



Self Care After Circle

For Grounding & Energetic Protection,

Lynnea Laessig

Why It Matters

Circle is more than a place to hang out -

It is a sacred, ceremonial space for holding one another through deep reflection and transformation.

This is deep work.

Circle opens and connects us, and while we close our circle, leaving the energies of each other in that sweet container, our own energetic fields remain open.

These self care practices will be your friend for the next few days, providing you with gentle protection as you integrate all that has surfaced during our very special time together.

SPECIAL CONSIDERATION

If you are pregnant, within your first 12 weeks postpartum, or menstrating - take extra care.

1.

Nourish Yourself

Stay Hydrated & Fed with Fresh, Pure Foods.

2.

Abhyanga

Grab your sesame or olive oil! It offers an energetic shield & helps you to feel the container of your body.

3.

Conscious Breathwork

Direct Prana where you need Her -
In mind and body

4.

Rest

Get Cozy, and let your mind digest experience.
Now may not be the time to start a new project.

5.

Release

Allow your emotions to surface.
Witness them, and let them move through.

6.

Find Joy

Make time to do something you truly love.

7.

Give Yourself Space

Meet yourself with compassion.
A lot can come to surface - witness this.

8.

Intuitive Movement

Your body holds your stories. Trust that it
also knows how to release and heal.

9.

Use Your Voice

Your voice is a channel by which you express yourself.
Sing, Talk, Moan - these vibrations are amazing healers.

10.

Share

Reach out to your circle hosts, other circle members,
or anyone you love and trust for support as needed.

More Tools



Create a Container

Do things more slowly

Ground Yourself In Soil



Cleanse by Crying.

Soak in a Herbal or Salt Bath

Drink Warm Herbal Teas



Stay Warm

Digestion Supportive Spices

Welcome Transformation

Breathe Fully

Move Your Body

Welcome Change



Create Space to Process

Tune into Spirit

Be True to Yourself

Honoring Your Journey

As you let your experience in circle unfold and transform, keep these words in mind & body.

"I am a sacred being.

I see truth.

I speak my needs.

I love myself unconditionally.

I act from that love.

I create from that love.

I trust in myself."

Lynnea