

2025 CLOSING CEREMONY



A Spacious End-of-Year Ritual

This is not about fixing yourself.

It's about finishing the year whole.

WELCOME

Welcome beautiful,

If 2025 felt challenging, if it stretched you emotionally, energetically, or in ways you didn't expect — this ritual is for you.

This workbook is designed to gently support you in closing the year fully, so you don't carry unfinished emotional weight into the next chapter. It's inspired by the live 2025 Closing Ceremony and created so you can complete the process in your own time, in your own way.

There is nothing to push, solve, or improve here. Just space to release, integrate, and rest.



HOW TO USE THIS RITUAL

You don't need to do this all at once.

You may choose to:

- Complete it in one quiet sitting
- Spread it across several days
- Return to certain sections more than once

Let your body lead.

Before you begin, consider setting the scene:

- A quiet space
- Your favourite candle
- Your favourite beverage
- Gentle music or silence

When you're ready, take a deep breath.



PART ONE: NAMING THE YEAR

2025 had a tone. A texture. A weight.
Before we release it, we honour it.

Reflect:

- If you had to describe 2025 in one word or phrase, what would it be?

PART TWO: WHAT WAS CHALLENGING

This year may have asked more of you than you expected.

This is not about reliving pain, it's about acknowledging truth.

Journal gently:

- *What felt heavy, testing, or emotionally demanding this year?*
- *Where did you feel stretched beyond what felt comfortable?*
- *What are you tired of carrying?*

Allow honesty here. No fixing required.





PART THREE: WHAT ENDED (OR IS ENDING)

Some things don't come with neat endings. They dissolve. They fall away. They quietly complete.

Reflect:

- *What chapters, roles, relationships, beliefs, or versions of yourself reached completion this year?*
- *What are you ready to leave here — without resentment, without drama?*

Completion is a form of self-respect.

PART FOUR: THE WISDOM YOU KEEP

Nothing here was wasted.
Even the challenging parts refined you.

Journal:

- *What did 2025 teach you about yourself?*
- *What strength, clarity, or self-trust emerged?*
- *What wisdom feels integrated now?*

This stays with you.



PART FIVE: THE RELEASE RITUAL

This is the heart of the ceremony.
Take a moment to ground yourself. Place a hand on your heart. Breathe.

Name what you are releasing:

- Energetic heaviness
- Old expectations
- Emotional residue
- Stories you're done repeating

You may choose to:

- Write it down and burn the page
- Say it out loud
- Visualise it leaving your body

Say quietly (or out loud):

"I release what is complete. I am finished carrying this. I choose spaciousness."

Pause and feel it being released.

PART SIX: CALLING IN SPACIOUSNESS

You are not filling the space with goals. You are filling it with how you want to feel.

Reflect:

- *How do you want to feel as this year closes?*
- *What would softness, lightness, or ease feel like in your body?*

Let that feeling land.

PART SEVEN: PERMISSION TO REST

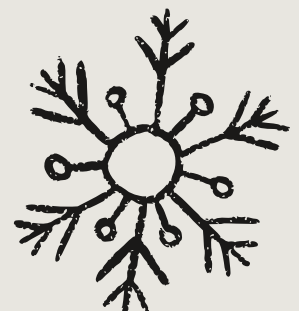
This is your reminder:

You do not need to process anymore this year. You do not need to be productive with your healing.

Complete this sentence:

As I close 2025, I give myself permission to...

(Rest. Enjoy. Disconnect. Be held. Celebrate. Do nothing.)



CLOSING THE RITUAL

When you're ready, gently close this ritual.
Blow out your candle. Take one final breath. Place your hand on your heart.

Say:

This year is complete. I am allowed to enjoy what comes next.

Carry this softness with you into your holidays, your time with loved ones, or your quiet moments alone.

You are not behind. You are not alone.

You are complete.

Wishing you all a happy and peaceful holiday.

With love, Bianca



Merry
Christmas