



## 10 Harmonic Practices for Burnout Recovery

### *Realignment Tools for Sovereignty, Coherence & Renewal*

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#### 1. Breath as a Bridge

Engage in conscious breathwork daily — 4-7-8 pattern or box breathing — to regulate your nervous system and re-anchor presence. The breath is your first harmonic reset.

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#### 2. Silence Rituals

Reserve at least 10 minutes each day for intentional silence — no input, no output. Just being. Let the noise dissolve so your true signal can surface.

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#### 3. Energetic Hygiene

Clear your field. Use a daily practice such as dry brushing, visualization, crystal alignment, or light clearing to remove residual energy not yours to carry.

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#### 4. Coherence Tracking

Journal the daily congruence between your thoughts, feelings, and actions. When all three align, you're operating from inner harmony — not obligation.

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#### 5. Nature Reconnection

Spend at least 20 minutes daily in natural light or among trees, water, or earth. Nature vibrates in coherence; let your system recalibrate through proximity.

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#### 6. Sacred Boundaries

Audit what you say "yes" to. If it depletes your core and fractures your peace, it's not sacred. Reclaim your time and energy as sovereign resources.

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#### 7. Emotional Alchemy

Name, feel, and transmute. Use practices like somatic release, EFT tapping, or drawing to move emotion from repression to resonance.

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#### 8. Archetypal Embodiment

Choose one inner archetype weekly (e.g., The Sovereign, The Healer, The Oracle) and act from her frequency. Let her guide your decisions and boundaries.

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#### 9. Digital Sabbath

Once a week, unplug fully for 4-12 hours. No screen, no scrolling. Let your nervous system detox from digital overload and return to its natural rhythm.

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#### 10. Gratitude Reclamation

End each day with 3 embodied gratitudes — not as performance, but as an attunement to what is nourishing and real.

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Let these 10 practices return you to the seat of your Self — where power is not forced, but remembered. Burnout is not your identity. Harmony is.