

ACTIVATION: RELEASING EMOTIONAL DEPENDENCE

SIGIL INSTRUCTIONS

Purpose

This sigil supports the release of emotional dependence from the heart space and helps restore a healthy sense of self-identity rooted in divine love. It clears energetic patterns of seeking validation from others and opens the way for inner stability, self-worth, and sacred sovereignty.

How to Use the Sigil

1. Placement

Place the sigil under your bed for 3 days and 3 nights. During this time, it works through your subconscious and energy body to clear attachments, soften emotional cords, and bring the heart into balance and wholeness.

2. Release Ritual

After 3 days, remove the sigil from under your bed. Offer a gratitude prayer to the heart of love, honoring the healing you've received.