



Bedtime Energy Return Ritual "Calling My Light Home"

✨ This 5-10 minute practice combines breath, visualization, and a powerful mantra to help you:

- ☾ Release energetic residue
- ☾ Reclaim your light
- ☾ Sleep more peacefully

What You'll Need:

- A quiet space
 - Optional: A candle, essential oil or incense (Melissa, Frankincense or Sandalwood) and small crystal (Selenite, Amethyst, or Black Tourmaline)
 - Your hands and your breath
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Step 1: Set the Space

Sit or lie down comfortably. If you like, light a candle or hold your crystal. Gently close your eyes and take **three slow, deep breaths**, letting your body begin to settle.

Inhale calm... **Exhale** the day.

Inhale light... **Exhale** anything not yours to carry.

Step 2: Call Back Your Energy

With your eyes still closed, bring your hands to your heart or solar plexus. Visualize tiny golden threads of your energy returning from everywhere they've been—work, people, conversations, worries, even social media.

Say softly (or silently):

"I now call back all of my energy, from all people, places, thoughts, and timelines.

I lovingly release all energy that is not mine.



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I return to my center, whole and clear.

I am safe. I am home. I am light."

Repeat the mantra **3 times** with intention. Feel your energy gathering inward.

Step 3: Seal and Ground

Visualize a soft cocoon of golden-white light forming around your body. Let it feel like a protective blanket, sealing your energy and holding you in peace for the night.

You may wish to add:

"I rest now in the sanctuary of my own being.

All is well. I am held in the arms of the Universe."

Optional Add-ons:

- Use a selenite wand to sweep your field from head to toe before bed.
- Place your crystal beside your pillow to anchor the energy.