



THE 2026 COMADRE SAFETY BLUEPRINT A Nervous-System- Centered Guide for La Familia

Creating Safety in Your Body, Your Mind,
Your Emotions, and Your Spirit
*This is not the year of control.
This is the year of safety.*



TABLE OF CONTENTS + VIDEO TIMESTAMPS

(Use these timestamps to jump to the matching part of the **Comadre of the Year 2026 Reading**)

SECTION I — Welcome & How to Use This Blueprint

- Grounding Options to Begin (Simple Reset + Deep Drop-In)

SECTION II — The Closure Before the Beginning

- Last Year's Energy: Breaking the Cycle
- Reflection Prompts + Optional Release Ritual

Timestamp: ~04:23

SECTION III — The Core Theme of 2026: Safety

- Safety Defined + Suspension Wisdom
- The Four Pillars of Safety (Body, Mind, Heart, Spirit)
- Practice: Listening for Safety

Timestamp: ~09:39

SECTION IV — Finances: Receiving Is the Work

- “Money follows joy” + Receiving as nervous-system work
- Blocked vs. Closed (What's the difference?)
- Money Practices + Reflection Prompts

Timestamp: ~15:40

SECTION V — Career & Purpose: Unplug to Hear Yourself

- Hermit Mode + High Priestess Listening
- Master Reset Challenge (24 hours / 3 hours / 30 minutes)
- Questions Journaling + Permission to Rest

Timestamp: ~22:25



SECTION VI — Love: Try Something Different

- Redefining Love (presence, choice, courage)
- For Partnered Familia + For Single Familia
- Reflection: Choosing Love Consciously

Timestamp: ~31:00

SECTION VII — Friends & Family: Role Model Energy

- Boundaries + Past People Returning
- Reflection: Leading Without Losing Yourself

Timestamp: ~38:34

SECTION VIII — Relationship With Your Higher Self: Integration

- Temperance + Fool + Seven of Swords + Four of Wands
- Four Pillars Revisited + Practice: Living in Alignment

Timestamp: ~46:53

SECTION IX—The Year in Quarters: How to Walk It, Not Rush It

- Q1 — Pause & Prepare (Jan–Mar) Timestamp: ~53:50
- Q2 — Focus & Discernment (Apr–Jun) Timestamp: ~1:01:56
- Q3 — Respond, Don't React (Jul–Sep) Timestamp: ~1:10:10
- Q4 — Stability & Pride (Oct–Dec) Timestamp: ~1:16:44

SECTION X — The Challenge & The Medicine

- Triggers + Survival Reflexes + Scattered Energy
- Chariot + Death: One step at a time / End the cycle
- Tools for When You're Triggered + Mantra

Timestamp: ~1:20:22



SECTION XI — The Final Chisme

- You lead your life this year
- Safety is not selfish
- Gentle Closing Practice

Timestamp: ~1:27:39

SECTION XII — Closing Blessing from Comadre Cristal

- Final Blessing + Closing Words



SECTION I

WELCOME & HOW TO USE THIS BLUEPRINT

Grounding Options to Begin (Simple Reset + Deep Drop-In)



HOLA FAMILIA,

Come sit with me for a second. Before we do anything, let's slow it down. If you have a candle, light it. If you don't, no worries. This is your invitation to create a little moment of safety right here, right now. One breath. One pause. One soft beginning.

This 2026 Comadre Safety Blueprint is your companion for the year ahead. Not to predict your life. Not to tell you what's going to happen. But to give you guidance, grounding, and reminders you can return to when life feels loud. This blueprint is not designed to replace therapy, community support, or professional care. It is a reflective and spiritual companion meant to support your own inner wisdom and discernment.

Because listen... we don't have control over what life throws at us. What we do have power over is how we respond.

And this year, we're practicing safety, boundaries, discernment, and self-trust like it's sacred work. Because it is!

A quick reminder (read this twice if you need to):

- This is guidance, not fate.
- Take what resonates. Leave the rest.
- You are the boss of your life. Always!



How to use this blueprint

1. Read it once all the way through. Highlight what hits. Circle what makes you feel seen. Write in the margins if you want.
2. Revisit it quarterly. Life shifts. You shift. Come back to the parts you need when you need them.
3. Pair it with the timestamps from the reading. If you want the full vibe, the full voice, the full Chisme, jump to the parts that apply to what you're moving through in the moment.
4. All rituals and journal prompts are optional and also done at your comfort level. Please use your discernment and make them your own.

