



## ✨ Emotional Reset Ritual for Radiant Body Alignment ✨

### Regulate the Nervous System Before Taking Action

When emotions run high, the body often shifts into urgency. Decisions made in this state can feel reactive or rushed.

This ritual is designed to calm the nervous system so you can return to a steady internal state before responding, deciding, or initiating action.

Once the body settles, intuitive signals become much easier to recognize.

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### What You Will Need

#### Crystals

- **Angelite** – encourages calm awareness and intuitive listening
- **Lepidolite** – associated with emotional balance and soothing the nervous system
- **Blue Lace Agate** – supports gentle communication and relaxed breathing

#### Herbs

- **Smudging herb:** Lavender or Mugwort
  - **Tea herb:** Lemon Balm or Chamomile
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### Step 1: Create a Quiet Space

Light your chosen smudging herb and gently allow the smoke to move through your space.

As the scent fills the room, imagine the atmosphere becoming calmer and more spacious.

Place your crystals nearby or hold them in your hands.

Allow this moment to signal a transition from activity into reflection.

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## Step 2: Brew a Calming Tea

Prepare a warm cup of lemon balm or chamomile tea.

As the tea steeps, take several slow breaths and allow your shoulders, jaw, and forehead to soften.

Warm tea naturally encourages the body to slow down and signals safety to the nervous system.

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## Step 3: Regulate the Breath

Try a simple breathing rhythm:

Inhale slowly for **four seconds**

Pause briefly

Exhale slowly for **six seconds**

Longer exhalations activate the body's relaxation response.

Continue this pattern for several breaths.

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## Step 4: Ground Into the Body

Hold **Angelite** in one hand.

Place your other hand over your heart or belly.

Notice simple physical sensations:

- the rhythm of your breathing
- the weight of your body where you sit
- the feeling of your feet touching the floor

- the temperature of the crystal in your hand

Allow your attention to rest in the body instead of the mind.

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## **Step 5: Invite Clarity**

Once you feel calmer, gently bring the situation or decision to mind.

Notice how your body responds.

You may sense openness, curiosity, or readiness.

You may also notice contraction, hesitation, or fatigue.

There is no need to force a conclusion.

Often clarity appears naturally once the nervous system returns to balance.

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## **A Reminder**

Regulating your emotional state before acting helps you:

- respond thoughtfully rather than react impulsively
- recognize subtle internal signals
- communicate more clearly
- maintain grounded presence under pressure

Sometimes the most supportive action is simply giving the body a few quiet minutes to settle before moving forward.