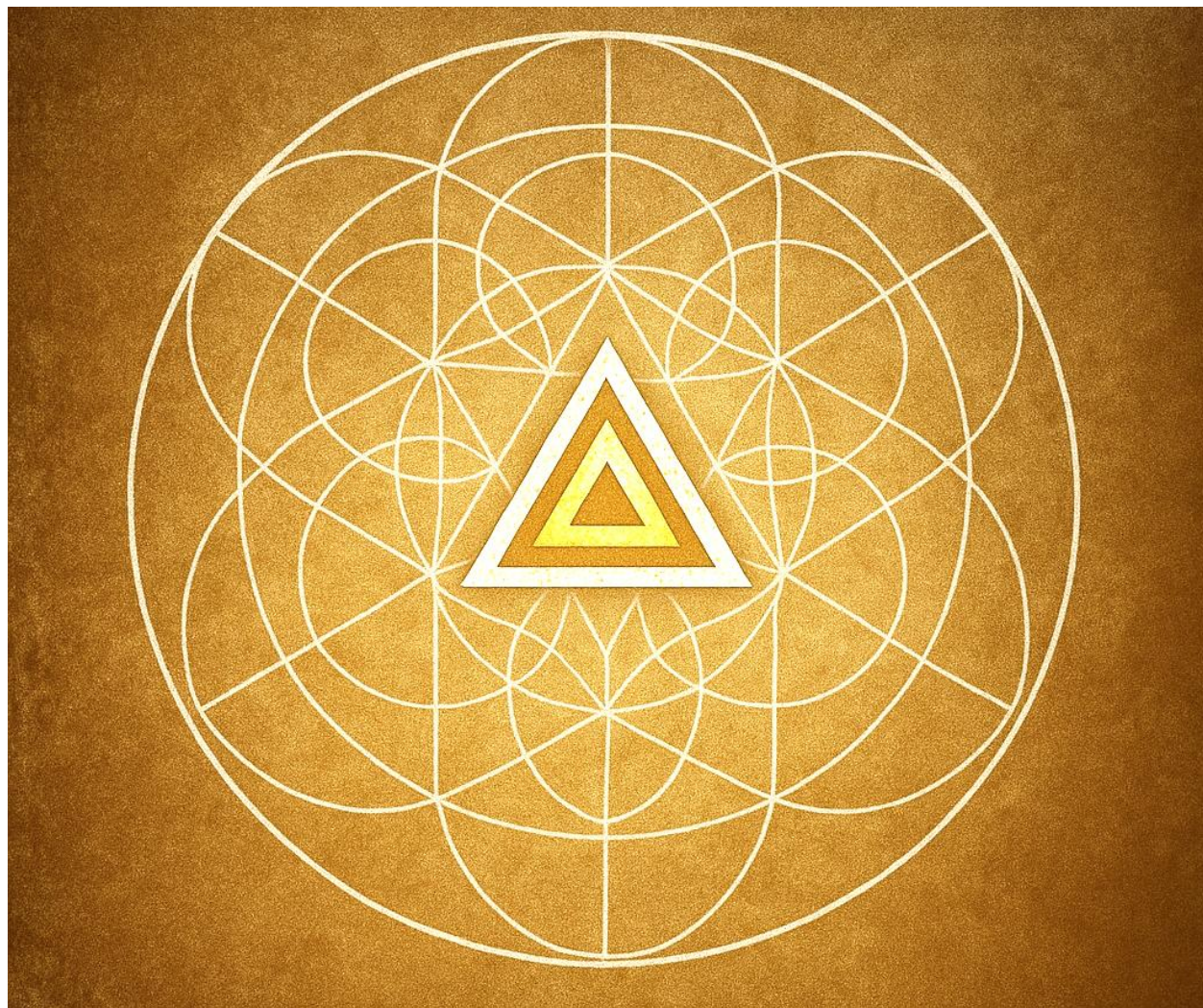


## 🌿 7-Day Healing Meditation to Transform Your Reality 🌿



## 🌿 Practice Guide for Returning to Balance 🌿

lai ping lee

# The Reset Trilogy: Breath • Mind • Body

Purpose: Support emotional and physical healing, calm the nervous system, release held tension, and restore balance through meditation and mindful awareness.

