



# Energy Reset Routine



## ✨ 5 Simple Steps to reset your energy ✨

☀️ This year is calling you to step into your highest self—a year to align with your purpose, embrace your inner power, and manifest the life you were meant to live. Resetting your energy is a sacred act, a return to your true essence. Let these steps guide you into a year filled with light, love, and divine alignment.

### 1. Reconnect with Your Breath, Your Spirit 🌬️ ✨

The breath is the bridge between your body and soul. Each inhale brings you closer to your divine source; each exhale releases what no longer serves you. Start your day with intentional breathing—slow, deep, and full of gratitude. With every breath, feel the presence of the sacred energy that sustains you.

### 2. Honor Your Body as a Temple 🧘 🙏

Your body is a vessel for divine energy. Treat it with reverence through movement, stillness, and nourishment. Whether it's a yoga flow, a morning prayer, or silent meditation, remember that every action is a form of worship, connecting you deeper to the universe.

### 3. Cleanse Your Energy Field 🌿 🔥

Release old patterns, emotions, and energy that weigh you down. Burn sage, light a candle, or visualize a radiant white light surrounding you. As you cleanse, affirm: *I am free, I am whole, I am aligned.* This ritual clears the path for blessings to flow into your life.

### 4. Listen to the Whispers of Your Soul 🌸 ✨

Silence is sacred. Take time each day to sit in stillness and tune into your inner guidance. Whether through journaling, prayer, or quiet reflection, listen for the wisdom of your soul. The answers you seek are already within you.

#### 5. Align with Love and Gratitude 🇺🇸🌈

Love and gratitude are the highest vibrations. Speak words of kindness, practice acts of compassion, and give thanks for every moment. When you live in love, your energy radiates outward, attracting abundance, joy, and spiritual alignment.

**2025 is your spiritual awakening.**

Each day is a gift, a chance to live in alignment with your higher purpose. By resetting your energy, you open the door to miracles, transformation, and divine connection. Trust the journey—it is all unfolding perfectly.

With love, light, and infinite blessings,

✨ *Start your Energy Reset today—your best life is waiting!*

Sincerely,

*Yani Daes*