

5-Minute Energetic Reset for the Sensitive Clinician

A visual map for reclaiming clarity, coherence, and clean inner grounding.

STEP 1 ARRIVE



CUE:

Grounding breath, feet on the floor, spine upright.

WHY:

This signals your nervous system that you're safe to land. It distinguishes your field from what you've just held for others.

STEP 2 CLEAR



CUE:

Breath-led release, guided energetic boundary reset.

WHY:

This phase clears residual emotional, energetic, and transference material — not through effort, but through attunement to what's not yours to carry.

STEP 3 RETURN



CUE:

Recalling your energy, re-inhabiting your system.

WHY:

Many therapists unconsciously fragment during deep holding. This stage invites a quiet restoration of wholeness — calling yourself back home.

STEP 4 SEAL + RESET



CUE:

Gentle energetic seal, boundary closing, transition.

WHY:

Not a barrier — but a membrane. This moment resets your field before you move forward, helping you stay clear without hardening.

Integration Prompt (Optional Journaling)

"Where in my body did I feel the biggest shift?"

"What did I release today — and how do I know?"

"What is the texture of my inner field now, compared to before?"