

Rite for Strengthening Yourself to Leave a Toxic Relationship

I've encountered several people struggling to recognise how toxic their relationship is, and caught in the abusive partner's manipulative twists. I've been there myself, and I know how hard it is to extricate yourself. Each person's situation is different, and some victims are more at risk of harm when they leave than others; no single solution can address every situation. But what every victim does need is to find their inner strength and rebuild their sense of self, so that they can make the best choices for their own circumstances. That's why I thought I'd create this rite—to help those who've hit rock bottom and need some help.

Obviously, then, this is not a magic spell to end your relationship. Getting out safely from a DV relationship needs careful management, and is beyond the compass of any spell. But you'll need every ounce of your inner strength to get through the transition period, and that's where this rite can help. Add to it wherever you wish, to personalise it for your particular circumstances.

Also, don't expect it to work on its own. Contact DV services and take their advice on how to proceed. Enlist a network of supportive friends and professionals who can listen to your angst and help you recognise and reject the thought patterns that your toxic partner is playing on. Plan your exit (or your ultimatum for their exit) so that you keep yourself as safe as you can. The rite will strengthen you, but it can't do the work for you.

Read through the whole ritual before beginning, including the means of dealing with the residual elements, so that you understand the symbolism of each segment.

Elements

purple cloth,
a small bowl of vinegar
a rock with sharp angles
an empty balloon
a half-burnt-down candle
a bowl of water big enough to put the rock in
a handful of salt crystals
an unused candle, to symbolise you

Preparation

Find a safe space and time to perform the rite—somewhere you feel comfortable and are confident you won't be interrupted. If you have any purple clothing, or even a purple scarf or brooch or tie, wear that. (Purple symbolises inner strength and emotional power.) Drape the purple cloth over the working space, and place the vinegar, rock, balloon and half-burnt candle on your non-dominant side of the altar. (That is, if you're right-handed, place them on the left; if left-handed, place them on the right.) Place the water, salt and unused candle on your dominant side of the altar. Light the burnt candle and lay the matches aside.

Invocation

I call upon the earth to support me,
the air to hear my words,

the water to absorb my tears,
and the fire to strengthen my inner flame.

[Here you may also name any deities or guides you want to help you.]

I want to end my vulnerability to *[toxic partner's name]*
and I open myself to the universe's power
to see and break free.

Approach

I come to this altar, clothed in purple,
acknowledging my inner strength.

I am worthy of love,
I am worthy of peace,
I am worthy of more than this.

This vinegar is the bitterness of my relationship;
this rock, its hard times;
this empty balloon, my drained soul;
and this candle, the fire which has burned me.
I am worthy of more than these.

Powers of the universe *[or your deities]*,
Help me see and break free.

Transition

[Take the salt and pour it into the vinegar.]
As cleansing salt pervades the vinegar,
may my life be cleansed of its bitterness.

[Take the rock and place it in the bowl of water.]
As water wears away rocks,
may my life have its sharp edges smoothed.

[Take the burnt-down candle and light the pristine candle from it.]
As fire both destroys and renews,
may the fire that has burned me
now become my motivation.

[Blow up the balloon and fasten it in a way that allows you to undo it afterwards. Entwining the neck around a paperclip is an easy option.]
As I put my life's breath into this balloon,
may my soul be inspired by the breath I find within me.

Earth, teach me your constancy;
Fire, teach me your intensity;
Water, teach me your versatility;
Air, teach me your freedom;
help me see and break free.

Going Forward

Powers of the universe [*or your deities*],
guide me in the path to take,
strengthen me to take it,
and show me how to keep myself safe.

I am worthy of more,
My power is the key,
I am stronger than before,
I will see and break free.
I will see and break free.

Directing the elemental energies

Allow the half-burnt candle to gutter and die. It symbolises the dead relationship, and may be disposed of in the garbage.

Place the rock back where you found it (or in a crossroads intersection, where it will be buffeted by multiple energies and worn down) and pour the water over it, covering it in erosion energy.

Take the salted vinegar and pour it over something belonging to, or identified with, your toxic partner—the toe of a shoe, somewhere s/he walks frequently...whatever seems do-able (but not destructive; this rite is for building you up, not tearing them down).

Snuff out the pristine candle—the one symbolising you—and stand it in a well-ventilated position where the energy can flow freely around it. You may, if you wish, light it when repeating the power statements (see below) or any time you want to honour your inner strength.

Carefully untie the balloon, holding the air in it. Put your mouth on the opening and allow the air to flow back into your mouth and out through your nose; it is *your* breath, and your inspiration, flowing into and out from you. Then cut the balloon in a spiral, to give you one long strand approximately 10-15mm wide. Write on the balloon the most powerful statements from the rite, and tie the strip somewhere meaningful for you but which your partner won't question—braided around your wrist, in your car, around a post outside your house, at a supportive friend's place, or anywhere that works for you.

Repeat the statements to yourself each day, and repeat the whole rite whenever you feel the need to refresh its impact.

Blessings to you, and may the universe give you all the strength you need.
Clare