

✧ Change Your Frequency Ritual ✧

This is how we shift from feeling _____, to feeling _____. The frequency we emanate matters.

1. Acknowledge

Take a breath and name your feeling.

“I feel heavy right now, and that’s okay.”

2. Shift Your Body

Hand on chest → 4/6 breath.

Roll shoulders back.

Shake tension out.

3. Choose Your Frequency

“I choose the frequency of _____.”

4. Create One Matching Moment

Peace → water

Love → hand on heart

Power → stand tall

5. Speak the Shift

“I am returning to myself.”

“Energy is stabilizing.”

6. Close the Ritual

“I release heaviness. I choose alignment.”