

ALIGNED WELLNESS

The Aligned Collection

*A gathered library of practices for
mind, body, and spirit*

Heal · Grow · Awaken

alignedwellness.ca

WELCOME

Before You Begin

This collection holds the practices I return to again and again — simple, gentle, and designed to meet you exactly where you are.

There is no order to follow and nothing to finish. Open to the page that calls you, keep it beside your journal, and let it become a companion rather than a task.

Everything here is yours to keep, print, and revisit as often as you like.

Michelle · Aligned Wellness

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SECTION

Mind

Clarity, reflection, and the stories we tell ourselves.

PRACTICE

Morning Alignment Routine

A simple 10-minute practice to set the tone of your day before the world asks anything of you.

The Practice

- Settle into stillness (1 minute)
- Take three conscious breaths (1 minute)
- Set one intention for the day (2 minutes)
- Gentle movement or stretching (3 minutes)
- Visualize your day aligned with your intention (2 minutes)
- Seal the practice with gratitude (1 minute)

Carry With You

Return to your intention whenever the day feels scattered. A single breath can bring you back to center.

REFLECTION

Evening Reflection Journal

A gentle close to the day — five prompts to release what no longer belongs to you.

Tonight's Reflection

- What felt aligned today?
- What drained my energy?
- What am I ready to release?
- What am I grateful for?
- What is my body asking for tonight?

Ritual

Light a candle. Write freely. Close the journal and let the day rest.

PRACTICE

Gratitude Journal

A daily practice of noticing the small miracles that already live in your life.

Morning Gratitude

List three things you are grateful for today — one from yesterday, one for today, and one for yourself.

Evening Gratitude

What surprised me? What did I receive? What did I give?

Weekly Reflection

Who or what made me feel held this week? What do I want to carry forward?

SECTION

Body

Energy, grounding, and coming home to your body.

PRACTICE

Grounding Guide

When life feels loud, grounding brings you back to your body and the present moment.

5-4-3-2-1 Senses Practice

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Earthing Ritual

Stand barefoot on the earth. Breathe slowly. Imagine roots growing from your feet deep into the soil, anchoring you.

Chakra Guide

A simple map of the seven main energy centers and how to bring them into balance.

The Seven Chakras

- Root — safety & grounding (red)
- Sacral — creativity & flow (orange)
- Solar Plexus — power & will (yellow)
- Heart — love & connection (green)
- Throat — truth & expression (blue)
- Third Eye — intuition & insight (indigo)
- Crown — spirit & unity (violet)

Balancing Practice

Breathe into each center, visualize its color, and affirm its unique gift. Move from root to crown like a gentle wave.

Reiki Self-Care Guide

Bringing Reiki into your daily life does not require a formal session — just intention, presence, and willing hands.

Self-Reiki Quick Practice

- Find a quiet space and place your hands over your heart
- Invite Reiki to flow for your highest good
- Move your hands to any areas that call for attention
- Rest for 10–20 minutes
- Drink water and take a moment to ground

Daily Micro-Practices

- Hands-on-heart breaths upon waking
- Reiki shower visualization to cleanse the day
- Protective energy bubble before leaving home

Energy Protection Guide

Simple practices to keep your energy clear and sovereign in busy or heavy environments.

Daily Shield

Visualize a sphere of white or golden light surrounding you. Set the intention that only love and truth may enter your field.

Cord-Cutting Breath

Inhale deeply. On the exhale, release any energetic cords that do not belong to you. Repeat three times.

After-Work Reset

Wash your hands with intention, shake out your limbs, and step across a threshold as a symbolic fresh start.

SECTION

Spirit

Intuition, ritual, and the wisdom already within you.

P R O M P T S

Meditation Prompts

A beginner-friendly practice for building a meditation habit that fits your life.

Choose Your Seat

Chair, cushion, or floor — comfort supports consistency more than perfect posture.

Set a Timer

Start with 5 minutes. Let the timer hold the space so your mind does not have to.

Anchor Your Attention

Follow the breath, a sound, or a simple mantra such as 'I am here.'

When the Mind Wanders

Notice, soften, and return without judgment. The returning is the practice.

GUIDE

Manifestation Guide

A practical framework to turn desire into aligned action.

Clarify the Vision

Write your desire as if it is already true. Engage all five senses.

Feel It First

Spend 2 minutes daily feeling the emotion of the fulfilled desire.

Aligned Action

List one small step you can take this week.

Release Attachment

Trust the timing. Surrender the how.

RITUAL

Moon Ritual Guide

Work with the moon's rhythm to set intentions, release, and reflect through every cycle.

New Moon — Set Intentions

Write what you wish to call in. Plant seeds in darkness and trust what is growing.

Waxing Moon — Take Action

Take one aligned step toward your intention each day. Momentum builds gently.

Full Moon — Illuminate & Release

Celebrate your progress. Release what blocks your light.

Waning Moon — Rest & Reflect

Surrender outcomes. Cleanse your space and energy.

DIVINATION

Oracle Card Guidebook

A simple framework for reading oracle cards with intuition, trust, and curiosity.

Before You Pull

Ground your energy. Take a few breaths. Ask a clear, open-ended question.

A Three-Card Spread

- Card 1 — What do I need to know?
- Card 2 — What is hidden from view?
- Card 3 — What is my aligned action?

After the Reading

Journal your first impressions. Notice feelings, symbols, colors, and phrases that repeat.

