

Serenity Goddess — Free Gift Guide

Three gentle gifts from Angelina Rodriguez to help you rest, reflect and reconnect. Enjoy them anytime, at your own pace.

Gift 1: Preparing for Your First Distance Reiki Session

A little preparation helps you settle in and get the most from your time.

- Choose a quiet, cozy spot where you can lie down or sit comfortably for the full session.
- Silence your phone and let anyone at home know you'd like some undisturbed time.
- Drink a glass of water before and after your session.
- Set a simple intention, such as 'I welcome rest' or 'I open to calm.'
- Afterward, give yourself a few quiet minutes before returning to your day, and note anything you noticed.

Gift 2: A 5-Minute Grounding Ritual

Use this whenever you feel scattered, rushed or overwhelmed.

- Sit with both feet flat on the floor and rest your hands on your lap.
- Breathe in slowly for 4 counts, hold for 4, and breathe out for 6. Repeat five times.
- Imagine soft roots growing from the soles of your feet deep into the earth.
- Name 3 things you can see, 2 you can hear, and 1 you can feel.
- Close with: 'I am here. I am safe in this moment. I am grounded.'

Gift 3: Reflection Journal Prompts

Take one prompt a day. Write freely — there are no wrong answers.

- What is one thing I can release today, even a little?
- Where in my life do I feel most at peace?
- What does my body or heart seem to be asking for right now?
- What am I grateful for in this season of my life?
- If I treated myself like someone I love, what would I do this week?

Ready for more? Book a 30-minute Reset for \$35 or join a \$5 class at serenitygoddess.org.

Reiki and these practices are offered as complementary spiritual wellness. They do not replace medical or mental health care. Please consult a qualified professional for any health concerns.