Daily Practice: 10-15 minutes

## Practice Sacred Breath Meditation

### Day 1: Center & Calm

Practice:

Sit or lie comfortably, hands on your heart.

Inhale slowly, exhale gently. Visualize tension leaving your body and healing light entering each cell.

Journal Prompts:

What sensations did I notice in my body? \_\_\_\_\_

Thoughts or emotions that arose: \_\_\_\_\_

How calm did I feel afterward (scale 1-10)? \_\_\_\_\_

Mini Affirmation:

"I am safe in my own skin. Healing flows through me."

### Day 2: Safety Breath

Practice:

Inhale for 4 counts, hold 2, exhale 6.

Silently affirm: "I am safe in my own skin."

Visualize your body remembering safety with each breath.

Journal Prompts:

Where in my body did, I feel safe or tense? \_\_\_\_\_

How did this breathwork affect my mood? \_\_\_\_\_

One thing I noticed about my mind today: \_\_\_\_\_

Mini Affirmation:

"With each breath, I feel calm, safe, and supported."

### **Day 3: Connect with Your Skin**

Practice:

Focus on areas that have felt discomfort.

Place hands on them (or imagine doing so).

Whisper silently: "Thank you for protecting me. You may rest now."

Journal Prompts:

Areas of the body I focused on: \_\_\_\_\_

Physical or emotional sensations: \_\_\_\_\_

Any shifts in tension or energy? \_\_\_\_\_

Mini Affirmation:

"I honor my body. I nurture it with love and care."

### **Day 4: Release Held Emotions**

Practice:

Identify emotions beneath the surface: anger, sadness, fear, or tension.

Visualize them rising and leaving your body like bubbles.

Exhale, letting them dissolve into the air.

Journal Prompts:

Emotions I noticed: \_\_\_\_\_

How did it feel to release them? \_\_\_\_\_

Insights gained about myself: \_\_\_\_\_

Mini Affirmation:

"I release what no longer serves me. I create space for peace."

## **Day 5: Fill with Light**

Practice:

Visualize a gentle golden light surrounding you.

Inhale, drawing it into previously tense areas.

Exhale, letting the light expand around you, forming a protective, peaceful field.

Journal Prompts:

Where did I feel the light most strongly? \_\_\_\_\_

Did I notice any emotional or physical shifts? \_\_\_\_\_

How radiant or calm do I feel now (1-10)? \_\_\_\_\_

Mini Affirmation:

"Healing light surrounds me. Every cell is nourished and at peace."

## **Day 6: Mindful Compassion**

Practice:

Place one hand on your heart, one over an area that needs care.

Repeat silently:

"I am safe. I soften. Every cell learns peace."

Imagine kindness flowing into your body like a soothing balm.

Journal Prompts:

Where did I feel tenderness or resistance? \_\_\_\_\_

Did I feel my emotions soften? \_\_\_\_\_

One word that describes my experience today: \_\_\_\_\_

Mini Affirmation:

"I offer myself compassion and healing with every breath."

## **Day 7: Integration & Radiance**

Practice: Even brief daily practice strengthens long-term healing.

Spend 10-15 minutes visualizing your body glowing with calm, healing light.

Whisper: "My body knows how to heal. I am safe, I am loved, I am free to be seen."

Take three deep breaths and open your eyes slowly, carrying this peace with you.

Journal Prompts:

How does my body feel compared to Day 1? \_\_\_\_\_

How has my emotional state shifted over the week? \_\_\_\_\_

One key insight or lesson from this 7-day practice: \_\_\_\_\_

Affirmation:

"I am whole, healed, and radiant. Peace flows through every cell of my being."

"My body knows how to heal. I am safe in my skin. Every cell radiates health. I am safe, I am loved, I am free to be seen."

