

NATURAL ALTERNATIVES | ENERGY HEALING

FREE RITUAL GUIDE



Having a connection to the Four Elements is a major piece of the healing journey. When we have a better understanding of how each Element is showing up (or not) in our lives, we can stop avoiding and start tuning in. I've created this Ritual Guide for you because I truly believe habit stacking your daily rituals with the natural world we live in will create a harmony within your life.

NATURAL ALTERNATIVES

MEET YOUR ENERGY HEALER



BOOK NOW

My name is Stevie Beech. I am a Reiki Practitioner who was led to Energy Healing in 2015. In my early 20's, I used to feel a lack of connection and healing from day-to-day interactions, as well as past personal trauma. Since discovering the power of Reiki, I have been able to reclaim my inner-voice as well as help others to connect back to self. Fast forward to today, I am the Wife to my soulmate, Mother of 2 sweet babes and I love working with women who are returning back to their relationship within.

Book a customized Reiki and Biomat experience. I will hold space for you as you're shifting back into alignment with your highest self and clear your energetic buildup.



Journal Prompt

- How is the Earth Element showing up in your life?
- Write down the ways that you are currently Grounding
- Evaluate, are your basic needs being met?
- Are you fearful of change in this season of your life? Or, needing life to slow down?



Earth Element Rituals

morning: mind
connection/meditation

mid morning:
Journal/reflect on basic
needs being met

lunch:
Feet in dirt

afternoon:
gardening, planting
seeds, pulling weeds

dinner:
cooking with grounding
roots (Ginger, Burdock,
Carrots etc.)

night:
grounding
tea ritual




Fire Ritual

Journal Prompt

- How is the Fire Element showing up in your life?
- Are you currently facing mental blocks or lack of motivation?
- Evaluate, do you have a clear direction that you are taking your life?
- What are your current goals that you have set?





Fire Element Rituals

morning: warming tea

mid morning:
Journal/reflect on self
confidence

lunch:
set goals for
future

afternoon:
build a fire

dinner:

cooking with warming
spices (cinnamon,
nutmeg, cayenne,
garlic)

night:
Light a
candle for
a evening
meditation



Water Ritual

Journal Prompt

- How is the Water Element showing up in your life?
- Are you currently connected to your 5 senses?
- Evaluate, do you have stable energy?
- Write down a list of your relationships that you feel are thriving



Water Element Rituals

morning: Orange/Citrus Water

mid morning: High-Intensity Workout to increase energy

lunch:
connect with
healthy
relationships

afternoon:
Float Tank

post dinner:
Enjoy a Tea Ceremony

night:
take a
long bath


Natural Alternatives | Element Rituals

Air

Ritual

Journal Prompt

- How is the Air Element showing up in your life?
- Are you currently showing yourself Love?
- Evaluate, are you feeling connected to others?
- How does empathy and sympathy play a role in your life?



Air Element Rituals

mid morning: Write out
your weekly to-do list

morning: Mint Tea

lunch:

Let go of what
is no longer
serving you

night:
Self Love
Practice

dinner:

Create a new recipe to
try out and share it
with your community

afternoon:

Share a story with
friends

NATURAL ALTERNATIVES

THANK YOU



You can reach me via email

✉ stevie4d@icloud.com

or

📷 [@Stevie_Beech](https://www.instagram.com/Stevie_Beech)

Book a customized Reiki and Biomat experience. I will hold space for you as you're shifting back into alignment with your highest self and clear your energetic buildup.

