

ENERGY RITUALS

FOR INTROVERTS, EMPATHS & SENSITIVE SOULS



GENTLE DAILY PRACTICES TO
CLEAR, GROUND & PROTECT
YOUR SACRED ENERGY

A NOTE FROM MY HEART TO YOURS

Hello Beautiful Soul! 🧡

If you've found your way here, know this: you are not alone. You are deeply seen. You are gently held. And you are so very welcome here.

I created this guide for the ones who feel everything. For the kind-hearted, the compassionate, the sensitive souls who light up the world around them, yet often forget to nourish their own light.

For a long time, I didn't know how to care for my own energy... or even that I could. I absorbed people's moods, energy from busy places, and negativity online, until I couldn't tell what was mine and what wasn't. I felt foggy, drained, disconnected. And honestly... I thought that was just how life was supposed to feel.

But, over time, I began to find tiny moments of sacred shift. Simple ways to clear the noise, come back to my breath, and root into my true self again.

I started creating rituals to clear, ground, and protect my energy... and they changed everything.

Now, I offer them to you. 🧡

A NOTE FROM MY HEART TO YOURS

Inside this guide, you'll find four mystical self-care rituals... each one simple and soul-nourishing.

They only take a few minutes to do, but my hope is that even these small moments of self-care will spark a powerful shift in your energy... and in your life.

There's no pressure here.
No rules. No right or wrong. No fancy setup.
Just soft encouragement, soulful support, and reminders that your energy is sacred... and worthy of your care.

You deserve peace.
You deserve calm.
You deserve to feel like you again.

Let's begin.

With love,
Rayna 🧡
Glowing Mystic ✨



SACRED SWEEP

CLEAR + CLEANSE YOUR ENERGY FIELD

Purpose: Clear unwanted or heavy energy from your body and aura

Affirmation: "I let go of what I've absorbed. My energy is my own"

Find Your Still Space

Choose a quiet, comforting spot... somewhere you can sit, lie down, or stand. Let this space become your sanctuary, even if just for a few moments.

Close Your Eyes & Breathe Deeply

Take 3 slow, grounding breaths.

Inhale through your nose... exhale gently through your mouth.

Feel yourself begin to settle, soften, arrive.

Call In the Light

Now gently imagine a radiant source of pure energy above you... a glowing orb of golden-white light... like a warm sun or shimmering star. See it pouring over you in waves, from head to toe, cleansing, clearing, and dissolving anything that doesn't belong.

Inhale the Light, Exhale the Heavy

Now, begin to breathe with intention. With each inhale, draw that pure light into your body... filling you with fresh, clean energy. With each exhale, release what no longer serves you... see it leaving as a dark mist, growing lighter with every exhale until you are breathing clear energy in and out.

SACRED SWEEP

Visualize a Sacred Sweep

Imagine once again the golden-white light. See it sweeping through and around you... brushing through your aura, your thoughts, your heart space... cleansing everything it touches.

Seal the Ritual with Presence

Place your hands on your heart. Whisper softly or say in your mind: "I release. I clear. I feel whole, present, and at peace."

Return Gently

When you feel complete, wiggle your fingers and toes. Take one last breath of golden-white light, and slowly open your eyes. You're back... lighter, clearer, more you.

Bonus Tip: Cleanse Your Space

Want to amplify your ritual? If you're at home, light a smudge stick (sage, palo santo, or incense) and gently sweep the smoke around your body and space. As you move, softly whisper: "I clear what's heavy. I welcome peace." NOTE: Be sure to open a window or door to let the energy move through and out.



My Little Extra

I like to gently brush the energy off my body with my hands as I visualize clearing. Then I shake it off to reset.

ROOTED RADIANCE

GROUND YOUR ENERGY + RECONNECT WITH CALM

Purpose: Stabilize your energy and return to a steady, supported state

Affirmation: "I feel safe, supported, and held"

Settle into Stillness

Find a comfortable position... sitting, lying down, or upright in bed. Let your body feel fully supported.

Anchor Through Intention

Bring your attention to your feet or lower body. Gently imagine energetic roots extending from you deep into the Earth... strong, steady, and glowing with warmth.

Breathe Into the Ground

Inhale deeply. As you exhale, send tension down through those roots, releasing it into the Earth to be transformed.

Receive Earth Energy

Visualize a soft green or golden light rising from the Earth, moving upward through your roots, into your legs, your belly, your chest... filling you with steadiness and peace.

Affirm Your Foundation

Silently or softly say: "I am grounded. I am supported. I am safe."
Let the words land in your body like a gentle truth.

ROOTED RADIANCE

Stay + Soak

Remain in this grounded state for a few minutes. Feel yourself held by the Earth, connected to calm, glowing from your roots up.