And Familia... if you're reading this and feeling overwhelmed, please hear me:

You don't have to do this perfectly. You just have to do it differently.

You got this Familia! May 2026 be an amazing year for you. I am sending you so much Fire & Butterflies! And don't forget to Love Your Now!

Loving My Now,

COMADRE CRISTAL BAEZ-ARELLANO

Bruja Coach/ Spiritual Mentor



LOVE YOUR NOW
COMADRE



GROUNDING OPTIONS TO BEGIN

Option 1: For Beginners – The Simple Reset

If grounding feels new to you, start here:

- Sit or stand where you are. Feel your feet on the floor.
- Notice one thing you can see, one thing you can touch, and one thing you can hear.
- Now take a slow breath in through your nose... Hold it for a moment... And exhale through your mouth like you're letting go of the day.
- Do that two more times.
- Let your body know:

I'm safe in this moment.

Option 2: For the Seasoned Practitioners – The Deep Drop-In

If you already have a grounding or meditation practice, take a minute to drop into it your way. Maybe that's breathwork, prayer, movement, or a quick energy scan.

- As you settle, ask yourself:
What does safety feel like in my body right now?
- Breathe into that feeling.
- Let it expand until it fills your whole space.
- Whisper to yourself:

*"This is the year of safety.
I respond to life with presence.
I trust myself. I lead my life."*



SECTION II

THE CLOSURE BEFORE THE BEGINNING

Last Year's Energy: Breaking the Cycle
Reflection Prompts + Optional Release Ritual

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LAST YEAR'S ENERGY: BREAKING THE CYCLE

Before we move forward, we honor what's behind us. Last year was not light work, Familia. It was the year many of you finally said, *"I can't keep doing this."*

Not because you were weak.
But because you were exhausted from surviving.

Last year carried the energy of breaking cycles. Cycles of overgiving. Cycles of repeating the same patterns and hoping for different results. Cycles of grinding without joy, or escaping without structure.

For many, there was loss. Not just the loss of people or relationships, but the loss of versions of yourself. Identities you outgrew. Roles you no longer fit into. Ways of being that kept you safe once, but started costing too much.

And somewhere in all of that, something shifted. You got tired of surviving. You realized your past does not define you. You learned, sometimes painfully, that reciprocity matters.





This is where the **Ace of Cups** comes in as last year's final lesson. You learned what it feels like to pour until you're empty. And you learned that love, energy, time, and care must flow both ways. You learned your limits.

And even if it didn't feel graceful, you honored them. That matters.

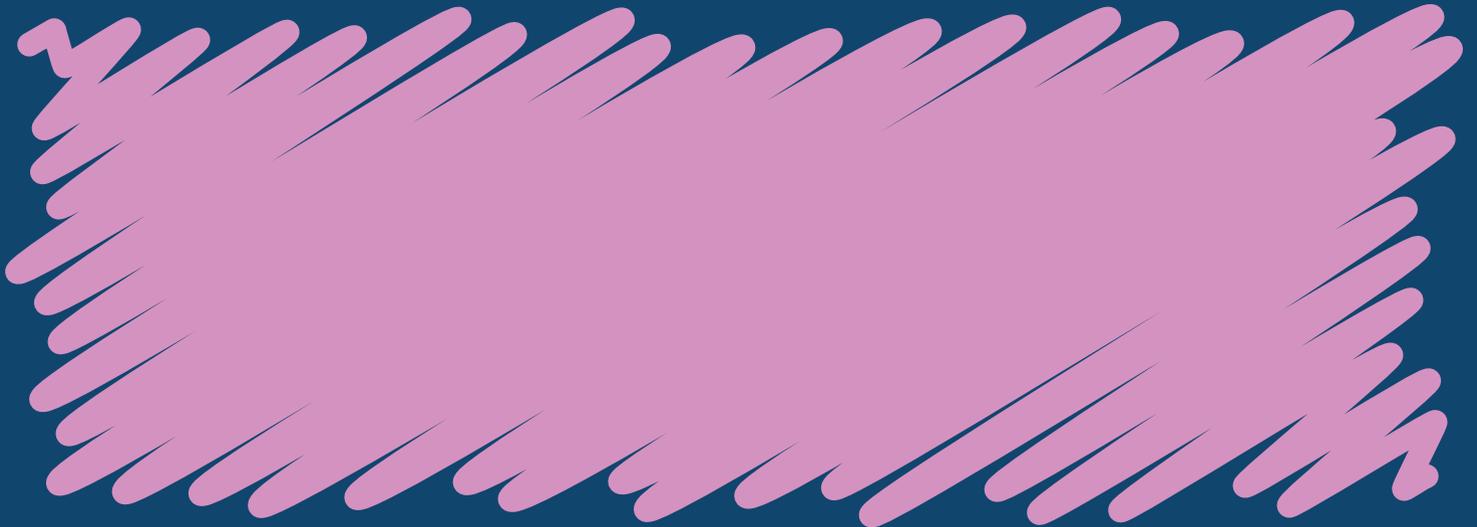
This section is not about reopening wounds. It's about choosing closure so your nervous system isn't forced to relive it. It's about closing the chapter with intention, so you don't drag last year's weight into this new season of safety.



