



5-Day Energy Cleanse Guide

Clear Your Mind | Restore Your Energy | Reconnect With Yourself

A gentle five-day self-care journey featuring grounding, mindful breathing, reflection, herbal tea rituals and Reiki-inspired relaxation.

This guide belongs to:

Start date:

Welcome to Your Energy Cleanse

Sometimes life leaves us feeling mentally overwhelmed, emotionally drained and disconnected from ourselves. This five-day guide invites you to slow down, release what feels heavy and return to habits that support peace and balance.

Set aside about 10 to 20 minutes each day. You do not need to complete every activity perfectly. Move through the guide at your own pace and choose practices that feel comfortable for you.

What You Will Explore

- ☐ Grounding and mindful breathing
- ☐ Gentle energy clearing practices
- ☐ Herbal tea and hydration rituals
- ☐ Affirmations and journal prompts
- ☐ Reiki-inspired relaxation
- ☐ Simple self-care habits

What You May Need

- ☐ A notebook or journal
- ☐ A quiet, comfortable space
- ☐ Water
- ☐ A caffeine-free herbal tea, if appropriate for you
- ☐ Optional calming music, a candle or a meaningful spiritual item

A Note for You

There is no perfect way to complete this guide. Notice what you feel, respect your limits and keep the practices that support you.

Wellness Disclaimer

This guide supports general education, spiritual practice and self-care. It does not diagnose, treat, cure or prevent illness and does not replace medical or mental-health care. Reiki and energy practices complement professional care. Consult a qualified healthcare professional before using herbs, supplements or essential oils, especially during pregnancy, while nursing, when taking medication, or when managing a medical condition.

DAY 1

Ground and Become Present

Slow down, arrive in the moment and listen to what you need.

Today's Intention

Grounding brings your attention back to your body, surroundings and immediate needs.

I am safe, supported and present in this moment.

Grounding Practice

- ☐ Sit comfortably with both feet supported.
- ☐ Relax your shoulders and unclench your jaw.
- ☐ Take a slow, comfortable breath and exhale gently.
- ☐ Notice where your body connects with the chair and floor.
- ☐ Imagine roots extending from your feet into the earth, or notice the sensations beneath you.
- ☐ Continue for three to five minutes without forcing your breath.

Wellness Ritual

Drink a glass of water slowly. If appropriate, prepare a caffeine-free herbal tea and enjoy it without multitasking.

Journal Prompt

What has been taking most of my energy lately, and what would help me feel more grounded?

Energy before: ____ / 10 Energy after: ____ / 10

DAY 2

Clear Your Physical Space

Create breathing room by tending to one small area.

Today's Intention

Your surroundings can influence how settled or overwhelmed you feel. Choose one manageable space such as a nightstand, desk, handbag or drawer.

As I clear my space, I create room for peace.

10-Minute Clearing Practice

- ☐ Set a timer for 10 minutes.
- ☐ Sort items into keep, relocate, donate or discard.
- ☐ Ask: Does this support the space and life I am creating?
- ☐ Stop when the timer ends. Small progress still counts.

Create a Wellness Corner

Use the cleared area for your journal, tea, affirmation card, plant, candle or meaningful spiritual item. Choose only what makes the space feel peaceful.

Journal Prompt

What am I holding on to physically or emotionally that no longer supports me?

Today I made room for:

DAY 3

Release Mental Clutter

Acknowledge what you are carrying and choose one gentle next step.

Today's Intention

Unfinished tasks, worries and obligations can occupy mental space. Place them on paper and decide what truly needs your attention.

I give myself permission to release what I cannot control.

Gentle 4-2-4 Breathing

- ☐ Inhale comfortably for four counts.
- ☐ Pause for two counts without straining.
- ☐ Exhale slowly for four counts.
- ☐ Repeat up to four times, then return to natural breathing.

Stop and breathe normally if you feel dizzy, uncomfortable or short of breath.

Mental Clutter Exercise

Write down what occupies your mind. Mark each item: **A** for act, **D** for delegate, **S** for schedule or **R** for release. Choose one small action for today.

Journal Prompt

What thought, worry or responsibility am I ready to stop carrying alone?

DAY 4

Restore With Self-Care

Practice rest, compassion and receiving without needing to fix anything.

Today's Intention

This Reiki-inspired practice encourages relaxation and mindful connection with yourself. You do not need to force a particular sensation or outcome.

I deserve the same care and compassion that I give to others.

Reiki-Inspired Relaxation

- ☐ Find a quiet, comfortable position and soften your gaze.
- ☐ Take three natural, unforced breaths.
- ☐ Gently place your hands over your heart.
- ☐ Notice the warmth and weight of your hands.
- ☐ Imagine a soft, comforting light surrounding you.
- ☐ Repeat silently: I welcome peace. I welcome rest. I welcome balance.
- ☐ Remain still for five to ten minutes.

Self-Care Check-In

Am I thirsty, hungry or tired? Do I need quiet, movement, connection or support? Choose one realistic need to honor today.

Journal Prompt

Where in my life do I need more rest, compassion or support?

DAY 5

Renew and Set Your Intention

Choose what you want to carry forward from this experience.

Today's Intention

You have practiced grounding, clearing, releasing and restoring. Today focuses on your progress and the habits you want to continue.

I choose peace, intention and habits that support my well-being.

Future-Self Visualization

Imagine yourself three months from now feeling calmer and more connected to your needs. How do you begin the day? How do you protect your time and energy? What have you stopped carrying?

What I noticed:

My Three Continuing Practices

1.

2.

3.

Closing Reflection

Energy at the beginning: ____ / 10 Energy today: ____ / 10

5-Day Progress Tracker

Use this as a gentle record, not a measure of perfection. Check off what you complete and return to anything you want to revisit.

Daily Practice	Day 1	Day 2	Day 3	Day 4	Day 5
Intentional hydration	☐	☐	☐	☐	☐
Mindful breathing	☐	☐	☐	☐	☐
Daily affirmation	☐	☐	☐	☐	☐
Daily activity	☐	☐	☐	☐	☐
Journal prompt	☐	☐	☐	☐	☐
Energy check-in	☐	☐	☐	☐	☐

My Biggest Takeaway

The Practice I Want to Continue

Support I May Need

You Completed the Energy Cleanse

Take a moment to celebrate yourself.

You created space to slow down, listen inward and reconnect with your well-being. Wellness grows through small choices practiced with patience and consistency.

Continue Your Journey

Explore deeper support through Empaths Holistic Wellness, including guided meditations, Reiki sessions, life coaching and the 21-Day Energy & Wellness Reset.

My Promise to Myself

**With love and healing intentions,
Empaths Holistic Wellness**

Notes
