The Return to Yourself Reset

A simple mind, body and nervous system reset to help you feel calmer, clearer and more connected to yourself

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"You are not too much. You have simply been carrying too much."

Shirley Cooper | The Celtic Alchemist
Where ancient knowing meets the examined mind

A Letter from Shirley

Welcome. I'm so glad you found your way here.

If you've downloaded this reset, I'm guessing you're someone who feels things deeply. Someone who thinks a lot, carries a lot, and has probably been told at some point, directly or indirectly, that you're too sensitive, too much, or too complicated.

You're not. You're simply someone who needs a different kind of support. Not the kind that tells you to think positive or push through. The kind that actually meets you where you are. That's what this reset is for.

Inside, you'll find four doorways, gentle entry points into the work I do under The Celtic Alchemist. This isn't a one-size-fits-all programme or a list of things to fix about yourself. It's an invitation to pause, notice, and return to the version of you that was always there beneath the noise.

The accompanying audio is there to help your body feel the words, while this guide gives you somewhere to reflect, anchor and return.

The four doorways are:

- The Doorway of the Mind — for when your thoughts are running the show
- The Doorway of the Body — for when your nervous system needs to feel safe
- The Doorway of Ritual — for when you need to come back through your senses
- The Doorway of Power — for when you've forgotten who you actually are

You don't need to work through them in order, and you don't need to do them all today. Simply ask yourself - what do I need right now? and let that be your guide.

My work weaves together hypnotherapy, subconscious healing, nervous system support, Celtic wisdom, ritual, oils and the kind of honest, grounded psychology that doesn't pretend transformation is simple. Because it isn't. But it is possible. And it doesn't have to be heavy.

I'm glad you're here.

With warmth,

Shirley
The Celtic Alchemist

How to Use This Reset

This reset is yours to return to again and again. There's no right way to move through it and no timeline you need to stick to.

You may also like to listen to the Coming Back to Yourself audio before choosing your doorway.

The simplest way to begin is to ask yourself one question:

"What do I need today?"

I Need Calm - The Doorway of the Body

I Need Clarity - The Doorway of the Mind

I Need Comfort - The Doorway of Ritual

I Need Courage - The Doorway of Power

A few gentle suggestions before you begin:

Find somewhere quiet, even if only for ten minutes. You don't need candles, crystals or anything special, though they're always welcome. Read slowly. Let the words land rather than rushing to complete the exercise. There are no wrong answers here. Honest ones are the only ones that matter.

Doorway One

The Mind

For when your thoughts are running the show

The mind is a remarkable thing. It holds your memories, your beliefs, your stories about who you are and what the world is like. It works tirelessly to keep you safe, sometimes in ways that are no longer useful.

When your thoughts feel loud, circular or heavy, it's often because your mind has attached a story to a feeling. Not a true story necessarily. Sometimes an old one. An inherited one. One that made sense once but has outlived its purpose.

This doorway is an invitation to get curious about the story beneath the feeling, not to analyse it to death, but to gently witness it and ask whether it still serves you.

The Hidden Story Prompt

Find a quiet moment and something to write with. Take three slow breaths before you begin. Then work through the following prompts at your own pace, writing whatever arises without editing or judging it.

What am I feeling right now? Name it as honestly as you can.

What story might my mind be attaching to this feeling? What is it telling me this feeling means?

Where have I felt this before? Is this a familiar story?

Is this story true, or is it old, inherited, protective or simply outdated?

What would I rather choose to believe in this moment? What feels truer?

There's no need to solve anything here. The simple act of witnessing the story, of seeing it clearly rather than living inside it, is itself a form of freedom.

"The story is not the truth.

It is simply the mind's best attempt

to make sense of the feeling."

A Note on the Subconscious

Much of what drives our thoughts, reactions and patterns lives below the surface of our conscious awareness.

The subconscious mind doesn't distinguish between past and present in the way our logical mind does. It holds old experiences as if they are still happening now.

This is why working with the mind isn't always about thinking differently. Sometimes it's about going beneath the thought entirely, into the felt sense, the body, the deeper knowing.

That's the work I do in my hypnotherapy and regression practice, and it begins with exactly the kind of gentle noticing you've just done here.

"What reaction feels bigger than

the present moment?"

Doorway Two

The Body

For when your nervous system needs to feel safe

Your body is always listening. Long before your conscious mind has processed what's happening, your nervous system has already responded, tightening the chest, shortening the breath, raising the shoulders, sending the heart into a flutter.

This isn't weakness. This is your body doing exactly what it was designed to do. It is trying to protect you.

But sometimes the body gets stuck in protection mode long after the threat has passed. It runs old alarm patterns as if they are still needed. The work of this doorway is to gently, consistently remind your body that it is safe enough to soften.

