

InnerCoded™ Solar Return Ritual Companion

Another Sacred Year: A Guided Ritual for Your Solar Return

WELCOME TO YOUR SACRED NEW YEAR

This is more than just a birthday. It is your Solar Return—the moment the sun returns to the exact position it was in when you were born. A sacred reset. A new cycle. A divine invitation to pause, reflect, and rebirth with clarity, reverence, and cosmic alignment. At InnerCoded™, we honor the ancient and the modern. This ritual brings together spiritual tools, ancestral wisdom, and soul-centered reflection to mark your personal New Year with power and intention.

WHAT IS A SOLAR RETURN?

The Solar Return happens once each year, usually on or near your birthday. It signals the start of your new energetic cycle—a fresh 365-day period of expansion, healing, and purpose.

- It is your sacred mirror—inviting reflection on the past and clear vision for the future.
- It is your portal—a moment to choose yourself again.
- It is your rebirth—a chance to evolve with awareness and soul.

TOOLS YOU'LL NEED

Prepare your ritual space with love and intention. Here's what we suggest:

- 7 Chakra Candle Set – to balance your energetic field and illuminate your intentions
- Conscious Care Ritual Soap (choose one):
 - Sage + Palo Santo → for sacred protection
 - Sea Moss → for grounding and nourishment
 - Rest & Rejuvenation → for rest and divine reset
 - Sage → for emotional release and clarity
- Meditation for Beginners book → for grounding, centering, and breathwork guidance
- Journal + Pen
- Cup of Water or Herbal Tea
- A mirror (optional)
- Music that calms your spirit

SOLAR RETURN RITUAL

Step 1: Cleanse – Begin by cleansing your body and space. Use one of the Conscious Care Ritual Soaps in the shower or bath.

Step 2: Ground – Light your Chakra Candle. Breathe deeply for 3 minutes. Touch the earth, your heart, or a sacred object.

Step 3: Reflect – Open your journal and respond to prompts about the past year.

Step 4: Anoint & Affirm – Massage your favorite oil into your skin and speak affirmations.

Step 5: Envision & Declare – Envision yourself one year from now. Write your declaration.

Step 6: Seal It – Blow out the candle with gratitude. Toast your tea or water. Speak a blessing.

JOURNALING SPREAD

Reflect:

- What am I proud of from the last year?
- What did I learn from pain, joy, or transition?
- Who did I become?

Release:

- What habits or patterns am I ready to let go of?

Receive:

- What do I want to call in this year?
- What is the theme or word for my next chapter?

7-DAY INTEGRATION PLAN

Day 1: Light a chakra candle. Breathe. Write a gratitude list.

Day 2: Revisit your affirmations. Speak them with power.

Day 3: Drink herbal tea or water. Hydrate your intentions.

Day 4: Meditate using 'Meditation for Beginners.' Journal for 10 mins.

Day 5: Take a ritual bath with Sage or Sea Moss Soap.

Day 6: Re-read your declaration. Add to it.

Day 7: Write a letter to your future self.

INNERCODED™ RITUAL AFFIRMATIONS

Choose one each day or create your own:

- I walk in rhythm with my divine timeline.
- My life is a sacred offering.
- This year, I give myself permission to evolve.
- I call in divine connections, clarity, and joy.
- I trust the rebirth. I am ready.

FEATURED TOOLS & PRODUCTS

Enhance your ritual with these InnerCoded™ & Conscious Care Collection offerings:

- 7 Chakra Candle Set
- Meditation for Beginners book
- Ritual Soaps (Sage + Palo, Sea Moss, etc.)
- Decode Your Day™ 52-Card Ritual Deck (optional)
- www.ConsciousCareCollection.com

FINAL BLESSING

May this year be one of divine alignment, authentic growth, soul-deep joy, and sacred remembrance. You are not just aging—you are ascending.

— InnerCoded™