

Morning Energy Reset & Grounding Script

You don't need to wake up enlightened. You need to wake up **anchored**.

This isn't a vibe check. It's a full-body command: Come back to yourself. Set your field. Don't let the world hijack you before you even brush your teeth.

Use this as a script, mantra, or spoken prayer. Repeat it standing, sitting, walking barefoot — whatever works. Just **mean it when you say it**.

RESET

- I now return to my body, my breath, and my space.
- Anything I picked up in sleep — gone.
- Anything that isn't mine — out.
- I do not carry what doesn't belong to me.

GROUND

- I drop my energy down into the Earth.
- I am fully supported. Fully rooted. Fully here.
- I ground into truth, not fear. I ground into strength, not survival.

ALIGN

- I call back all my energy — cleansed, cleared, and sealed in light.
- I align my energy field with clarity, calm, and focus.
- I choose presence. I choose truth. I choose peace — even in chaos.

SEAL

- My energy is sealed. No interference. No distortion. No access without my permission.
- I move through this day in my own truth and power.
- And so it is.