The 90 Second Return Practice

You can do this anywhere, sitting at your desk, standing in a queue, in your car before you walk into a difficult situation. It takes less than two minutes and works with your nervous system rather than against it.

Step 1 Place one hand on your heart and one hand on your belly.

Step 2 Name five things you can see around you. Say them quietly or in your mind.

Step 3 Take three slow breaths, in through the nose, out through the mouth. Let each exhale be slightly longer than the inhale.

Step 4 Say aloud or in your mind: "**In this moment, I am safe enough to soften.**"

Step 5 Notice any small shift, a loosening in the jaw, a drop in the shoulders, a slightly slower heartbeat. Even the smallest shift counts.

It is often said that the physiological wave of an emotion can move through the body in around 90 seconds when we don’t continue feeding it with thought. This practice creates that window, a moment of genuine physiological pause.

Your Safety Phrase

A safety phrase is a short, honest statement that your nervous system can begin to associate with calm. Unlike affirmations, which can feel hollow when you're in distress, a safety phrase doesn't ask you to feel something you don't. It simply offers a gentle redirection.

The phrase I use in my practice and in the guided audio included in this reset is:

"In this moment, I am safe enough to soften."

You're welcome to use this one, or create your own. You'll hear this phrase inside the Coming Back to Yourself audio, so your body can begin to associate it with calm.

What matters is that it feels honest and accessible, not aspirational. Not 'I am perfectly calm' but rather 'I am safe enough, right now, to let go a little.'

The more you return to your chosen phrase, in ordinary moments as well as difficult ones, the more your nervous system begins to recognise it as a signal to settle.

Doorway Three

Ritual

For when you need to come back through your senses

Ritual has been part of human life since the beginning. Not because it is superstitious or strange, but because it works. It gives the mind and body a tangible signal: something is shifting. I am making a conscious choice to transition from one state to another.

In Celtic tradition, the threshold was considered sacred, the in-between place where one thing ends and another begins. Ritual is how we honour those thresholds. The end of a difficult day. The beginning of a new intention. The moment we choose, consciously, to come back to ourselves.

The Tiny Candle Ritual

This ritual takes three minutes. That is all. It is not about perfection or ceremony, it is simply about making a small, deliberate act of return.

Step 1 Light a candle. As you do, take one slow breath and let the act of lighting it be intentional.

Step 2 Choose one word. How do you want to feel? Calm. Clear. Grounded. Safe. Brave. Whole. Write it down if you can.

Step 3 Hold a crystal or place both hands on your heart.

Step 4 Speak your blessing aloud: "I call myself back from the noise. I return to my centre. I choose [your word]. So it is."

Step 5 Sit with the candle for one minute. Simply breathe.

Safety note: Never leave a lit candle unattended, and use a safe, heatproof surface.

Essential Oil Suggestions

Scent is one of the most direct routes to the limbic system, the emotional centre of the brain. A chosen oil, used consistently with intention, can become a powerful anchor for a particular emotional state.

Lavender (Lavandula angustifolia)

For calm and nervous system support.

Diffuse 4 to 6 drops during your ritual, or place 1 drop on a tissue and inhale slowly. Can be applied topically when diluted in a carrier oil, use 2 drops per teaspoon of sweet almond or jojoba oil.

Frankincense (Boswellia carterii)

For grounding, depth and connection to something larger than the immediate moment.

Diffuse alongside lavender for a deeply settling blend, or dilute and apply to pulse points before ritual. Particularly beautiful for meditative or reflective practices.

Sweet Orange (Citrus sinensis)

For lifting the spirit when heaviness has settled in.

Diffuse 4 to 6 drops or add a few drops to a warm bath, always blend with a carrier oil before adding to bathwater. Uplifting without being overstimulating.

A Simple Return Blend

For a diffuser:

Add water to your diffuser up to the fill line, then add the essential oils.

2 drops Lavender
2 drops Frankincense
2 drops Sweet Orange

Diffuse for around 20 to 30 minutes in a well-ventilated room.

For a 10ml roller bottle:

1 drop Lavender
1 drop Frankincense

Top with a carrier oil such as fractionated coconut oil, jojoba oil or grapeseed oil.

A carrier oil is a gentle base oil used to safely dilute essential oils before applying them to the skin.

Patch test before use and avoid applying near the eyes, broken skin or sensitive areas.

A Note on Essential Oil Safety

Always dilute essential oils before applying them to the skin. Keep away from the eyes, mucous membranes, broken skin and sensitive areas.

If you are pregnant, breastfeeding, have a medical condition, are using medication, or are creating blends for children, please consult a qualified aromatherapist before use.

Use diffusers in a well-ventilated room and avoid continuous diffusing for long periods.

