



The Evening Peace Reset

A calming ritual to gently ease your mind, body, and spirit into rest.

Use it before sleep or anytime you need to invite
in a sense of peace.

1. Release

Sit or lie down. Draw gentle awareness to the body and inhale through your nose as you tense your muscles... *then soften as you slowly exhale through your mouth.*

Repeat three times, melting into relaxation.

2. Reset

Place your hands over your heart. Release the day with compassion and gratitude. Silently recite soothing reminders:

(It's okay to let go now. I am grateful for this day.

I am held. I am loved.)

3. Rest

Take a few deep breaths and set a peaceful intention for sleep.

(I am calm, safe, and loved as I drift into rest.

I invite in healing dreams. I am ready to restore. I surrender and let go...)



I release, I renew. I sink deeply into rest and peace.