The BeachHOUSE Goa

LEAVE IT ON THE PATH

Ritual Sheet

We carry more than we realise —unspoken worries, looping thoughts, quiet disappointments, old stories.

Some days, the body walks forward...but the heart is still stuck in yesterday.

This ritual is an invitation to release as you move, to let each step soften what you no longer want to hold.
Because you deserve to feel lighter.

Step 1

Name What You're Letting Go

Before your walk, pause. Place a hand on your heart.
Write down the weight you're ready to set down today:

What drained me this week?

What thought keeps tightening my chest?

Which expectation no longer feels kind to me?

What can I forgive myself for — just a little?

Write just one word. Or write a paragraph. There is no wrong way to honour what hurts.

Step 2

Walk With Intention

Begin your silent walk. Slow, steady steps.

As you move, gently repeat to yourself:

"With every step, I release what no longer supports my peace."

Notice the rhythm of your breath.
Notice how the ground holds you, no matter how heavy you arrive.
Feel the weight begin to shift.

Step 3

A Symbolic Goodbye

When your walk feels complete, pause somewhere you feel safe —by a tree, near the sea, beside a patch of sunlight.

Take your note and:

- ☐ Tear it into small pieces — letting each piece represent release
- ☐ Or fold it and place it under a stone — grounded and gone
- ☐ Or burn it safely — watching the burden transform into air

As you release, breathe deeply and whisper:

"Thank you for what you taught me. I am choosing peace now."

Let your shoulders drop. Let your heart expand.

Feel the space you just created.

A Gentle Reflection

When your walk feels complete, pause somewhere you feel safe —by a tree, near the sea, beside a patch of sunlight.

Ask yourself:

- **What feels lighter in my body now?**
- **What feels possible again?**

Write one line to close:

"Today, I walked away from .....

.....

And I walked closer to myself."

Fold this page and keep it —as a quiet reminder that healing doesn't require grand gestures...
Sometimes, it just requires one soft step forward.

Your Next Step

If you're craving deeper emotional release —beyond the noise, beyond old stories —the **Transformational Meditation Retreat** at The Beach House Goa offers a sanctuary to heal your nervous system and nourish your spirit.

Through mindful movement, silent walks by the sea, guided meditation, and therapeutic care...

you'll discover not just how to cope with life — but how to feel fully alive in it again.

→ Come home to your calm. Step into your healing.

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