



✨ 5 WAYS TO REIGNITE YOUR INNER SPARK THIS SUMMER ✨

Simple, doable practices for those who feel burned out and ready to feel more like themselves again.

Whether you've been running on empty, stuck in go-go-go mode, or just feeling off, these small, intentional practices are here to help you reset, recharge, and reconnect with your inner glow. You don't need hours of free time—just a few minutes and a willingness to begin.

🧘 Breathe Life Back In – 4-2-6 Breath

1. Sit or stand comfortably.
2. Inhale slowly through your nose for a count of 4.
3. Hold your breath gently for a count of 2.
4. Exhale slowly through your mouth for a count of 6.
5. Repeat 4–6 times.
6. Imagine the breath clearing fog and tension with every exhale.

This activity helps shift your nervous system into calm and restore clarity.

🔔 Tuning Fork Reset

1. Activate a weighted tuning fork (Sonic Slider, etc.) before each action below.
2. Place the tines of the vibrating fork close to the top of your head and swipe straight up.
3. Place the tines of the fork close to your third eye and swipe straight out from your body.
4. Repeat at each of the following Chakras (Throat, Heart, Solar Plexus, Sacral, Root, and both Knees).
5. If you don't have a tuning fork, try humming while bringing your attention to each point to bring gentle vibration and focus to the area.

This activity helps rebalance your central energy flow and reconnects you to your core self.

⚡ Quick Energy Boost – Crown Pull

1. Place thumbs at temples and rest fingertips in the middle of the forehead (backs of fingers together).
2. Slowly, with pressure, pull fingers apart, stretching the skin above your eyebrows out to your temples.
3. Repeat at the hairline, top, center, and back of your head. Continue all the way back and down until you reach the base of your neck.
4. Move down to your shoulders; press fingers into shoulders and hold. Then, pull across your shoulders towards the front. Keep fingers there as long as it feels good.
5. When ready, bring hands to the middle of heart chakra and rest crossed hands for the length of at least one deep breath.

This activity helps release mental congestion, negative thoughts, and sharpens memory. Particularly useful when you've spent a lot of time on the computer or other screens.

Spark Visualization – The Golden Flame

1. Close your eyes and place one hand on your heart and one on your low belly.
2. Take a few breaths and imagine a small, golden spark glowing in your chest.
3. With each breath, see it growing warmer and brighter, filling your whole body with gentle light.
4. Imagine this spark reconnecting you to joy, energy, and vitality.

Use this any time you feel disconnected or dimmed.

Energy Tip: Don't Push—Flow

When you feel stuck or exhausted, try asking: Where can I allow flow instead of forcing? Burnout often comes from pushing through. Flow comes from listening to your energy and honoring what's ready to move, even if it's small.

Try pairing movement with intention:

1. Sway gently while brushing your teeth.
2. Do a few hip circles while making your coffee.
3. Stretch your arms overhead and imagine drawing in light.

Small, mindful movements open the door to energy flow without pressure.

You're allowed to feel vibrant, joyful, and lit-up again. **These small steps are your invitation to begin. You've got this.** 

This image shows a full page of a document template designed for handwritten notes or essays. It features approximately 28 evenly spaced, thin grey horizontal lines running across the entire width of the page. The margins are consistent on all sides, providing ample space for writing. There are no pre-printed questions, headings, or other markings on the page.

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