



Decadynce Candles

— WELLNESS COLLECTION —

# JUNE

## Ritual Journal



A MONTH OF  
INTENTION, ATMOSPHERE  
& REFLECTION



BE PRESENT.  
LIVE INTENTIONALLY.  
COME HOME TO YOURSELF.

*Curated by Tiffany Edmond*

Founder, House of Decadynce | Edmond Elite



WEEK 2 | JUNE 8 - JUNE 14 | RITUAL OF THE WEEK: TRUST

— HOUSE OF DECADYNCE —  
SCENT. RITUAL. ATMOSPHERE.



WEEK 2: JUNE 8 - JUNE 14

## RITUAL OF THE WEEK: TRUST

*Release control. Rest your spirit. Trust the unfolding.*

# TRUST

This week is about releasing the pressure to control every outcome and allowing your spirit to rest in what is already being guided, prepared, and revealed in time.

Trust is not pretending uncertainty does not exist. It is the intentional practice of remaining grounded when the details are still unfolding. It is choosing peace before proof, prayer before panic, and alignment before urgency.

Sometimes the most powerful thing you can do is pause long enough to ask: What am I being invited to trust this week?

## CANDLE PAIRING

This week's ritual features our Ground Wellness Candle - an intentional blend of sandalwood, cedar, and vetiver designed to create an atmosphere that feels steady, calm, rooted, and spiritually centered.

- Dual-wick wellness experience
- Soft ambient warmth
- Designed for trust, surrender, grounding, reflection, and intentional living

## SCRIPTURE PAIRING

Proverbs 3:5 - Trust in the Lord with all your heart and lean not on your own understanding.

## VERSE REFLECTION

*What do you receive from this verse?*

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WEEK 2: JUNE 8 - JUNE 14

## THIS WEEK'S RITUAL PRACTICE

*Create space to trust with surrender.*

### 1. CREATE A TRUSTING ENVIRONMENT

Light your candle before prayer, journaling, quiet reflection, or your morning planning time. Clear a small space around you. Set your phone aside. Take a slow breath. Open your journal. Let your atmosphere feel calm, grounded, and safe.

This is not about having every answer. This is about making room for peace before certainty.

Your space should remind your spirit that you are safe to slow down, loosen your grip, and trust what God is guiding even when you cannot see the full picture yet.

### 2. THE 5-MINUTE TRUST RITUAL

- Sit comfortably and take a slow breath
- Place one hand over your heart and one hand open in your lap
- Inhale deeply for 4 seconds
- Exhale slowly for 6 seconds
- Repeat 3 times

As the aroma fills the room, ask yourself: Where have I been trying to control what I am being invited to trust?

Not what feels chaotic. Not what requires fear. Not what asks you to abandon wisdom.

What feels peaceful, aligned, and divinely supported?

Return to: Surrender. Grounding. Peace. Faith. Divine timing.

WEEK 2: JUNE 8 - JUNE 14

## INTENTIONS + PLAYLIST ENERGY

*Trust without forcing.*

### THIS WEEK'S INTENTIONS

Trust peace even before every detail is clear.

Release the need to control every outcome.

Move with wisdom instead of urgency.

Let prayer lead before panic speaks.

Make room for what God is working behind the scenes.

Move through the week with surrender, steadiness, and open expectation.

### TRUST PLAYLIST ENERGY

- soft worship instrumentals
- peaceful piano and strings
- calming spa sounds
- quiet journaling playlists
- grounding meditation music
- soft luxury lounge music
- reflective acoustic energy

This ritual pairs best with prayer time, surrender journaling, slow mornings, meditation, emotional reset moments, quiet planning, evening reflection, and creating space before making decisions.

Find more weekly rituals, reflections, and intentional living prompts inside the Edmond Elite app.

