

A woman with dark hair is shown in profile, holding a clear, faceted crystal in her hands. She is looking down at the crystal with her eyes closed. The background is a soft, warm, orange-toned light. The text 'HOLOVIBE' is overlaid in a large, white, serif font, and 'healing ritual' is written in a purple script font below it. Below that, 'Daily Energy Recalibration' is written in a smaller, white, sans-serif font. At the bottom, the website 'ANDREARADI.COM' and the phrase 'BEING LIGHT' are displayed in a white, sans-serif font.

# HOLOVIBE

*healing ritual*

Daily Energy Recalibration

ANDREARADI.COM | BEING LIGHT



# WITH GRATITUDE



Hello, beautiful soul.

*My wish is that all beings remember the light within them and use this power to create a life they truly love. A life that feels peaceful and flowy but also honors your truest desires and expressions.*

*In the following pages, you will find a gentle ritual to recalibrate your energy and remember the divine that lives within you always.*

# THE RITUAL

## ONE: Acknowledge the Stillness Within (Presence)

Find a quiet moment. Close your eyes softly. Take 3 slow, deep breaths, letting your shoulders relax on each exhale.

Gently bring your awareness to the knowing stillness that always exists deep within you, beneath any thoughts or feelings.

***Inner Whisper:*** "I am connected to an endless wellspring of peace. It's here, within me, now."



## TWO: Invite Your Peace (Unification)

Feel this peace expanding from your core, gently filling your entire being. Imagine it as a soft, warm light or a calm, clear stream.

***Inner Whisper:*** "This peace is my true nature. I am one with all that is calm and perfectly aligned."

# THE RITUAL (cont'd)

## **THREE: Release What's Not Yours (Gentle Letting Go)**

Gently notice any tension, worry, or "out of control" feelings.

Acknowledge them without judgment.

On an exhale, imagine literally breathing out anything that feels heavy, draining, or separate from your peace.

***Inner Whisper:*** "I release anything that is not love, peace, or truth. It has no power here. I am letting it go."



## **FOUR: Embrace Your Natural State (Affirm)**

As you inhale, draw in the feelings you desire: clarity, flow, and confidence. Feel your body softening and your mind quieting.

***Inner Whisper:*** "I am peace. I am flow. My inner world is a sanctuary. I am safe. I am guided. I choose to align with my own energy and navigate my inner world with grace."



# THE RITUAL (cont'd)

## **FIVE: Rest in Trust (Gratitude & Release)**

Take one more deep breath, allowing these new feelings to settle. Rest in the quiet knowing that this shift has occurred.

***Inner Whisper:*** "Thank you for this return to my true self. It is done. I am at peace."



*You can create an anchor now (any gesture that you can use throughout your day to remind you of this moment.)*

May this spark a deeper remembrance within you.

# BEING LIGHT



If you're called to explore how this kind of inner mastery can truly transform your life, I'm here to walk alongside you.

I work with women who are sensitive, introverted, intuitive, high functioning... who are feeling at a crossroads and have a deep knowing that there's something 'more'. She's been looking for a sustainable way of living and healing that honors her truth and inherent peace.

My work is based in spiritual metaphysics and includes repatterning subconscious limiting beliefs, energy healing, universal laws, nervous system regulation and spiritual remembrance.

If you have any questions...

You can always reach me at: [support@andrearadi.com](mailto:support@andrearadi.com) or DM me on Instagram: @theandrearadi

With reverence,  
Andrea xo