



THE WITCH'S ENERGY RESET SPELL



FOR WHEN SHIT HITS THE FAN AND YOU NEED A QUICK
SPIRITUAL + ENERGETIC RESET

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WELCOME



This is your emergency energetic reset.

It's for the days you feel frazzled, fried, sucked dry, or tangled up in other people's energy.

You don't need a big ritual.
You don't need hours of meditation.
You just need 5 minutes, your body,
your intention, and this spell.



WHAT YOU'LL NEED

- A small candle or tealight
- A bowl of water
- Your voice (or whisper)
- Your hands
- A few deep breaths



THE SPELL

STEP 1: GROUND

- Rub your hands together quickly to build heat.
- Sweep your hands over your body — head, shoulders, heart, belly, legs — as if brushing off heavy energy.

Say aloud or silently: *"I root down. I anchor. I am held."*

STEP 2: CLEAR

- Plant your feet firmly on the floor or ground.
- Close your eyes, take 3 deep breaths.

Say: *"I release what's not mine. I shake off what I no longer carry."*

Lightly flick your fingers into it to symbolically "wash away" the residue.

STEP 3: CALL BACK

- Place one hand on your heart, one on your belly.
- Take a deep breath and call your energy home.

Say: *"I call my power back to me.*

I call my spirit back to me.

I call my energy back to me, cleansed and whole."

THE SPELL

STEP 4: SEAL IT

- Light your candle (or imagine one in your mind's eye).
- Visualize a soft, golden or white light wrapping around your body like a protective cloak.

Say aloud or silently: *"I seal my field with love, sovereignty, and strength. I am clear. I am calm. I am mine."*

Final Notes:

This spell is flexible.

You can whisper it, shout it, imagine it, or just feel it in your body.

You can do it in a bathroom stall, your car, your kitchen, or under the moon.

Don't worry about perfection. It's all about intention.

You are a witch.

You know how to reset your own energy.

Trust yourself.

YOU MADE IT!

Ready to go deeper?

You don't have to hold it all on your own.

If this spell stirred something awake, if your energy field feels like it's asking for more, or if you're craving rituals that help you feel steady day-to-day your next step is **The Witch's Field of Self-Devotion**.

Inside this bundle, you'll receive both:

- **A beautifully crafted four-part guidebook** - rituals to regulate, rewire, and root sovereignty into your daily life.
- **A private 30-minutes resonance session with me** - quiet, gentle, real. I'll scan your field, reflect what's alive, and guide you into one simple shift you can carry forward.



With this four-part path + session, you'll:

- Reclaim your energy from old scripts and shame
- Build an altar of practices that actually hold when life wobbles
- Anchor into embodied self-devotion: clear, calm, sovereign
- Leave our session with one felt shift rooted in your body

I'M READY