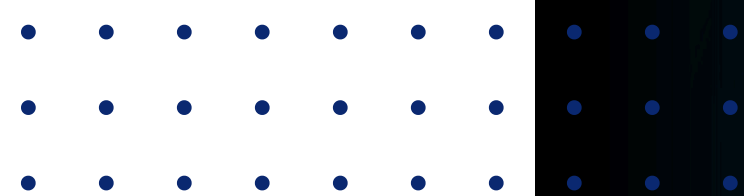
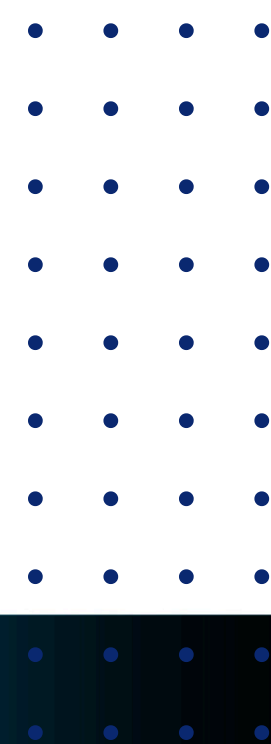


THE ENERGY RESET RITUAL

THE SOUL LIFT

A 3-STEP
PRACTICE
TO CLEAR,
PROTECT
& REALIGN
YOUR
ENERGY



www.thesoullift.com



STEP ONE

Start

Begin by finding a quiet space. Take three deep, intentional breaths - in through the nose, out through the mouth.

Next

Visualize a waterfall of light pouring down from above, washing away all energy that isn't aligned with love or truth.

Enhance

Use smoke cleanse (sage or palo santo) or sound (singing bowl, chime, or your voice)

Affirm

I release all energy that isn't mine. I return to peace, clarity, and light.

Step 2

Once you've cleared your field, it's time to seal your light.

STEP TWO

Start

Visualize a soft, glowing light expanding from your heart, forming a radiant cocoon around your body.

Next

This light is your energetic boundary - only love and truth can enter; all else is reflected away.

Enhance

Place one hand on your heart and repeat:

“My energy is sacred. I am protected and at peace.”

Apply

Optional add-on: Apply essential oils (lavender, frankincense, or cedarwood) or hold a grounding crystal (black tourmaline, obsidian, or smoky quartz).

Step 3

Integration & embodiment

STEP THREE

Start

Sit or stand tall. Take seven slow breaths, imagining each inhale filling your body with divine light.

Next

Feel this light anchoring into the Earth beneath you and connecting upward through your crown to Source.

Integrate

Spend a few quiet moments just being in this alignment - feeling calm, open, and centered.

Affirm

"I am aligned with my highest vibration. My energy is clear, balanced, and luminous."

Closing Ritual

Play Hz frequency tones, such as 528 Hz, while you rest in stillness.