WEEK 2: JUNE 8 - JUNE 14

## AFFIRMATION + SCENT STORY

*The candle creates the atmosphere. The journal guides the intention.*

### AFFIRMATION

**I am safe to trust the timing, the lesson, the redirection, and the quiet guidance already within me. What is aligned for me can unfold without force.**

### SCENT STORY

The Ground Wellness Candle was chosen for this week's TRUST ritual because grounding prepares the spirit to stand steady while life unfolds.

With warm notes of sandalwood, cedar, and vetiver, this scent creates an atmosphere that feels rooted, calm, and emotionally steady. It is soft enough for reflection, earthy enough for surrender, and intentional enough to support the quiet work of trusting the process.

This is the scent of open hands. A steady breath. A spirit that does not have to know every detail to remain anchored in peace.

Scent Story is posted every Wednesday in the Edmond Elite App.

### THIS WEEK'S REMINDER

You do not have to rush everything. You do not have to prove that you are faithful by carrying what was never yours to hold. You do not have to confuse control with responsibility.

Trust is an act of surrender. A peaceful week begins with a grounded atmosphere.

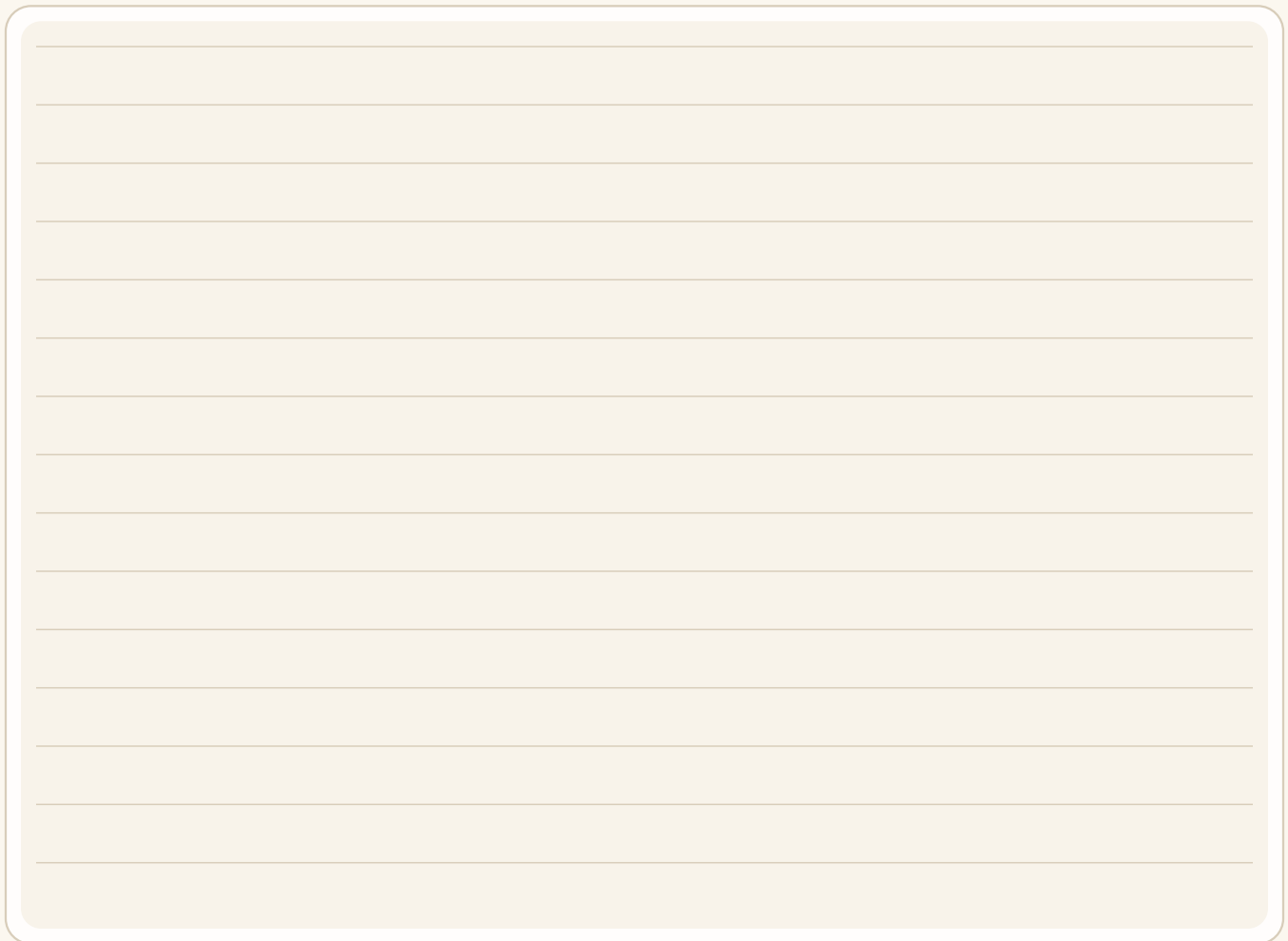
WEEK 2: JUNE 8 - JUNE 14

## MEDITATION NOTES

*Light the candle. Open the journal. Set the intention.*

Light your candle and take three slow breaths. With each inhale, say quietly: I trust the unfolding. With each exhale, say: I release control. Sit in stillness for five minutes and ask yourself: What am I being invited to trust this week?

**My meditation notes:**

A large, rounded rectangular area with a light beige background and a thin white border. It contains 18 horizontal lines for writing, spaced evenly down the page.

