received and to create a new path for yourself and for those who come after you.

HOW MANY GENERATIONS?

There is no required number. Choose the number of generations that feels meaningful to you. You may wish to work with one generation, three, seven, or more. Some people may want to honor the women they personally knew; others may feel called to reach farther back into their lineage.

Let the number speak to you.

For my own ritual, I chose seven candles to represent seven generations of women before me. Each candle became a marker in the lineage I was acknowledging — the lives, choices, wounds, strengths, and stories that traveled through those generations and eventually reached me.

You may choose differently. The number is not about rules; it is about what feels right for you. Allow this ritual to speak to your own story, your own lineage, and your own intention.

THE INTENTION

To honor the women who came before me.
To release what is no longer mine to carry.
To keep what is sacred.
To create a new legacy.
To live my own life with greater freedom,
awareness, and love.





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OPENING THE SPACE



Light your candles and take a few deep breaths. As you light each one, you may wish to speak a simple acknowledgment, such as:

"I honor the women who came before me. I acknowledge their lives, their struggles, their strengths, and their choices."

There is no right or wrong way to do this. Let your words be simple and feel authentic to you. Allow this to be a quiet, intentional beginning.



03 — ✨ CREATE YOUR SPACE

A sacred space helps you slow down, turn inward, and connect with the intention of this ritual. Make it feel meaningful and comfortable for you.



YOU'LL NEED



Candles

Use one candle for each generation you are honoring. (There is no required number. Choose what feels meaningful — one, three, seven, or more.)



Cord or ribbon

Natural fiber such as cotton, hemp, or twine.



A bowl of water

For reflection and release.



Your journal

For the written practice and reflections.



A meaningful object (optional)

A crystal, stone, photo, or other item that represents your lineage or intention.



A fire-safe surface or container

Use a heat-safe tray or dish for your candles and cord.

THE SYMBOLISM



CANDLES represent the women in your maternal lineage and the light of their lives, experiences, and wisdom. Each flame is a symbol of a generation and the connection that has carried through time.

THE CORD represents the patterns, wounds, expectations, and energies that have been passed down — what you are ready to release, transform, or no longer carry.

THE WATER is a powerful element for cleansing, emotional release, and returning what is not yours.



CANDLE

A generation, a life, a story.



CORD

The connection, the patterns, what you release.



WATER

Cleansing, returning, new beginnings.

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*Naming what
no longer belongs
creates space for
what is meant
for you.*"

Take time to reflect on the patterns, beliefs, expectations, and wounds that you no longer want to perpetuate in your lineage.

Write honestly. There are no right or wrong answers. This is for you. Be as specific or as general as you feel called to be. You can use the lists below for inspiration, or write your own.

Examples (use what resonates or write your own):

- ☾ Fear
 - ☾ Shame
 - ☾ Silence
 - ☾ Scarcity
 - ☾ People-pleasing
 - ☾ Obligation
 - ☾ Anger
 - ☾ Self-abandonment
 - ☾ Inherited expectations
 - ☾ Patterns of suffering
 - ☾ Unhealed grief
 - ☾ Toxic relationships
 - ☾ Limiting beliefs
 - ☾ Perfectionism
 - ☾ The need for approval
 - ☾ Cycles of addiction
 - ☾ Generational trauma
 - ☾ Roles that no longer fit
 - ☾ Old stories about who I am
 - ☾ Anything that separates me from my truth
- 

Examples (use what resonates or write your own):

- ☀ Peace
- ☀ My own voice
- ☀ Abundance
- ☀ Healthy boundaries
- ☀ Self-trust
- ☀ Joy
- ☀ Freedom
- ☀ Love
- ☀ A different story
- ☀ Emotional healing
- ☀ Wholeness
- ☀ Authentic relationships
- ☀ Self-compassion
- ☀ Clarity
- ☀ Creativity
- ☀ A life that feels aligned
- ☀ To break harmful cycles
- ☀ To honor my needs
- ☀ To live in truth
- ☀ To create a healthier lineage for those who come after me

- What patterns do I see repeating in my maternal lineage?
- What have I normalized that I no longer want to carry?
- What would my life feel like without these patterns?
- What do I want to heal for myself, and for those who come after me?
- What strengths do I want to keep?
- What new story do I want to create?