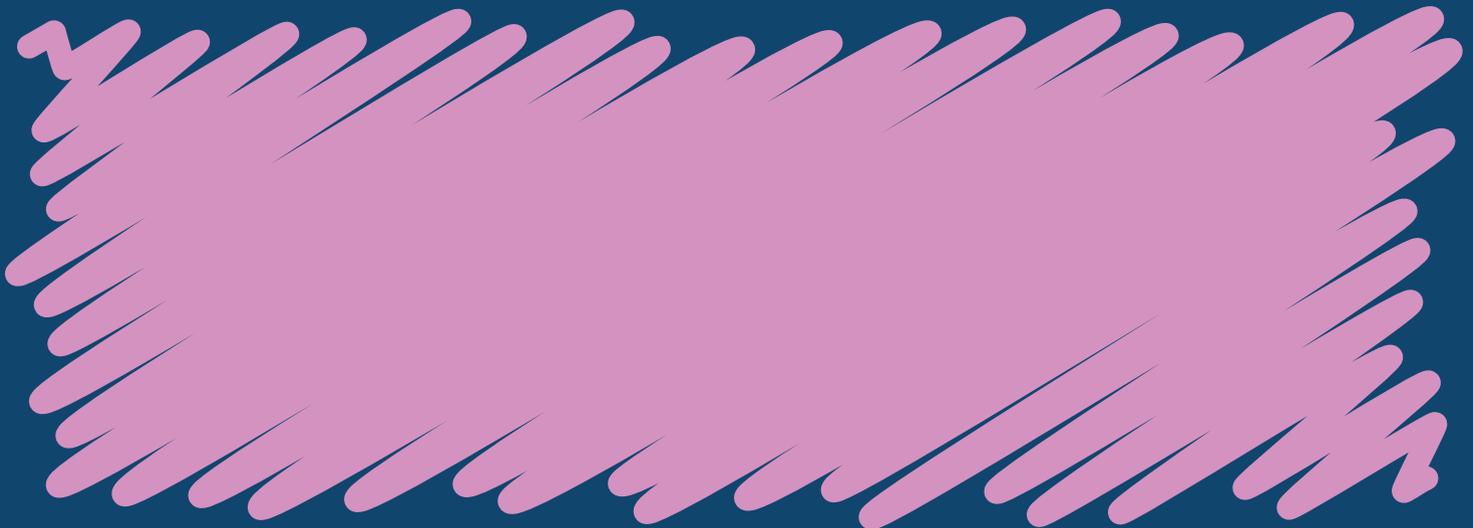
REFLECTION PROMPTS

You can write these out, sit with them quietly,
or just notice what comes up.

