

The Resting Woman Evening Ritual

A soft surrender practice to release, reset, and return to peace.

1. Transition Into Sacred Space (5 min)

Before you dive into bed, **shift the energy**:

- Dim the lights or light a candle
- Put away the phone, close the laptop
- Burn incense, palo santo, or diffuse calming oils (lavender, sandalwood, cedar)

Say aloud (or whisper):

> **"I am releasing the world. I am returning to myself."**

2. Body Scan + Soothing Breath (5 min)

Lie down or sit in stillness. Gently scan your body from head to toe.

As you breathe, silently say:

> ***"I let go of what's not mine. I invite softness into every cell."***

Focus especially on the jaw, shoulders, chest, and belly — common holding zones.

3. Energy Cord Release (Optional – 3 min)

Close your eyes and visualize any energetic cords or attachments still clinging to you from the day — conversations, responsibilities, roles.

Say with loving clarity:

> **"I release all energy that is not mine. I call all parts of me back to my body with love."**

Visualize those cords dissolving or gently detaching.

4. Reflection Journal (5–10 min)

End your day with radical presence and truth.

Write:

- **What did I carry today that I'm ready to release?**
- **What am I proud of myself for?**
- **Where did I abandon myself — and how can I return with love?**

No judgment. Just witnessing.

5. Resting Woman Mantras (2 min)

Say these aloud or in your heart before bed:

- *"I am not behind. I am allowed to rest."*
- *"I do not need to hold it all. I am held by something greater."*
- *"Rest is not a reward — it is my right."*

Let these mantras melt into your nervous system.

Final Touches for Surrender

- Cozy, intentional sleepwear that makes you feel soft and sacred
- Herbal tea (chamomile, holy basil, lemon balm)
- A short lullaby playlist or healing frequency music
- Rose quartz or black tourmaline by your bed
- Silk eye mask or grounding body balm

You are not meant to carry the day into your dreams.
You are meant to float into the mystery — free, light, whole.

Sweet Dreams,
— Ellen