Pendulum Work Guide

A pendulum is a simple, elegant tool for tuning into your own inner knowing. It does not predict the future — it reflects the wisdom your body already holds.

Choosing Your Pendulum

Use a pendulum that feels good in your hand: a crystal on a chain, a ring on a string, or even a weighted button. The material matters less than your connection to it.

Establishing Your Signals

- Yes — forward and back, or clockwise
- No — side to side, or counter-clockwise
- Maybe or unclear — a small circle or stillness

How to Hold It

Rest your elbow on a steady surface. Let the pendulum hang freely from your fingers. Breathe and relax your grip. The clearer your energy, the clearer the answer.

Sample Questions

- Is this choice aligned with my highest good?
- Is this supportive for my body right now?
- Is this belief truly mine, or inherited from someone else?
- Am I ready to release this pattern?

Clearing & Care

Rinse or smudge your pendulum after sessions, especially when working with others.
Set the intention that it returns to neutral between uses.

A Gentle Reminder

The pendulum is a mirror, not a master. Let your own discernment lead. Use it to
deepen self-trust, not to bypass it.

GUIDE

Akashic Records Preparation

A gentle preparation for entering the Akashic Records — the energetic library of your soul's journey.

Before You Begin

Create a quiet, private space. Set a clear intention for your session.

Opening Prayer

'I ask to enter the Records with love, truth, and compassion. I receive only what serves my highest good.'

During the Session

Ask open questions. Record impressions without editing or second-guessing.

Closing

Thank the Records. Ground with water, food, or time in nature.

100 Journal Prompts

One hundred questions to return to whenever you need a doorway back to yourself.

1. What does alignment feel like in my body right now?
2. What am I pretending not to know?
3. What belief have I outgrown?
4. When do I feel most like myself?
5. What is my inner critic protecting me from?
6. What would I do if I trusted myself completely?
7. What story about myself am I ready to rewrite?
8. What do I need more of in my daily life?
9. What do I need less of?
10. What makes me feel alive?
11. What am I curious about right now?
12. What is my soul asking me to pay attention to?
13. What part of myself have I been neglecting?
14. What does my ideal morning look like?
15. What does my ideal evening look like?
16. What am I most afraid to admit?
17. What quality do I admire in others that I want to cultivate?
18. What is my relationship with rest?
19. What does success mean to me beyond achievement?
20. What am I learning to accept about myself?

21. What emotion is asking to be felt today?
22. Where in my body do I hold stress?
23. What am I grieving?
24. What would forgiveness look like here?
25. What pain has become familiar?
26. What joy have I been rushing past?
27. What anger is trying to protect me?
28. What sadness needs a witness?
29. What fear is ready to be named?
30. What shame loses its power when I speak it?
31. What does self-compassion sound like today?
32. What old wound was triggered recently?
33. What am I ready to release?
34. What does healing look like for me — not anyone else?
35. What emotion do I judge most in others?
36. What emotion do I judge most in myself?
37. What is one small act of kindness I can offer myself?
38. What does my younger self need to hear?
39. What has my pain taught me?
40. What am I allowing myself to feel today?

41. Who makes me feel safe to be fully myself?
42. What relationship needs more honesty?
43. Where do I overgive?
44. Where do I hold back?
45. What boundary do I need to set with love?
46. What relationship am I grateful for today?
47. What do I need from the people closest to me?
48. How do I show love?
49. How do I receive love?
50. What pattern shows up in my relationships?
51. Who is teaching me something important right now?
52. What am I avoiding in a difficult conversation?
53. What does healthy support feel like?
54. What relationship is asking for forgiveness?
55. What relationship is asking for distance?
56. How can I be more present with the people I love?
57. What do I wish others understood about me?
58. What do I want to understand about someone else?
59. What am I learning about trust?
60. What love do I want to embody this week?

61. What am I being called toward?
62. What dream have I set aside?
63. What would I create if I knew it would be supported?
64. What does meaningful work feel like?
65. What is my deepest why?
66. What legacy do I want to leave?
67. What am I willing to sacrifice for what matters?
68. What am I unwilling to sacrifice?
69. What does a life well-lived look like to me?
70. What is one step toward my biggest dream?
71. What is stopping me from starting?
72. What would I do with one year of guaranteed support?
73. What gifts do I undervalue in myself?
74. What is my intuition saying about my next move?
75. What does abundance feel like?
76. What is one fear I am ready to move through?
77. What does my future self want me to know?
78. What is worth doing imperfectly?
79. What brings me a sense of purpose?
80. What am I building, slowly and lovingly?

81. What made me smile today?
82. What is something beautiful I noticed recently?
83. Who am I grateful for and why?
84. What simple pleasure did I enjoy today?
85. What part of my body am I grateful for?
86. What challenge has become a gift?
87. What in nature am I grateful for?
88. What am I grateful to have learned?
89. What moment today do I want to remember?
90. What am I grateful for that I usually take for granted?
91. What sound, smell, or taste am I grateful for?
92. What opportunity am I grateful to have?
93. What mistake am I grateful for?
94. What comfort am I grateful for?
95. What freedom am I grateful for?
96. What am I looking forward to?
97. What is enough right now?
98. What can I appreciate about this exact moment?
99. What love is present in my life today?
100. What is one thing I am grateful for about myself?

WITH LOVE

Keep Coming Home

Alignment is not a destination you arrive at once. It is a returning — a hundred small choices to come back to yourself.

If you would like to go deeper, you'll find Reiki certifications, guided sessions, and consciousness studies waiting for you.

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