

A scenic landscape featuring large, rounded boulders in the foreground and middle ground, set against a backdrop of a valley and distant mountains. The sky is bright and clear, with a prominent lens flare effect on the right side. The overall tone is warm and natural.

ENERGETIC EMERGENCY KIT

ENCHANTEDBOTANICALS.COM

IN CASE OF ENERGETIC EMERGENCY

A tiny kit for when the vibes get crunchy.

Sometimes the energy goes sideways.

Sometimes people go sideways.

Sometimes it's you, sometimes it's them, sometimes it's Mercury wearing tap shoes.

Here's your simple, non-overwhelming way back to center.

Step 1: Light something.

A candle, a match, incense — anything that reminds your nervous system,

“We can start fresh right here.”

Say: “I’m clearing the static.”

Step 2: Drink something.

Water, tea, your favorite mug of comfort.

Warm things calm the body.

Cold things wake the mind.

Choose what you need.

Step 3: Touch something grounding.

Hand on chest.

Hand on a stone.

Hand on the nearest houseplant (ask first).

Your body will follow your hand toward calm.

Step 4: Move something.

Shake out your hands.

Roll your shoulders.

Stand up for ten seconds.

Energy that gets stuck needs a small exit ramp.

Step 5: Pick a phrase from the Emergency List.

Use whichever feels right in the moment:

- “Not my circus. Not my spell.”
- “This is information, not a prophecy.”
- “I can respond when I’m ready.”
- “I don’t have to fix this to breathe.”
- “Return to sender, with love.”
- “We’re not doing this today.”

Optional: The 10-Second Reset

Look around you and name:

- One color
- One sound
- One thing you can physically feel

Congratulations, you’re back in your body.

🐾 Finney’s 2¢:

“If all else fails, go outside and stare at something grassy.”

