FREE HEALING GUIDE

Calm Your Mind • Relax Your Body • Reconnect With Yourself

A Gentle Healing Ritual for Stress & Anxiety

By Health Coach Mala

Your Body Is Asking for Rest, Not Punishment

Stress and anxiety are not signs of weakness. They are signals from your mind and body asking for safety, support, emotional release, and true rest.

When emotional overwhelm continues for a long time, the nervous system gets trapped in **survival mode**, which frequently manifests as:

- **Overthinking & Mental Fog**
- **Emotional Exhaustion**
- **Sleep Disturbances**
- **Chronic Body Tension**
- **Persistent Fatigue**
- **Irritability & Low Patience**
- **Anxiety & Dread**
- **Feeling Disconnected From Yourself**

The Good News?

Your body inherently knows how to heal. The moment you begin creating emotional safety within yourself, the nervous system begins to reset.

This premium healing guide combines four foundational pillars of energetic restoration:

✔ Ho'oponopono Healing✔ Calming Affirmations✔ Breath Awareness✔ Emotional Reset Practice

Practice this sequence whenever you feel emotionally overwhelmed, overstimulated, or disconnected.

The 3-Step Healing Ritual

STEP 1: The Grounding Breath *(1 Minute)*

1. Find a comfortable seated position.
2. Place your right hand gently over your **heart**, and your left hand over your **stomach**.
3. Inhale slowly and deeply through your nose, feeling your stomach expand.
4. Exhale softly and completely through your mouth, letting your shoulders drop.
5. Repeat this cycle **5 times**.

> **As you breathe, anchor your mind by silently repeating:** *"In this exact moment, I am safe."*

STEP 2: The Ho'oponopono Healing Script

Read these lines slowly, allowing yourself to actually feel the weight of the words.

> "I am sorry." "Please forgive me." "Thank you." "I love you."

Continue with these deeper integration statements:

- I release the emotional heaviness I have been carrying.
- I allow my mind and body to fully relax.
- I no longer need to stay in survival mode to feel protected.
- I choose peace over pressure.
- I allow clear, healing energy to flow through me right now.
- My nervous system is remembering how to feel safe.
- I release fear, worry, and stored emotional tension.
- I deserve deep, restorative rest without a shred of guilt.
- I am actively reconnecting with my inner peace.
- I trust myself and my body more each day.

(Take a slow, deep breath after every few lines to let the energy settle.)

STEP 3: Calming Affirmations

Repeat these affirmations slowly every morning upon waking, or right before drifting off to sleep.

- I am safe in this present moment.
- My body deserves care, love, and unconditional compassion.
- I release accumulated stress from my mind and my muscle memory.

- I allow stillness to replace overwhelm.
- I do not have to carry everything all by myself.
- I am learning to slow down without feeling guilty.
- My mind is becoming calmer, clearer, and more centered every day.
- I deserve emotional balance and deep inner peace.
- Radical healing is completely possible for me.
- I choose to nourish myself emotionally, spiritually, and physically.
- I trust the timing of my healing journey.
- I am steadily becoming stronger, calmer, and lighter.

Quick 3-Minute Emotional Reset

Keep this tool in your back pocket for high-stress moments throughout the day.

[PAUSE] ➔ Take 3 slow, deep breaths ➔ Place your hand over your heart

Feel your heart rate slow down, soften your jaw, and whisper:

1. *"I release what I cannot control."*
2. *"I choose peace within myself."*
3. *"My body deserves calm and healing."*

Stay perfectly still for one minute. Allow your entire physical form to soften into the space around you.

A Gentle Reminder

Healing does not always happen in a single, massive breakthrough. More often, healing begins the exact moment you stop fighting yourself and start listening to what your mind and body actually need. Small, daily rituals create massive quantum transformations over time.

With Love, Health Coach Mala *Emotional Wellness • EFT • Ho'oponopono • Mind-Body Healing*

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- **Whatsapp community - https://chat.whatsapp.com/HKoTctmcdqlAAFFYByg623?mode=gi_t**

Disclaimer: This guide is intended for emotional wellness, self-awareness, and educational purposes only. It is not designed to diagnose, treat, or replace professional medical or psychological care.