Take three slow, deep breaths. Open your eyes, carrying this calm and safety into your day.



✦ **Integration Tip:**

Repeat one short phrase daily (e.g., "I am safe in my own skin" or "Healing flows through me") while placing your hand on your heart. Even one minute reinforces long-term emotional and physical healing.

=====

🌿 **7-Day Grounding Journal & Practice Guide** 🌿

Purpose: Strengthen your connection to the Earth, calm your nervous system, reduce stress, support healing, and boost vitality.

Daily Practice: 10-20 minutes

**Day 1: Connect with the Earth**

Practice:

Take a morning walk outdoors. Feel the ground beneath your feet (barefoot if possible).

Inhale deeply, imagining drawing in the Earth's energy. Exhale tension.

Journal Prompts:

Did I walk barefoot today? Y / N

Time in nature: \_\_\_\_\_ minutes

How did my body feel afterward? \_\_\_\_\_

Mini Affirmation:

"I am grounded. The Earth supports and restores me."

## Day 2: Breath & Root

Practice:

Sit outside or by a window. Place hands on the ground.

Inhale: "Earth's strength fills me."

Exhale: "Stress and tension flow out." Repeat 5-10 cycles.

Journal Prompts:

How did my breath feel today? \_\_\_\_\_

Where did I feel tension release in my body? \_\_\_\_\_

Any changes in mood or energy? \_\_\_\_\_

Mini Affirmation:

"With each breath, I draw calm and vitality from the Earth."

## Day 3: Tree Energy Reset

Practice:

Sit or stand under a tree for 5 minutes.

Imagine roots extending from your feet into the Earth.

Let energy flow from the Earth up through your body.

Journal Prompts:

Time spent grounding: \_\_\_\_\_ minutes

Emotions I noticed: \_\_\_\_\_

Physical sensations: \_\_\_\_\_

Mini Affirmation:

"I am rooted, safe, and nourished by the Earth."

## Day 4: Mindful Movement

Practice:

Walk slowly outdoors, barefoot if possible.

With each step, visualize energy flowing from the Earth into your legs and spine.

Release tension with each exhale.

Journal Prompts:

Duration of walk: \_\_\_\_\_ minutes

Body areas that felt lighter: \_\_\_\_\_

Emotional shifts noticed: \_\_\_\_\_

Mini Affirmation:

"With every step, I release stress and absorb strength."

## Day 5: Grounding Pause

Practice:

Pause during the day and place your hands on a natural surface (earth, grass, stone).

Take three slow breaths, drawing energy into your heart and mind.

Journal Prompts:

How present was I in this moment? \_\_\_\_\_

Did I feel calm afterward? \_\_\_\_\_

Thoughts or insights: \_\_\_\_\_

Mini Affirmation:

"I return to the Earth and find peace in its energy."



## Day 6: Evening Earth Reflection

Practice:

Sit or lie down outdoors in the evening, feeling the ground beneath you.

Reflect on the day's energy and let tension drain into the Earth.

Journal Prompts:

How did my body feel before and after? \_\_\_\_\_

Did any stress or worries release? \_\_\_\_\_

Mood before sleep: \_\_\_\_\_

Mini Affirmation:

"I release what no longer serves me and embrace Earth's calm."

## Day 7: Full-Body Grounding

Practice:

Spend 10-20 minutes barefoot on natural ground.

Visualize energy rising from the Earth into every cell.

Take a few deep breaths and notice your connection to the Earth's vitality.

Journal Prompts:

Duration of practice: \_\_\_\_\_ minutes

Body sensations: \_\_\_\_\_

Emotional state: \_\_\_\_\_

Key insight from the week: \_\_\_\_\_

Mini Affirmation:

"I am fully grounded. My body and mind are restored, calm, and alive."

### ✦ Integration Tip:

Even after this 7-day guide, take at least 5-10 minutes daily to reconnect with the Earth. Consistent grounding supports long-term emotional, mental, and physical balance.