Bonus Tip: Ground Through Touch

Want to deepen your connection to Earth energy? Try holding a grounding crystal like smoky quartz or red jasper for this ritual.

No crystals? No worries. Simply step outside barefoot for a few moments, or rest your hands on your thighs and imagine the Earth holding you.

Your body knows how to ground.

Trust its wisdom.



My Little Extra

I carry a small, flat stone in my pocket each day. Choose a stone, crystal, metal, or fabric that helps you feel grounded. "

LUMINOUS SHIELD

PROTECT YOUR ENERGY WITH LOVING BOUNDARIES

Purpose: Define your personal space and create a shield that protects you

Affirmation: "My energy is sacred. I choose what enters"

Begin in Stillness

Sit, stand, or lie down comfortably... whatever feels most grounded and open.

Breathe Intentionally

Take three slow, intentional breaths. With each inhale, draw in clarity. With each exhale, release anything you no longer need.

Visualize Your Shield

Imagine a soft, shimmering cocoon of light forming around your body. It might look like a glowing bubble, a golden veil, or a soft cloak of light... let it become whatever your intuition creates.

Feel the Energy of Protection

This light is strong, warm, and loving. It surrounds you completely... filtering what comes in and what flows out. You are safe here. Your boundaries are a gift to yourself.

Anchor Your Intention

Whisper or think softly: "I am protected in light. I release what is not mine." Feel the light responding to your intention... growing stronger with every breath.

LUMINOUS SHIELD

Seal the Shield

Place your hand over your heart, or imagine gently sealing or zipping up your shield. You've created a sacred boundary, one that honours both you and others with compassion.

Bonus Tip: Reinforce Your Shield Throughout the Day

When you notice your energy shifting, simply pause and imagine reactivating your shield. A quick hand-to-heart gesture, a deep breath, or silently repeating: "I am protected. My energy is mine" is all it takes to reconnect.

Boundaries can be soft and strong.



My Little Extra

Along with shielding myself, I like to place a shield over my loved ones. Even from afar, it can still protect them.

MINDFUL SCROLL

PROTECT YOUR ENERGY ONLINE

Purpose: Stay centered and calm, even when the digital world gets loud

Affirmation: "I don't have to carry it all. I get to take care of me"

Pause Before You Open

Before checking your phone or computer, take one grounding breath. Feel your feet on the floor, your breath in your body. Place one hand over your heart and ask softly: "What do I need to feel safe and centered today?"

Set an Intention

Whisper or think to yourself: "I choose presence over pressure. I choose curiosity over comparison." This simple intention creates an energetic filter... like a gentle glow around your heart.

Scroll With Awareness

As you move through your feed or inbox, pause and notice:

- What uplifts you?
- What drains you?
- What makes you feel good?
- What makes you feel heavy?

Let your intuition be your guide.

MINDFUL SCROLL

Release What Drains You

If something feels heavy... the news, a trigger, or comparison, honour your sensitivity. You're allowed to mute, unfollow, or take space without guilt. Repeat softly: "I release what doesn't serve. I protect my peace."

Anchor in Compassion

If you come across something painful in the world, take a pause. Place both hands over your heart and send a quiet message: "May all beings be safe. May I know my part, and honour my limits." Then gently release the burden. You don't have to carry it to care.

Bonus Tip: Create a Sacred Scroll Ritual

Try starting or ending your day with a curated, heart-safe space online:

- Save inspiring posts, affirmations, or images in a folder
- Follow accounts that uplift your spirit
- Create a calming playlist, digital altar, or background screen to reset your vibe

The online space can become much more calm and supportive when you choose it with love.



My Little Extra

To limit my scroll time, I use an app called ScreenZen. It locks me out of chosen apps temporarily & it really helps!

THANK YOU FOR INVITING ME INTO YOUR ENERGY

You made it through the Guide! 🥰🎉

Whether you completed all the rituals or simply read through with curiosity, please know this:

✨ You took time for you. And that matters.

These gentle practices are here to support you whenever your energy feels off, heavy, or scattered. Come back to them when you need clarity, grounding, or a sacred pause.

You are worthy of peace, protection, and presence.
And you don't have to walk this path alone.

✨ Let's Stay Connected

If you enjoyed this Guide, I'd be honoured to walk with you a little further. Email me at hello@glowingmystic.com or visit glowingmystic.com or follow me on Instagram [@glowingmystic](https://www.instagram.com/glowingmystic) for more rituals, reflections, and mystical self-care support. Together, let's keep protecting your light and letting it shine.

With love,
Rayna 🧡
Glowing Mystic ✨