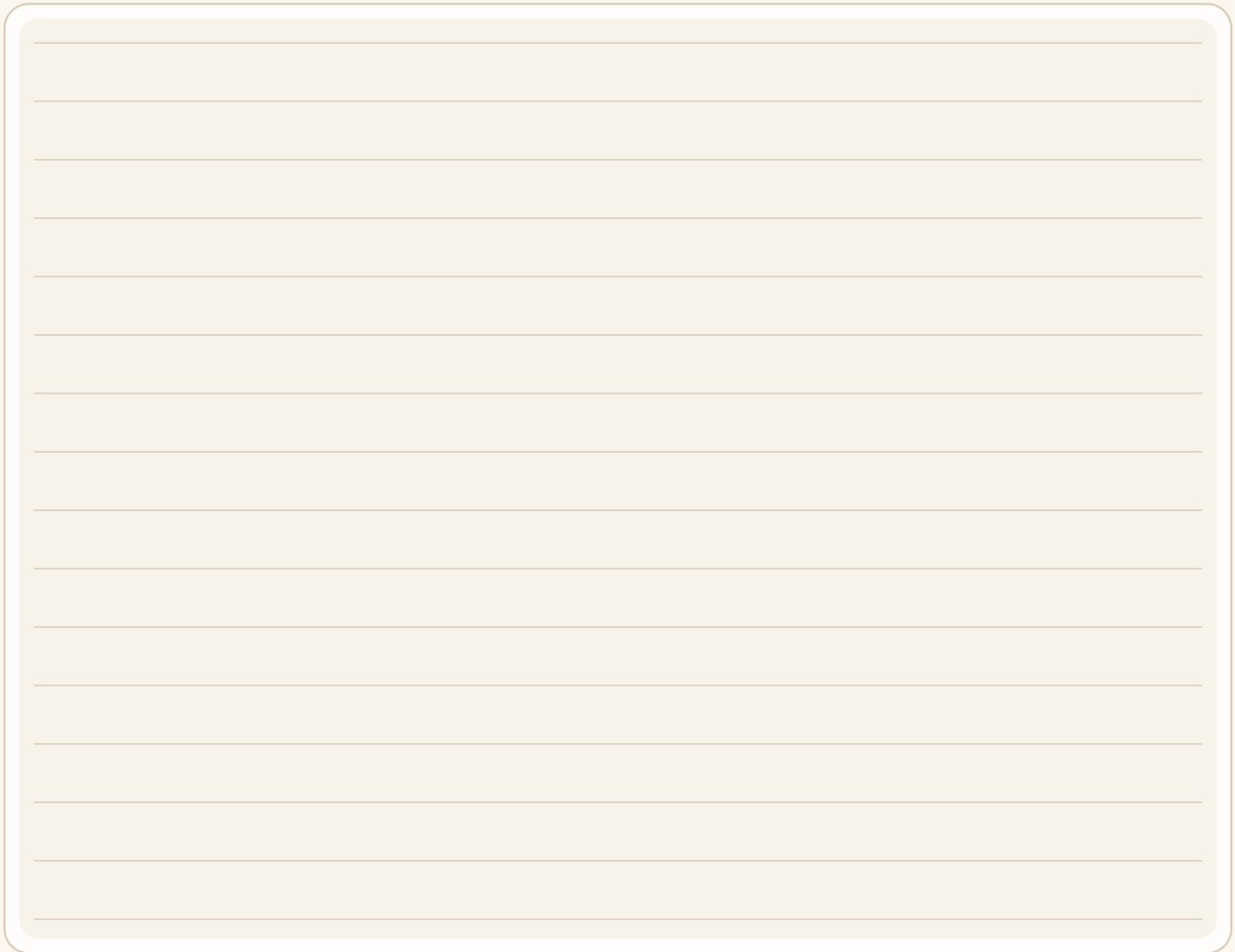
WEEK 2: JUNE 8 - JUNE 14

# TRUST REFLECTION 1

*Write honestly. Release control. Return to peace.*

## Journal Prompt

**Where am I being invited to trust instead of control?**

A large, rounded rectangular area with horizontal lines for writing. The lines are evenly spaced and extend across the width of the box. The box has a light beige background and a thin white border.

