

# **Energy Reset Ritual**

## *By Confident Intentions, LLC*

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😌 **Feeling energetically heavy, foggy, or off? This 5-minute guided ritual is designed to help you hit pause, clear the static, and reconnect with yourself — no crystals or fancy tools required.**

This is your pocket-sized energetic reboot.

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### **WHAT YOU NEED:**

- A quiet space (or headphones)
  - A comfortable chair or spot to stand
  - Optional: your favorite crystal, oil, or grounding object
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### **5-MINUTE ENERGY RESET**

#### **1. GROUND IN (1 min)**

Stand or sit with your feet flat on the floor. Close your eyes. Take 3 deep, slow breaths — in through the nose, out through the mouth.

With each exhale, imagine releasing some of the junk you've picked up today: stress, noise, other people's energy.

Say aloud or in your head:

**"I release what is not mine to carry."**

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#### **2. CENTER YOURSELF (2 min)**

Place one hand on your heart, the other on your belly.  
Feel your breath move beneath your hands. Slow it down. Let yourself *be* in your body.

Whisper:

**"I am safe. I am centered. I am home in my body."**

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### **3. CALL BACK YOUR ENERGY (1 min)**

Visualize threads of your energy stretching out to work, to your phone, to other people's expectations.

Now see those threads coming back to you. See them weave into your body like golden light.

Say:

**"I call all of my energy back to me now."**

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### **4. SEAL IT IN (1 min)**

Take a final deep breath.

Picture yourself surrounded by a soft, protective bubble of light — whatever color feels right.

Say:

**"I am grounded. I am clear. I am enough."**

When you're ready, open your eyes. Wiggle your fingers. Drink some water.

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## **Need more support?**

This is just the beginning. Explore crystal energy sessions, chakra alignment, and intuitive guidance at:

**ConfidentIntentions.com**

**confidentintentions@gmail.com**

[Book a Session](#)

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**You don't need to be more spiritual, more perfect, or more ready.**

You just need to *show up* for yourself. And you just did.

**- Confident Intentions, LLC**