Keep essential oils out of reach of children and away from pets, particularly cats, who are unable to metabolise many essential oil compounds safely.
Essential oils are powerful plant extracts. A little goes a long way.

Crystal Suggestions

Crystals work beautifully as physical anchors in ritual, something to hold, to place on a surface, or simply to be aware of. Choose intuitively. The one you're drawn to is usually the right one.

Amethyst

For calm, clarity and quieting an overactive mind.

Hold in your non-dominant hand during the candle ritual, or place on your desk while journalling. A natural companion for the Mind and Body doorways.

Black Tourmaline

For grounding, protection and releasing what no longer belongs to you.

Place at your feet during ritual or hold when you feel scattered or overwhelmed. Particularly useful if you tend to absorb other people's energy easily.

Clear Quartz

For clarity of intention and amplifying whatever you're working with.

Hold alongside another crystal to deepen its effect, or place next to your candle as a focal point for your chosen word or intention.

Rose Quartz

For tenderness, self-compassion and softening the inner critic.

Hold over your heart during the safety phrase, or keep nearby when journaling.

Doorway Four

Power

For when you've forgotten who you actually are

Somewhere along the way, most of us learned to make ourselves smaller. To take up less space. To be less, less demanding, less emotional, less certain, less visible.

We learned it in different ways. Some of us were told directly. Some of us simply absorbed it from the world around us. And over time, the shrinking became so habitual that we stopped noticing it was happening at all.

This doorway is not about becoming someone different. It is about remembering who you already are beneath the layers of adaptation and accommodation. Your sovereignty. Your knowing. Your right to take up the space that was always yours.

Power, in the Celtic Alchemist sense of the word, is not force. It is not dominance or performance. It is the quiet, rooted certainty of someone who knows their own worth and no longer needs the world's permission to inhabit it fully.

The Power Phrase Practice

These prompts are for writing, slowly, honestly, without overthinking. Let the first thing that arrives be the thing you write. You can always go deeper on another day.

Today, I stop giving my power to...

Today, I choose to remember...

The version of me I am becoming is someone who...

One thing I have earned the right to trust about myself is...

Your Power Phrases

These are not affirmations you need to believe fully right now. They are simply statements to try on, to speak aloud and notice how your body responds. Repeat each one slowly, with a breath between.

"I do not need to shrink to feel safe."

"I am allowed to trust the wisdom I have earned."

"I return to myself one breath, one choice, one moment at a time."

"My depth is not a burden. It is my greatest asset."

"I am allowed to choose myself."

Notice which phrase creates the strongest response, resistance, emotion, relief, recognition. That response is information. The phrase that provokes the most feeling is usually the one your subconscious most needs to hear.

"Your power does not always arrive as thunder.

Sometimes it arrives as a quiet breath,

a softer jaw, a steadier heart."

What Do You Need Today?

Return to this page whenever you're not sure where to begin. Read each option slowly and notice which one your body responds to, a small pull, a sense of recognition, a quiet exhale of 'yes, that one.'

I need CALM

Your nervous system is asking for safety.
Go to the Body doorway.
Practice: The 90 Second Return. Safety phrase: "In this moment, I am safe enough to soften."

I need CLARITY

Your mind is full and circular.
Go to the Mind doorway.
Practice: The Hidden Story Prompt. Write without editing.

I need COMFORT

Your heart needs tending.
Go to the Ritual doorway.
Practice: The Tiny Candle Ritual. Choose lavender or frankincense (if safe and suitable for you)

I need COURAGE

You've been making yourself smaller.
Go to the Power doorway.
Practice: The Power Phrase Practice. Speak your phrases aloud.

There is no wrong choice. There is only the honest one.

The Alchemist's Reflection Page

Use this page whenever you need to check in with yourself. There are no rules, write as much or as little as feels right. Come back to it as often as you like.

What feels heavy right now?

What part of me is asking to be heard?

What do I need more of today?

What do I need less of?

One small act of self-trust I can take today is...

Something I want to remember about myself right now...

"You are not too much.

You have simply been carrying too much."

Your Next Doorway

If this reset has given you even a small sense of coming home to yourself, I want you to know this is only the beginning.

This PDF was created to sit beside your Coming Back to Yourself audio.
Return to the audio whenever you feel scattered, overwhelmed, heavy, or disconnected from yourself.

Let it become a familiar doorway back to your breath, your body and your own quiet knowing.

When you have listened, take a moment to notice:

What shifted?
What softened?
What did you realise you had been carrying?

Then, if you feel called to, reply to the email that brought you here and tell me:

“What am I ready to come back to within myself?”

I read my replies, and I’d love to know what this reset opened for you.

With warmth,

Shirley

The Celtic Alchemist

Stay Connected:

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