=====

## 🌿 14-Day Healing & Grounding Workbook 🌿

Purpose: Strengthen connection to self and Earth, calm the nervous system, release tension, and restore physical, emotional, and energetic balance.

Daily Practice: 10-20 minutes

### Week 1: Grounding Practices

#### Day 1: Connect with the Earth

Practice: Morning walk outdoors. Barefoot if possible. Inhale Earth's energy, exhale tension.

Journal Prompts:

Did I walk barefoot today? Y/N

Time in nature: \_\_\_\_\_ minutes

How did my body feel afterward? \_\_\_\_\_

Mini Affirmation:

"I am grounded. The Earth supports and restores me."

## Day 2: Breath & Root

Practice: Sit outside, hands on the ground. Inhale: "Earth's strength fills me."  
Exhale: "Stress flows out." Repeat 5-10 cycles.

Journal Prompts:

How did my breath feel today? \_\_\_\_\_

Where did tension release in my body? \_\_\_\_\_

Emotional shifts noticed: \_\_\_\_\_

Mini Affirmation:

"With each breath, I feel calm, safe, and supported."

## Day 3: Tree Energy Reset

Practice: Sit or stand under a tree for 5 minutes. Visualize roots extending into the Earth, drawing energy upward.

Journal Prompts:

Time spent grounding: \_\_\_\_\_ minutes

Emotions noticed: \_\_\_\_\_

Physical sensations: \_\_\_\_\_

Mini Affirmation:

"I am rooted, safe, and nourished by the Earth."

## Day 4: Mindful Movement

Practice: Slow barefoot walk outdoors. Visualize energy flowing from Earth into legs and spine. Exhale tension.

Journal Prompts:

Duration of walk: \_\_\_\_\_ minutes

Body areas that felt lighter: \_\_\_\_\_

Emotional shifts: \_\_\_\_\_

Mini Affirmation:

"With every step, I release stress and absorb strength."

### **Day 5: Grounding Pause**

Practice: Pause during the day, place hands on a natural surface. Take three slow breaths, drawing energy into heart and mind.

Journal Prompts:

How present was I? \_\_\_\_\_

Did I feel calm afterward? \_\_\_\_\_

Thoughts or insights: \_\_\_\_\_

Mini Affirmation:

"I return to the Earth and find peace in its energy."

### **Day 6: Evening Earth Reflection**

Practice: Sit or lie outdoors in the evening. Reflect on the day's energy and let tension drain into the Earth.

Journal Prompts:

Body sensations before and after: \_\_\_\_\_

Stress or worries released? \_\_\_\_\_

Mood before sleep: \_\_\_\_\_

Mini Affirmation:

"I release what no longer serves me and embrace Earth's calm."

### Day 7: Full-Body Grounding

Practice: 10-20 minutes barefoot on natural ground. Visualize energy rising from the Earth into every cell.

Journal Prompts:

Duration of practice: \_\_\_\_\_ minutes

Body sensations: \_\_\_\_\_

Emotional state: \_\_\_\_\_

Key insight from the week: \_\_\_\_\_

Mini Affirmation:

"I am fully grounded. My body and mind are restored, calm, and alive."

## Week 2: Healing Meditation Practices

### Day 8: Center & Calm

Practice: Hands on heart. Inhale slowly, exhale gently. Visualize tension leaving, healing light entering each cell.

Journal Prompts:

Body sensations noticed: \_\_\_\_\_

Thoughts or emotions: \_\_\_\_\_

Calmness after practice (1-10): \_\_\_\_\_

Mini Affirmation:

"I am safe in my own skin. Healing flows through me."

### Day 9: Safety Breath

Practice: Inhale 4 counts, hold 2, exhale 6. Affirm silently: "I am safe in my own skin."

Journal Prompts:

Where did I feel safe or tense? \_\_\_\_\_

Mood changes? \_\_\_\_\_

Insight about my mind: \_\_\_\_\_

Mini Affirmation:

"With each breath, I feel calm, safe, and supported."