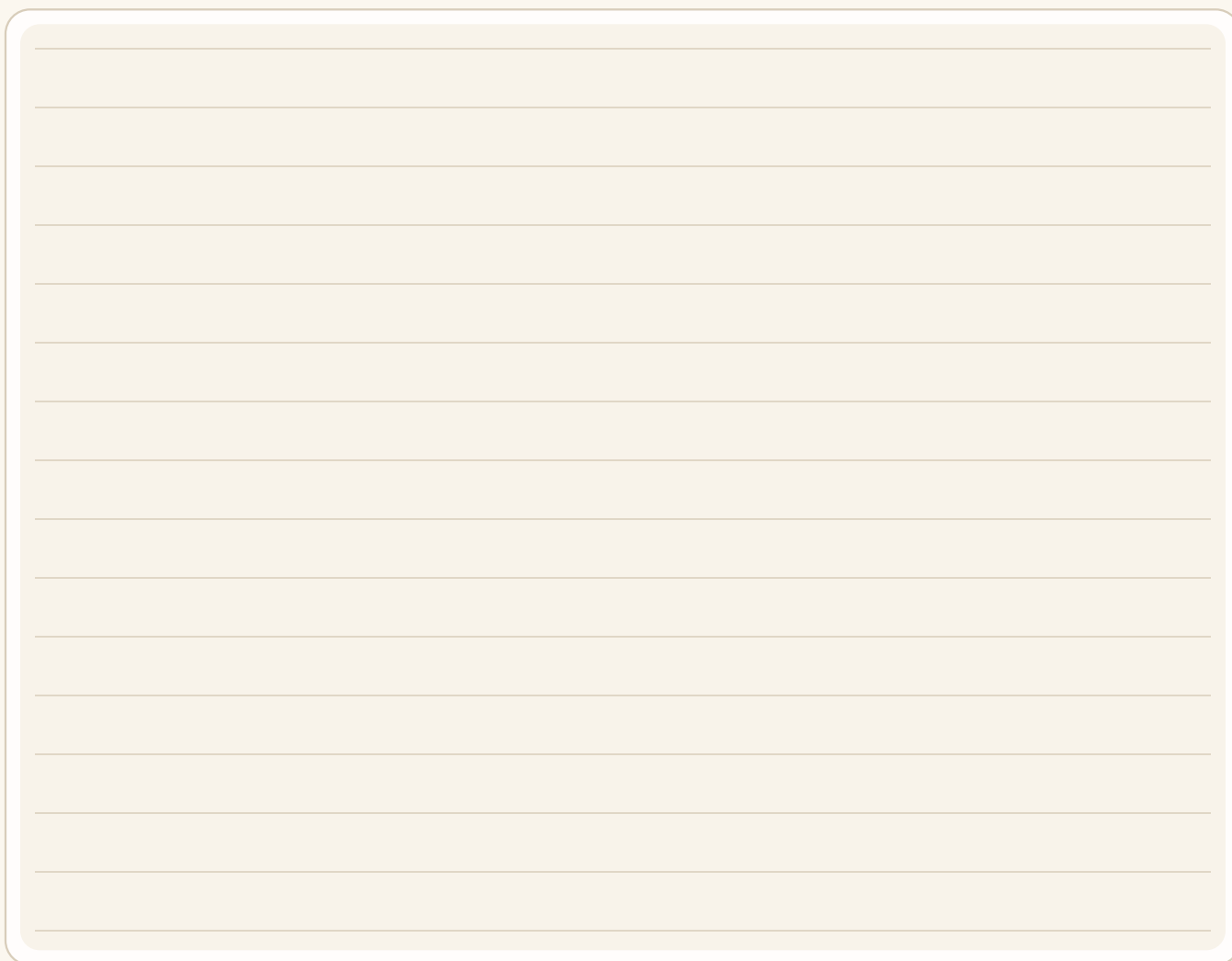
WEEK 2: JUNE 8 - JUNE 14

## TRUST REFLECTION 2

*Write honestly. Release control. Return to peace.*

### Journal Prompt

**What outcome have I been trying to force, and what would it look like to surrender it with wisdom?**



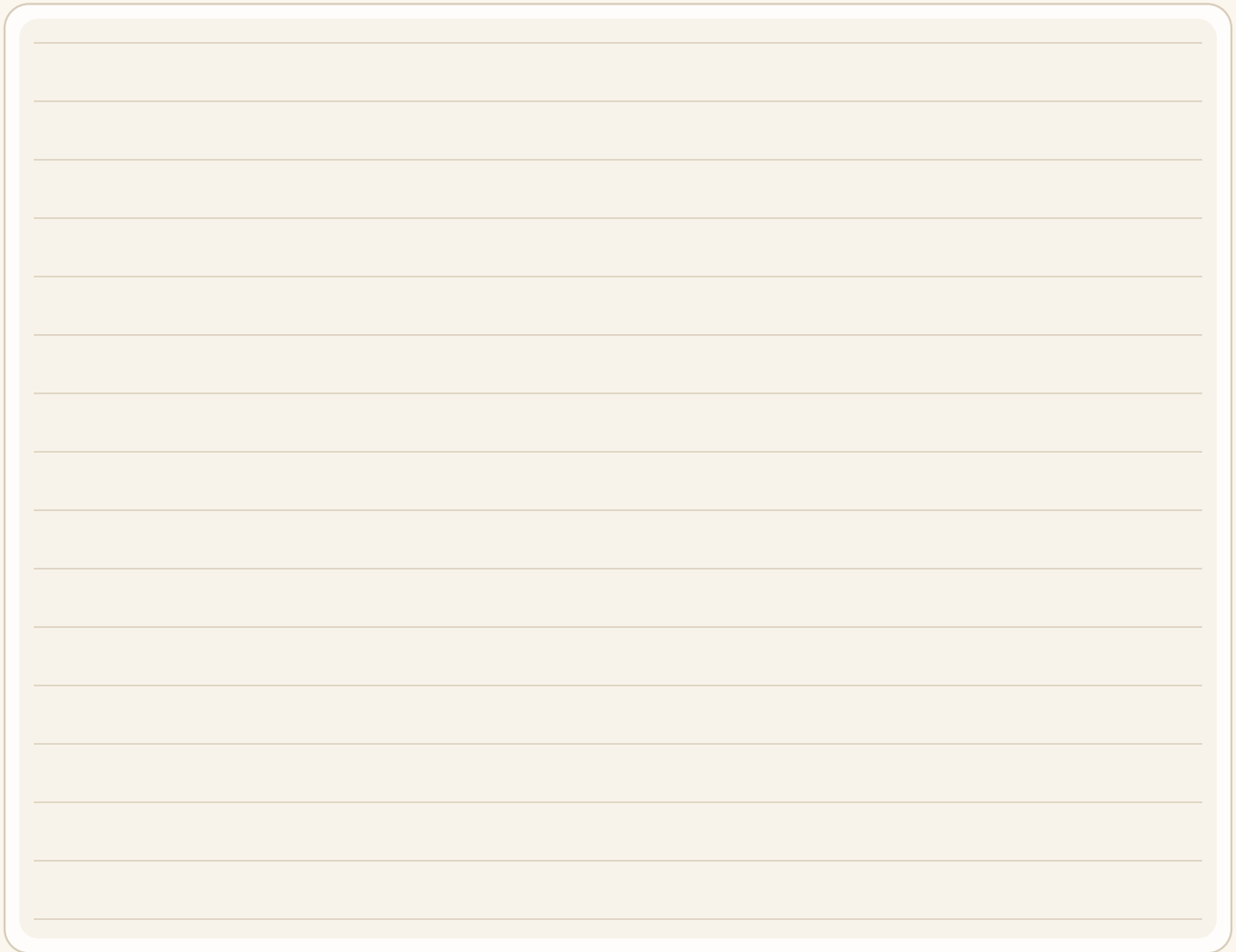
WEEK 2: JUNE 8 - JUNE 14

