

The 5-Minute Energy Reset

A Daily Practice to Ground, Clear & Protect Your Energy

Hello and welcome.

You know that you pick up energy everywhere you go, right? I do think people wildly underestimate how much energetic goo they carry home with them and also the impact that can have on you.

If you are sensitive at all, (and I suspect you are) you move through the world like a big old psychic sponge. It's second nature to read and then absorb the mood of a room, to hold onto the things your people are going through and to find it difficult to detach from the low hum of the news, and the leftover charge from a hard conversation.

Soooo much of the stuff you are holding onto that is making you feel tired, anxious, sad and drained is not even yours. You just happened to be open when it floated by... And now you are stuck with it.

There is a cost to this, besides the fact that it just feels yucky. It also jams up your nervous system and shuts down your own inner wisdom.

And when all of that builds up with nowhere to go, everything gets a little harder. Your intuition goes muddy. Your mood dips for no reason you can name and you feel tired in a way that sleep does not quite fix. You lose track of where you end and everyone else begins.

Here is the good news, and it is very good news. Clearing your energy is a skill. It is not complicated, and it does not take long. You can come back to center in just a few minutes, and you can do it as often as you need.

This is the very first thing I teach all my psychic and Reiki students and as simple as it is, it will change your life, really. Do this before and after you go into a big box store, or when you have to have a difficult conversation, or be in a crowded public place.

Here is the simple reset I teach. Read it through once, then try it.

For sensitives and empaths, your energy field is your most important instrument. When it's muddy, you absorb everything around you. When it's clear and sovereign, you move through the world feeling safe, contained, and unmistakably yourself. This practice takes just a few minutes, and it builds your field the way going to the gym builds your body. The more you do it, the stronger it gets.

01 Arrive (Center)

Take three slow breaths and drop your attention out of your busy head and down into your body. Find the place where your sense of self lives, your heart, your belly, or just below the navel, and gently gather all your scattered parts back home. You're not going anywhere or doing anything yet. You're simply arriving fully inside yourself before the day pulls you in a hundred directions.

02 Anchor (Ground)

Drop your awareness into your tailbone and send a grounding cord down through every floor beneath you, deep into the earth. Let yourself feel heavier and more solid as you fully reinhabit your body. This is the step we skip when we're anxious or overwhelmed, and it's the one that brings us back. You can't be sovereign in your field if you're floating three feet above it.

03 Discern & Flush (Clear)

Turn your attention inward and find any place that feels tense, heavy, or restricted, usually the heart or the belly. Before you do anything with it, pause and ask: is this mine? If it's yours, attend to your feelings with love, because those parts of you deserve your tenderness, not a flush down the cord. If it's not yours, bless it and let it flush down your grounding cord into the earth to be transformed. This one question is how you finally break the lifelong habit of absorbing and holding onto everyone else's stuff.

04 Fill (Sovereign Light)

Now pull energy strongly into your center from two directions at once, up from the earth below and down from divine source above, and let yourself fill all the way up. This is the step most protection routines leave out, and it's the one that changes everything. You protect from fullness, not from fear. A full field is already a protected one.

05 Seal (Protect)

Breathe that light outward through every layer of your energy field until it forms a strong bubble all around you. Set your intention, out loud or silently: only energy that supports my highest good may cross this boundary. Feel yourself fully held inside your own field. You are sovereign here, and nothing crosses without your permission.

That's it! I am telling you, this is a life changer so create a habit of doing this as needed and be free to move around the world however you want to.

When to use it.

Use it at the end of a long day. After a crowd, a hard conversation, or one too many scrolls through the news. First thing in the morning before the world comes rushing in, and last thing at night before you sleep. Any time you feel foggy, drained, anxious, or weighed down by something that just is not yours. Here is the beautiful part: the more often you do it, the more natural it becomes, until one day you will notice that clearing your energy is no longer something you have to remember to do. It is simply who you are and how you move through the world.

This little reset is yours now, for whenever you need it. And because I love you all so much, I am also giving you this audio version of it too. Yay!

I know that some weeks you are carrying more than a five-minute reset can reach. The heaviness goes deeper, or you are just plain worn out, and what you really need is to be held while someone else does the clearing for you.

That is exactly what I do once a month. I lead a live group healing where we drop in together and I clear on a level that is hard to reach on your own. You do not have to do a thing except get comfortable and receive.

If you would love a steady, monthly place to be restored, come join us.

YOUR DEEPER MONTHLY RESET

Come be held for the deeper clearing.

If you would love a steady, monthly place to be restored, Lisa's monthly group healings are the next step.

[JOIN MY MONTHLY GROUP HEALINGS](#)

You were never meant to carry all of it. Let's set it down, together.

With love,

Lisa