

Sacred Reset-Overwhelmed to Aligned

A soft landing for your soul when life hits hard

You'll need:

- A quiet space
- A candle (white, pink, or purple preferred)
- A glass or bowl of water
- Pen + journal
- Something sacred (feather, crystal, photo, etc.)

1. Set the Scene (5 minutes)

Light your candle. Sit comfortably. Place your sacred item and the water nearby. Take 3 deep breaths, letting each exhale sound like a release.

Say aloud:

"I call back every part of me that was scattered in survival. I claim peace, I claim presence, I claim power."

2. Ancestral Connection (5 minutes)

Hold or gaze at your sacred item.

Say:

***"To the ancestors who walked before me—thank you.
To those who walked through chaos and still rose—guide me. I ask
for clarity, courage, and calm."***

Pause. Let any emotion rise. Let your breath stay soft. Let them meet you.

3. Grounding Through the Body (5 minutes)

Place your hands on your heart or thighs. Slowly say:

- I am here.
- I am safe.
- I am still becoming.

Visualize roots growing from your body into the earth. Imagine the chaos draining

down and the earth rising-up to hold you.

4. Journaling Prompts (15–20 minutes)

Write freely. Don't censor. Let it pour.

- Where do I feel like I “crashed out” this time?
- What am I learning about myself in this wreckage?
- What part of me is trying to be heard or healed?
- What do I need to forgive myself for today?
- What tiny truth or action can I commit to after this?

5. Closing the Ritual (5 minutes)

Blow out the candle. Thank your spirit and ancestors. Pour the water into the earth (or sink) to symbolize release.

Say:

“I crashed, but I didn’t quit. I rise softer, wiser, sacred.”

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- What part of me is trying to be heard or healed?
- What do I need to forgive myself for today?
- What tiny truth or action can I commit to after this?

6. Closing the Ritual (5 minutes)

Blow out the candle. Thank your spirit and ancestors. Pour the water into the earth (or sink) to symbolize release.

Say:

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