



Sacred Reset

A Guided Energy Ritual

HolisticXpressions

A moment to return

This ritual is an invitation to pause, soften, and reconnect with yourself.

Use it anytime you feel overwhelmed, disconnected, or in need of grounding.

The Ritual

1. Gently close your eyes
2. Take three slow, intentional breaths
3. Relax your body and release tension
4. Place your hands over your heart or abdomen or both
5. Set a quiet intention
6. Sit in stillness and allow yourself to be

Your Intention

Choose a simple focus:

- Release
- Soften
- Return
- Be present

Let this guide your awareness during the ritual.

This is your space to return to, again and again.

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