

Nightly Reset Ritual for Peaceful Sleep (10 mins approx).

Ground & Release (2–3 minutes, read then do):

- Sit or lie comfortably. Close your eyes, breathe deeply in through the nose, and out through the mouth. As you breathe naturally, imagine roots coming from deep in the earth (even if you are lay on your bed). Imagine them intertwining around your feet and ankles.
- Take a big slow deep inhale. Inhale love from the universe. With each exhale, imagine all the stress, heaviness, and negative energy leaving your body like grey smoke, sinking into the earth where it is transmuted into light.
- Inhale grounding love from the universe, exhale all that is heavy. Every exhale release any tension in your body into the earth.

Energy Sweep (1 minute)

- Visualise a golden light showering down over you, entering your crown and filling every cell in your body, cleansing your aura, washing away every leftover thought, worry, or tension.
- Say quietly: “I release all energy that is not mine. I return to peace, I return to me. I am light.”

Gratitude Shift (2 minutes)

- Tell yourself or write down three things you are grateful for today, no matter how small.
- Let the gratitude expand in your chest like a warm glow.

Affirmation Installation (2 minutes). Place your hand over your heart and repeat:

•“I am safe”

•“I am loved”

•“I am at peace”

Feel the words sinking into your subconscious like seeds being planted.

5. Visualisation Drift (2–3 minutes)

Picture yourself waking up in the morning full of energy, full of happiness; calm, loved.

Allow that vision to be the last imprint your mind receives before sleep. By repeating this nightly, your subconscious begins to associate bedtime with cleansing, positivity, and peace; helping you drift into sleep with a light heart and a primed mindset for tomorrow.