## TRUST REFLECTION 3

*Write honestly. Release control. Return to peace.*

### Journal Prompt

**What evidence do I already have that God has carried me through uncertainty before?**

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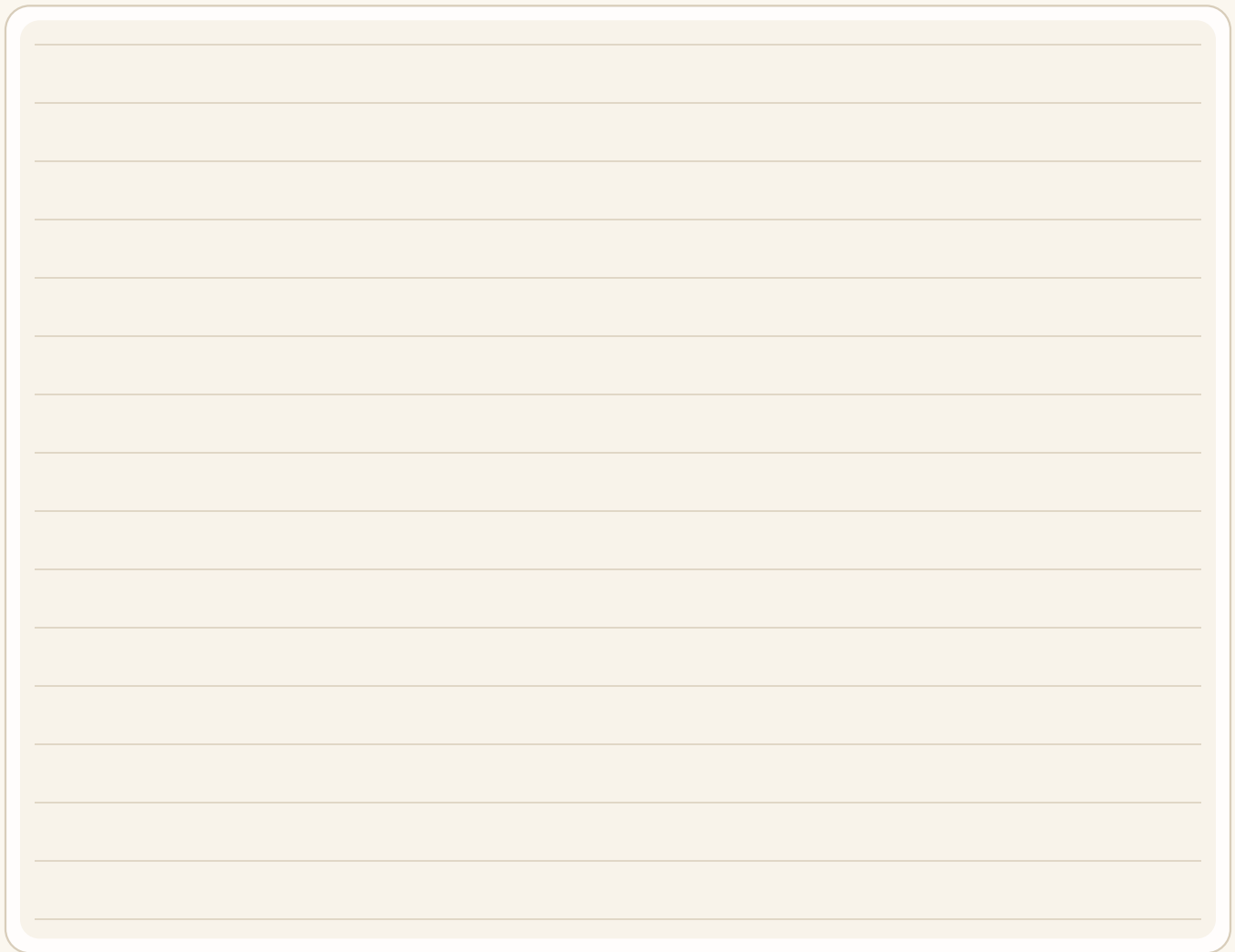
WEEK 2: JUNE 8 - JUNE 14

## TRUST REFLECTION 4

*Write honestly. Release control. Return to peace.*

### Journal Prompt

**What would change if I trusted that peace can be guidance, not just relief?**

A large, rounded rectangular area with a light beige background and a thin white border. It contains 20 horizontal lines for writing, spaced evenly down the page.

