

energy reset toolkit

clear your energy field. realign. step into your power.



made for you with love by kris + ferzana at @alignedish

journal exercise

Release & Reclaim

Take 5 minutes to reflect and write your answers to these prompts:

1. What emotion feels heaviest for me right now?
2. What triggered it, and how has it been affecting me?
3. What would my life feel like if I released this emotion?
4. What belief am I ready to replace it with?

Pro Tip: Write as if you're talking to your best friend. Honesty is where the magic happens.

Morning Prompt: Setting Intentions

As I step into this day, what energy do I want to embody? What am I ready to call into my life today— whether it's clarity, joy, connection, or abundance? What action, thought, or mindset will help align me with the highest version of myself?

Evening Prompt: Gratitude Reflection

Looking back on today, what moments, big or small, brought me joy, peace, or a sense of alignment? How did life surprise me in beautiful ways? What am I deeply grateful for as I close this chapter and prepare for rest?

eft tapping sequence

Before You Start:

Find a quiet space where you won't be disturbed. Sit comfortably, take a deep breath, and tune into how you're feeling. Identify the emotion you want to release (e.g., anger, sadness, overwhelm). Rate its intensity on a scale of 1 to 10.

Step 1: Setup Statement (Karate Chop Point)

Tap the side of your hand (Karate Chop Point) and repeat this three times:
"Even though I feel [insert emotion], I deeply and completely love and accept myself."

Step 2: Tapping Sequence

Tap gently on each point as you say the statements. Go through this sequence as many times as needed, and adjust the words to reflect how you're feeling.

1. Eyebrow (Start of the brow): "I feel this [emotion] in my body."
2. Side of Eye (Outer corner): "It feels heavy and stuck."
3. Under Eye (Below the eye socket): "This [emotion] has been weighing me down."
4. Under Nose (Between nose and upper lip): "I acknowledge this feeling and allow myself to release it."
5. Chin (Below the bottom lip): "I don't have to carry this anymore."
6. Collarbone (Bony area under the neck): "I am safe to let this go."
7. Under Arm (Side of the body, under the arm): "I trust my body to release what no longer serves me."
8. Top of Head (Crown of the head): "I am making space for clarity and alignment."

eft tapping sequence

pt 2

Step 3: Positive Reframe

Once you feel the intensity of the emotion lessening, introduce positive statements. Repeat as you tap through the points again:

1. Eyebrow: "I am ready to feel lighter."
2. Side of Eye: "I choose to release this with ease."
3. Under Eye: "I am open to realigning my energy."
4. Under Nose: "I trust myself to create calm and clarity."
5. Chin: "I am reconnecting with my flow."
6. Collarbone: "I am safe and supported."
7. Under Arm: "I am stepping into my power."
8. Top of Head: "I release, I realign, and I am free."

Step 4: Check-In

Pause and take a deep breath. Re-rate the intensity of the emotion on a scale of 1 to 10. If it hasn't decreased significantly, repeat the sequence or focus on any lingering feelings.

Optional Closing Statement (Karate Chop Point):

"Even though I still feel some [emotion], I honor my process and trust I am moving forward."

energetic hygiene

Shower Cleansing Ritual

1. **Set Your Intention.** Before stepping into the shower, take a deep breath and say: “I release all that no longer serves me and welcome renewal.”
2. **Envision the Water as Light.** As the water flows, imagine it as radiant light washing away heavy energy, carrying it down the drain.
3. **Affirm Release** Say: “I cleanse my energy and release anything that is not mine or not for my highest good.”
4. **Call Back Your Energy.** Say: “I call my energy back to me, restored and aligned with my highest self.”
5. **Visualize Protection.** Picture yourself surrounded by glowing light, forming a shield of protection and strength.
6. **Express Gratitude.** Say: “Thank you for cleansing and renewing me. I step out feeling light, aligned, and empowered.”

Quick, grounding, and effective—perfect for daily renewal.

Visualize Your Energy Reset

1. Sit quietly for 3–5 minutes, close your eyes, and take 3 deep breaths.
2. Imagine a bright, golden light pouring down over your body, clearing and cleansing your energy field.
3. Visualize that light gathering all stagnant emotions and releasing them into the earth, leaving you feeling lighter and grounded.
4. End with this mantra: “I release, I realign, I am free.”