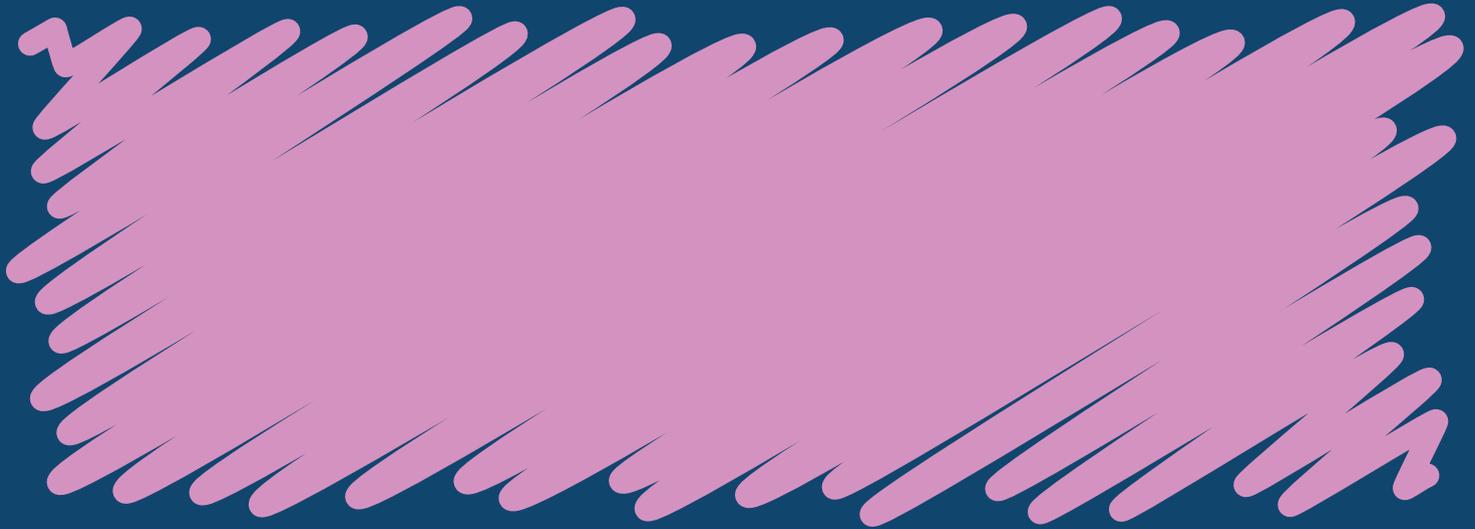
- Where did I finally stop pouring?



- What did I say “no more” to last year?



- What did last year teach me about my limits, my needs, and my worth?



There are no wrong answers here.
Only honest ones.



OPTIONAL RELEASE RITUAL

For those who feel like last year still has a grip on them. This ritual is optional. You don't need fancy tools. You don't need to be "perfectly spiritual." You just need openness and a willingness to connect with something greater than yourself.

Ritual Setup

- Altar Items:
 - One candle (any color)
 - A piece of paper
 - Something to write with
 - A safe place to sit quietly for a few minutes
 - A symbol or object that reminds you of your higher power, ancestors, or divine guidance.

When ready, lite your candle. Take one slow breath in... and out. Call in your higher power, ancestors, or the energy of Love itself.

Invocation/Prayer: Insert your Higher Power or use example below.

"I call upon Higher Power. May you help me honor what carried me this far. I invite your divine guidance to hold me as I release what no longer serves. Protect me and my space.

So be it."



While candle burns pray or speak to your Higher Power. Name what you're releasing.

On the paper, write down anything from last year you are ready to let go of.

This can be:

- a pattern
- a role
- a belief
- a relationship dynamic
- a version of yourself that survived, but doesn't need to lead anymore

You don't need to explain it. Just name it.

Speak the release

Read what you wrote and then say:

"This served me once.

It does not get to come with me into this new year.

*With the help of Spirit, I release it with
gratitude and without guilt."*

Once prayer is complete go into a meditative state for as long as you need. You may repeat the following mantra to assist.

Take 3 deep breaths. Inhale through your nose for 3-4 seconds. Hold for 3-4 seconds. Exhale through your mouth for 3-4 seconds. Repeat as needed. When ready repeat mantra: "I choose safety. I choose reciprocity. I choose to move forward lighter, guided and protected by the Divine."



Closing of your Ritual:

- If it's safe, burn your paper. (You may also tear up and use other elements to discard.)
- Look at the candle and say:

"I choose safety.

I choose reciprocity.

*I choose to move forward lighter,
guided and protected by the Divine.*

Blessed it"

- Take one final deep breath.
- Blow out the candle when you're ready, trusting that what you released has been received and transformed by higher hands.

Familia, you don't need to carry everything you survived into the life you're building. Closure is not forgetting. It's choosing not to bleed into the next chapter.

When you're ready, we move forward.

