



Daily Protection & Grounding Ritual



A simple daily practice to help you return to your center, reclaim your energy, and move through your day in Divine alignment.

1. Arrive in Your Body

Place one hand on your heart and one on your lower belly.

Take a slow breath in and exhale gently.

"I return to my body in this moment."



2. Ground into the Earth

Imagine roots extending from your feet deep into the Earth.

Feel supported, steady, and safe.

"I am grounded, supported, and safe."



3. Call Your Energy Back

Gather back any energy you have scattered throughout the day.

"I call all of my energy back to me now, cleared and returned in its purest form."



4. Surround Yourself with Divine Light

Visualize a luminous field of light surrounding your entire body.

"Only energies of love, truth, and Divine alignment may enter my field."



5. Set Your Intention

Choose how you wish to move through your day.

"Today I choose to be grounded, clear, protected, and aligned."



6. Seal the Practice

Take one final deep breath and rest in the truth of who you are.

"I am clear. I am protected. I am aligned."



Trust your intuition and use the words that resonate most deeply with your heart.