Pro Tip: Pair this ritual with your favorite calming playlist.

energetic hygiene

Using a Selenite Wand

Selenite wands are like energetic erasers, perfect for clearing away heaviness and aligning your energy field. Known for their high-frequency vibrations, selenite naturally clears negativity and promotes calm, clarity, and balance.

How to Use a Selenite Wand:

1. Hold It With Intention: Take a moment to ground yourself. Hold the wand in one hand and set the intention to release what no longer serves you.
2. Sweep Your Energy Field: Starting at the top of your head, gently “sweep” the wand down your body, about 3–6 inches away from your skin. Visualize it collecting stagnant energy as you move down. Repeat this over your body.
3. Focus on Stuck Areas: If a certain part of your body feels heavy or tense, hover the wand over that spot for a few extra moments, imagining the energy dissolving.
4. Recharge the Wand: Place your selenite in the moonlight or near a clear quartz crystal to keep its energy fresh.

energetic hygiene

Your Frequency Reset

1. 30-Minute Fork Tune Video

This video features the resonant tones of tuning forks, designed to balance your energy field and promote deep relaxation. The precise frequencies help clear stagnant energy, restore harmony, and leave you feeling grounded and aligned. Perfect for listening during meditation, journaling, or whenever you need a quick reset.

2. 30-Minute Chakra Reset Frequency Video

This sound healing video focuses on aligning and balancing your seven chakras through soothing, high-vibrational tones. It's like a full-body energetic tune-up, helping to release blockages and realign your system for optimal flow. Use this when you want to center yourself or enhance your spiritual practices.

Fork Tuning: <https://youtu.be/OMzHdxXhUwQ?si=TwXA1P6gznZfuXf9>

Chakra clearing: https://youtu.be/TxkyFCeWAXs?si=Nb6wowhcopUvRd_fK

energetic hygiene

Simple Energy Reset Breathwork

This quick and effective breathwork practice helps you release stagnant energy, ground your body, and realign with your natural flow. Use it whenever you're feeling heavy, overwhelmed, or out of sync.

1. Ground Yourself

Find a comfortable position. Close your eyes, take a slow, deep breath in through your nose, and visualize your feet rooting firmly into the earth, anchoring you in the present moment.

2. Release Stagnant Energy

Exhale fully through your mouth with a soft, intentional sigh. As you do, imagine tension, stress, or heaviness flowing out of your body like a gentle stream.

3. Three Cleansing Breaths

Follow this structured breathing pattern to reset your energy:

- **Inhale:** Breathe deeply through your nose for a count of 4, visualizing golden light filling your entire body, energizing and cleansing you.
- **Hold:** Pause and hold your breath for 4 counts, allowing the light to expand into every corner of your being.
- **Exhale:** Slowly release your breath through your mouth for a count of 6, letting go of all remaining stagnant energy or tension.

Repeat this cycle 3 times, focusing on the sensation of renewal with each breath.

4. Anchor in Alignment

On your final inhale, silently or aloud, affirm:

"I am calm, clear, and fully aligned."

As you exhale, feel gratitude for the shift in your energy, and imagine yourself fully balanced, grounded, and open to flow.

This practice takes just a few minutes but can create a profound shift in how you feel, helping you to recenter and move forward with clarity and calm.

next steps:

You've already begun shifting your energy- now it's time to dive deeper.

Choose what resonates most with where you are right now:

Deep Healing & Intuitive Guidance

- *5 Day Somatic Healing Challenge*: Reconnect with your body and release stored emotions using mindfulness, breathwork, and movement.
- *Intuitive Connection Sessions*: 1:1 psychic medium and soul guidance sessions to help you uncover clarity, align with your higher self, and receive healing messages.

Explore these offerings

Quick Clarity & Self Guided Support

- *Quick Tarot Readings*: Focused readings for clarity and direction.
- *Microdosing Guide*: A resource for incorporating mindful microdosing into your life.
- *Emotion Code*: A healing modality that identifies and releases trapped emotions blocking your growth, helping you break free from fear or self doubt and realign with ease.
- *Akashic Records*: An energetic library of your soul's journey, offering clarity, guidance, and insights to help you align with your purpose and next steps.

Explore these offerings

Wherever you are on your journey, trust that each step, big or small, is bringing you closer to alignment. I'm honored to guide you and can't wait to support your growth.