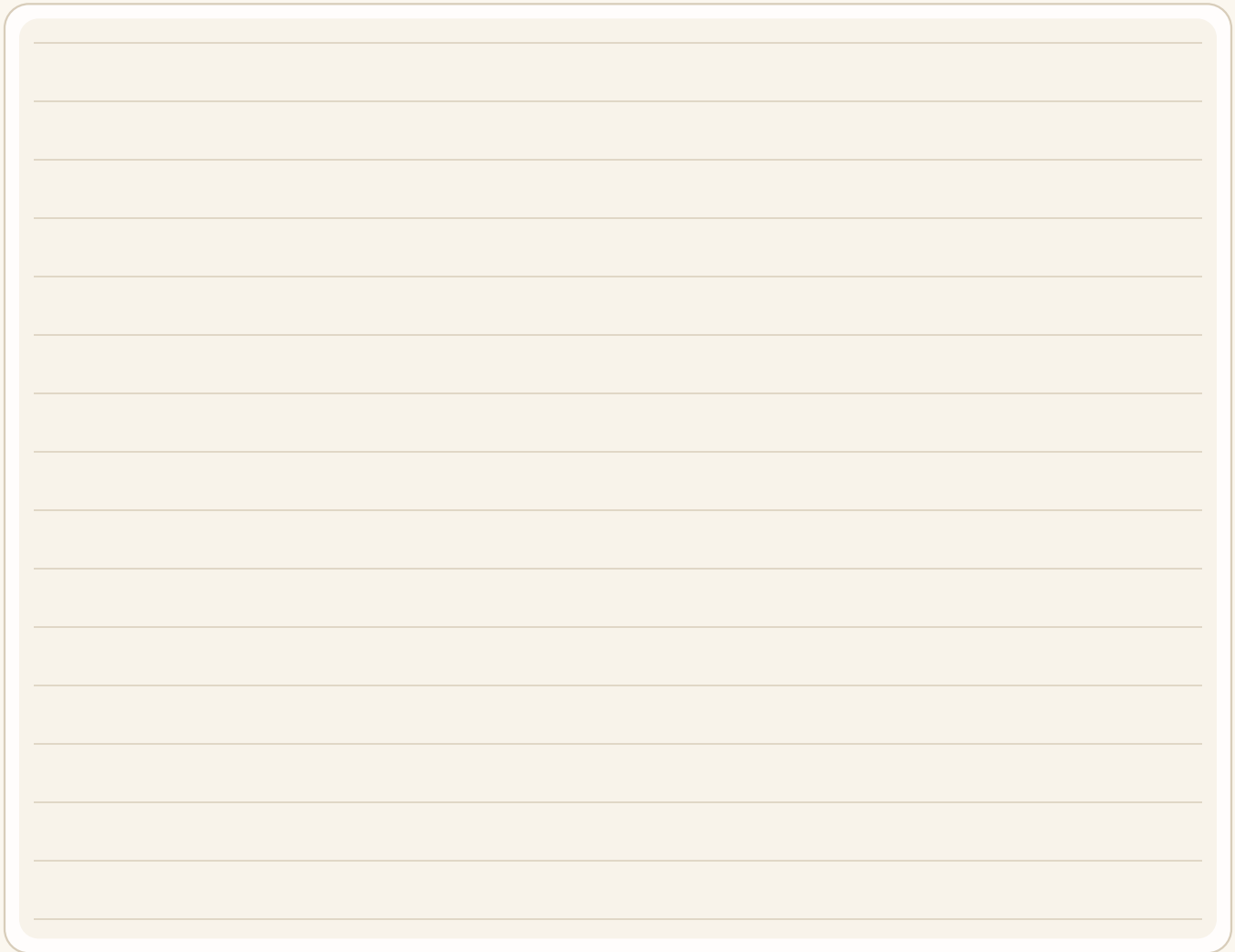
WEEK 2: JUNE 8 - JUNE 14

## TRUST REFLECTION 5

*Write honestly. Release control. Return to peace.*

### Journal Prompt

**This week, I give myself permission to trust:**



A large, rounded rectangular box with a light beige background and a thin white border, containing horizontal lines for writing. The box is intended for the user to write their journal prompt response.

WEEK 2: JUNE 8 - JUNE 14

## DAILY RITUAL NOTES

*June 8 - June 14*

**Monday, June 8** *Today I am choosing to trust:*

**Tuesday, June 9** *Today I am choosing to trust:*

**Wednesday, June 10** *Today I am choosing to trust:*

**Thursday, June 11** *Today I am choosing to trust:*

**Friday, June 12** *Today I am choosing to trust:*

**Saturday, June 13** *Today I am choosing to trust:*

**Sunday, June 14** *Today I am choosing to trust:*

WEEK 2: JUNE 8 - JUNE 14

## CLOSING RITUAL

*Seal the week with surrender.*

Before you close this week's ritual, pause for one final moment. Look at what you wrote. Notice what softened. Notice what became clear. Then complete the prompts below as a simple act of surrender, gratitude, and trust.

**This week, I trusted:**

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**I am grateful for:**

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**I am releasing control over:**

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**My closing intention:**

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*EdmondEliteEvents.com | Find more rituals inside the Edmond Elite app.*