### **Day 10: Connect with Your Skin**

Practice: Focus on areas of discomfort. Place hands or imagine doing so. Whisper: "Thank you for protecting me. You may rest now."

Journal Prompts:

Body areas focused on: \_\_\_\_\_

Sensations noticed: \_\_\_\_\_

Shifts in tension or energy: \_\_\_\_\_

Mini Affirmation:

"I honor my body. I nurture it with love and care."

### **Day 11: Release Held Emotions**

Practice: Identify emotions (anger, sadness, fear). Visualize them leaving your body like bubbles. Exhale, dissolving them into the air.

Journal Prompts:

Emotions noticed: \_\_\_\_\_

How it felt to release them: \_\_\_\_\_



Insights gained: \_\_\_\_\_

Mini Affirmation:

"I release what no longer serves me. I create space for peace."

## **Day 12: Fill with Light**

Practice: Visualize gentle golden light surrounding you. Inhale, drawing it into tense areas. Exhale, expanding a peaceful field.

Journal Prompts:

Areas where light felt strongest: \_\_\_\_\_

Emotional or physical shifts: \_\_\_\_\_

Calmness level (1-10): \_\_\_\_\_

Mini Affirmation:

"Healing light surrounds me. Every cell is nourished and at peace."

## **Day 13: Mindful Compassion**

Practice: One hand on heart, one on area needing care. Repeat silently: "I am safe. I soften. Every cell learns peace." Imagine kindness flowing through your body.

Journal Prompts:

Areas of tenderness or resistance: \_\_\_\_\_

Did emotions soften? \_\_\_\_\_

One word describing experience: \_\_\_\_\_

Mini Affirmation:

"I offer myself compassion and healing with every breath."

## Day 14: Integration & Radiance

Practice: Visualize body glowing with calm, healing light. Whisper: "My body knows how to heal. I am safe, I am loved, I am free to be seen." Take three deep breaths, open eyes slowly.

Journal Prompts:

Body sensations today: \_\_\_\_\_

Emotional state now: \_\_\_\_\_

Key insight or lesson from the 14 days: \_\_\_\_\_

Mini Affirmation:

"I am whole, healed, and radiant. Peace flows through every cell of my being."

### ✦ Integration Tip:

Repeat a short daily phrase ("I am safe in my own skin" or "Healing flows through me") while placing your hand on your heart. Even a minute a day reinforces long-term emotional and physical healing.

## The Reset Trilogy: Breath • Mind • Body

Healing does not happen in fragments. The breath, the mind, and the body are woven into one rhythm. When one is restless, the others strain. When one becomes still, the others remember their harmony.

**This Reset Trilogy offers three practices that align your whole system:**

Sacred Breathwork — tuning the nervous system through conscious rhythm.

Silencing the Mind — creating stillness by releasing noise and distraction.

Fasting for Renewal — giving the body space to repair and restore.

Practiced together, these form a cycle of renewal:

Breath calms the mind.

A quiet mind supports the body.

A rested body deepens the breath.

This cycle is the architecture of healing.

### **How to Use the Reset Trilogy**

Begin each morning with breathwork (5-15 minutes).

Dedicate time each day for mental silence (10-20 minutes).

Choose one fasting practice weekly or monthly, aligned with your body's readiness.

Even small, consistent steps in each area create a powerful synergy.

### **Reflection & Practice**

Journal Prompt:

Which of the three resets (breath, mind, body) feels most natural for me right now?

Which feels most challenging?

How might these three work together to create balance in my life?

### **Reset Tracker:**

 Breathwork minutes: \_\_\_\_\_

 Silence minutes: \_\_\_\_\_

 Fasting practice today: \_\_\_\_\_

 Energy/skin response: \_\_\_\_\_

### **Ritual:**

At the end of each day, place one hand on your heart and whisper:

"I reset my breath, my mind, and my body. I return to harmony."

### **✦ Daily Mantra**

"With breath, mind, and body aligned — I renew."