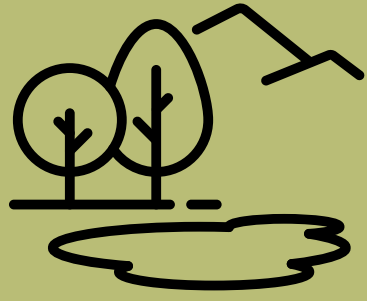




# THE 5-DAY SELF-HEALING RITUAL GUIDE

1



## Ground Into The Present Moment

Theme: Rooting your energy into the Earth.  
Practice: Barefoot Earthing + Breath Alignment

2



## Cleanse & Release Energy That Isn't Yours

Theme: Energetic purification.  
Practice: Smoke cleanse or sound cleanse + journaling

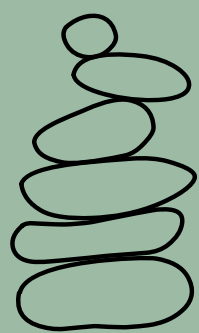
3



## Open the Heart Space

Theme: Self-love & emotional balance.  
Practice: Heart-centered breathwork + gentle self-holding

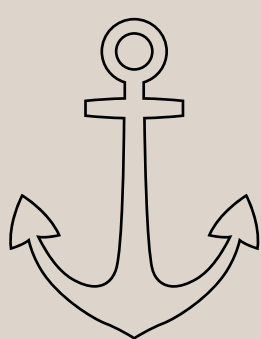
4



## Rebalance the Chakras

Theme: Energetic harmony.  
Practice: Color visualization meditation

5



## Anchor the Light & Set Your Intention

Theme: Integration & empowerment.  
Practice: Candle or crystal ritual

# DAY 1

## GROUND INTO THE PRESENT MOMENT

### ACTIVITY:

Step outside, feel the Earth beneath your feet, and take 7 slow, conscious breaths.

As you exhale, imagine any tension flowing down into the soil.

### Affirmation:

I am safe.

I am supported.

I am grounded in this present moment.



# DAY 2

## CLEANSE & RELEASE ENERGY THAT ISN'T YOURS

### ACTIVITY:

Use sage, palo santo, or sound (like chimes or singing bowls) to clear your aura.

Journal: What energies, emotions, or worries am I ready to release today?

### Affirmation:

I gently let go of what no longer serves my highest good.



# DAY 3

## OPEN THE HEART SPACE

### ACTIVITY:

Place your hands over your heart. Inhale love; exhale gratitude.

Whisper to yourself something you wish someone else would say to you.

### Affirmation:

I am love in human form.  
I open my heart to  
compassion and grace.



# DAY 4

## REBALANCE THE CHAKRAS

### ACTIVITY:

Visualize each chakra as a sphere of light — red at the base, orange below the navel, yellow at the solar plexus, green at the heart, blue at the throat, indigo at the third eye, violet at the crown. Imagine each one glowing brighter and spinning freely.

### Affirmation:

My energy centers are balanced, aligned, and radiant with light.



# DAY 5

## ANCHOR THE LIGHT & SET YOUR INTENTION

### ACTIVITY:

Light a candle or hold your favorite crystal.

Speak aloud one intention you wish to carry forward - something you're ready to embody.

### Affirmation:

I anchor my light into the Earth. I am whole, balanced, and aligned.

