SELF-GUIDED HEALING RITUAL

THE NEURAL RESET JOURNEY

01

STEP ONE: CREATE SPACE

Find a quiet spot. light a candle or place a meaningful object nearby to signal to your brain that this is sacred time.

02

STEP TWO: BREATHE & RELEASE

Take 4-6 slow breaths. with each exhale silently say: “release”. This calms your nervous system and mind.

03

STEP THREE: GUIDED VISUALIZATION

Close your eyes and imagine walking a peaceful retreat path. repeat: “I am safe. I am open.”

04

STEP FOUR: SPIRITUAL REFRAME

Picture an old belief as a stone in your hand. place in on the earth or in water, watching it dissolveas you whisper: “I return this energy. I welcome healing”.

05

STEP FIVE: INTEGRATION

Place your hand on your heart and name one insight you will carry forward. finish with: “Thank you, mind. Thank you, spirit. thank you, self.

THE POSITIVECHANGE GROUP