The Ritual Vault

4 Nervous System Re-Regulation Practices for Burnout Recovery & Embodied Power



THE SUCCESS SANCTUARY

Rooted & Rich™



Welcome to the Ritual Vault

This vault holds sacred simplicity. Each practice is short—under 10 minutes—but designed to shift your state fast.
When you're burnt out, disembodied, or looping in old patterns, these rituals bring you home.
To your breath. Your body. Your power.
Choose one whenever you feel:

- Frazzled or overstimulated
- Disconnected from your intuition
- Overwhelmed or overgiving
- Scattered, unfocused, or out of sync



These aren’t just self-soothing techniques.

They’re acts of energetic sovereignty. They help you reclaim your center—and re-root in your feminine current.

MELT THE GROUND RITUAL



Practice 1: The Melt & Ground Ritual
Perfect for frazzled nerves or scattered energy.

1. Find a seat or lie down.
2. Inhale slowly through your nose for a count of 4.
3. Exhale audibly out your mouth for a count of 6.
4. As you exhale, soften your jaw, your belly, your hips.
5. Imagine your body melting into the earth—being held by Her.

Repeat for 7 rounds.

Place both hands over your womb and whisper:

"I am home in my body. I am safe in my power."

VAGUS NERVE HUM + SWAY



Practice 2: Vagus Nerve Hum + Sway
Great for anxious loops or sensory overwhelm.

1. Sit or stand with your spine tall.
2. Inhale through the nose.
3. Exhale with a long, low hum—like a honeybee.
4. Feel the vibration in your throat, chest, face.
5. Add gentle swaying from side to side as you hum.

Do this for 3–5 minutes.

This activates the vagus nerve, soothing your system and signaling safety to your body.

"I am home in my body. I am safe in my power."

FEMININE SHAKE & FLOW



Practice 3: The Feminine Shake + Flow
To reset after overstimulation, stress, or when you're "holding it all".

1. Stand with feet hip-width apart.
2. Start shaking your hands, arms, shoulders.
3. Let the shake ripple through your torso, hips, legs—even your jaw.
4. After 1–2 minutes of shaking, stop.
5. Place your hands on your heart and breathe.

Then sway, circle your hips, and move freely.

Let your body tell you what she needs.
No choreography. Just liberation.

"I release what's not mine. I call my power back."

CENTERING TOUCH



Practice 4: The Centering Touch Ritual
When you feel disconnected, unseen, or exhausted.

1. Place one hand on your heart, one on your low belly.
2. Close your eyes.
3. Breathe deeply, into the space between your hands.
4. With each inhale, whisper inward: “I receive.”
5. With each exhale: “I return.”

Stay for 3–5 minutes.

Let your hands become anchors.
Let your body remember its wholeness.

"When I root into my body, I return to truth. Here, in the center of my being, I find clarity, calm, and the power to rise."



How to Use the Vault

- Keep these rituals saved or printed by your bed, altar, or workspace.
- Choose one daily—or as needed.
- Pair with your cycle, the moon, or intuitive cues.
- Layer them with scent (like lavender oil), music, or crystals for added support.

Closing Reminder

Your nervous system is not fragile. It is wise.

It tells you what's too much, what's not aligned, what's asking to shift.
Let these rituals be your feminine reset buttons.

Not to fix, but to recalibrate.
You are not here to hustle through depletion.

Remember...

This is your power.
This is your sanctuary.
This is your return.