This image shows a single sheet of cream-colored paper with horizontal ruling lines. On the right edge, there is a vertical decorative border featuring stylized flowers and leaves in shades of brown, tan, and dark green. The flowers are arranged vertically along the edge, with some fully bloomed and others as buds. The leaves are elongated and pointed, interspersed among the flowers. The overall style is reminiscent of vintage stationery or notebook paper.



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*There is a power in allowing
what no longer belongs to burn away.*

In this step, you will create a physical representation of the connection to your maternal lineage and consciously release what is not yours to carry. You may use as many candles as you feel called to — one, three, seven, or more. Each candle can represent a generation, a woman, or the collective lineage.

STEP-BY-STEP

- 1 **Arrange your candles.**
Place the candles in a line or semicircle. Each candle can represent a generation in your maternal lineage.
- 2 **Tie the cord.**
Gently tie a length of natural cord or ribbon between the candles. You can tie it around the base of each candle or use a fire-safe method such as looping the cord around candle holders. Keep the setup stable and safe.
- 3 **Hold your intention.**
As you tie the cord, think about the connection, the patterns, and the energies you are ready to release.
- 4 **Speak the words.**
Say the release statement (below) or your own words.
- 5 **Light the candles.**
Light the candles and allow the flames to burn through the cord. Watch as the connection changes and the cord is released. You do not have to force it. You simply witness and allow.
- 6 **When the cord has released,**
take a deep breath and speak the closing words.

RELEASE STATEMENT



*"What belongs to the past
may remain in the past.
What is mine to keep,
I keep with gratitude.
What is not mine to carry,
I release.
I honor where I came from
without carrying what was never mine."*



THE CONNECTION
The cord represents the patterns and energies you are releasing.



THE TRANSFORMATION
As the candles burn, the cord begins to release. Watch and allow.



THE RELEASE
The connection changes. What is not yours to carry falls away.

CLOSING WORDS

*"It is released.
It is complete.
I am free to carry forward
what is sacred and
leave behind what was never mine."*

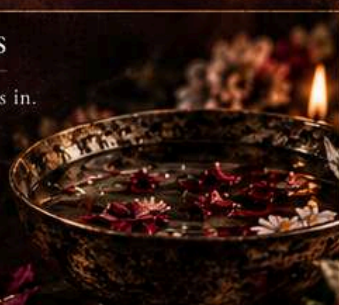


4. RETURN WHAT ISN'T YOURS

Place your hands over a bowl of water. Dip your fingers in.



*"I return what was never mine to carry.
I release the stories, fears, expectations,
and wounds that end with me."*



A NOTE ON SAFETY

Always use a fire-safe container or candle holders. Never leave burning candles unattended. Use natural fiber cord such as cotton, hemp, or twine, and keep the cord away from large flames.

The intention is what makes this ritual powerful. Adapt the setup as needed to keep it safe and comfortable for you.

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I belong to myself.
I belong to my own life.
I can love where
I came from
without becoming
what hurt me.

*The lineage
continues through me—
differently.*



06 —*— THE RECLAMATION

Integration

This is a time to come back to yourself. You have honored the women who came before you, released what is not yours to carry, and chosen what you will bring forward. Now, take a moment to reflect, integrate, and set your intention for the life you are creating.



WHAT WILL I CARRY FORWARD?



WHAT ENDS WITH ME?



WHAT DO I WANT TO CREATE
FOR THOSE WHO COME AFTER ME?



HONOR THE ROOTS.
BREAK THE PATTERNS.
CREATE A NEW LEGACY.



I am part of a long line of resilient, creative, brave, and powerful women. I release what was never mine to carry. I choose a different path. The lineage continues through me—differently.

