

RSN8 INC | AMY MAI

A PERSONAL GUIDE *TO CLEANSING & CLEARING YOUR ENERGY*

A RITUAL-BASED APPROACH TO RETURNING HOME TO YOURSELF



INTRODUCTION

AS SENSITIVE BEINGS, HEALERS, AND INTUITIVES, OUR ENERGY FIELDS ARE CONSTANTLY INTERACTING WITH THE WORLD AROUND US. OVER TIME, EMOTIONS, ENVIRONMENTS, AND EVEN UNSPOKEN EXCHANGES CAN LEAVE ENERGETIC RESIDUE IN OUR AURA AND BODY.

THIS GUIDE IS A COLLECTION OF THE PRACTICES I PERSONALLY RETURN TO AGAIN AND AGAIN. IT'S SIMPLE WITH INTENTIONAL RITUALS THAT HELP ME CLEAR, GROUND, AND RESTORE MY ENERGY. THESE TOOLS ARE NOT ABOUT PERFECTION OR FORCE, BUT RATHER ABOUT PRESENCE, DEVOTION, AND REMEMBERING HOW TO COME BACK INTO ALIGNMENT WITH YOURSELF.

USE WHAT RESONATES. MOVE SLOWLY. LET THIS BE A GENTLE HOMECOMING.

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This guide is intended for informational and inspirational purposes only. It is not intended to diagnose, treat, cure, or prevent any medical, psychological, or emotional condition, nor does it replace professional medical, therapeutic, or mental health care. Please consult a qualified professional regarding your individual needs.

The practices, reflections, and energetic rituals shared within this book are rooted in personal experience and spiritual exploration. They are offered as tools for self-inquiry, embodiment, and intentional living. Experiences and outcomes may vary from person to person.

PRACTICAL TOOLS FOR YOUR RITUALS

PALO SANTO CLEARING & CALLING YOUR ENERGY BACK	Palo Santo is my favorite smudging tool and one I use daily. I love working with it at the beginning of the day to open the space and clear my energetic field, especially any lingering energy from the astral realm or dream state. As the smoke rises, I set the intention to return fully into my body and call my energy back into the present moment.	"I also love using Palo Santo at the end of the day as a closing ritual. It helps me ground back into my own field and gently clear cords or energetic ties that no longer feel aligned. This practice creates a sense of completion, safety, and sovereignty before rest." INTENTION TO SPEAK OR HOLD: "I RELEASE WHAT IS NOT MINE. I CALL MY ENERGY HOME."
SELENITE INSTANT GROUNDING & ENERGETIC ALIGNMENT	Selenite is my go-to crystal for immediate grounding and energetic clarity. Despite its light, ethereal quality, it has a powerful ability to anchor the body while clearing the field. Selenite reminds me to be a clear channel without overextending myself.	"I love holding selenite during meditation or while facilitating sessions as it helps keep me root into the Earth while remaining energetically open. At times, I'll place it directly on my crown or heart space to anchor in higher guidance while staying heart-centered and embodied."
EPSOM SALT BATHS RESTORING THE AURIC FIELD	When my energy feels fatigued, heavy, or depleted, especially after deep sessions or intense interactions, an Epsom salt bath is my medicine. The combination of water and salt works quickly to wash away dense or stagnant energy from the auric field while soothing the nervous system. I often add lavender essential oil to deepen relaxation and signal safety to the body.	This ritual feels like an energetic reset, as it is meant to restore, replenish, and bring me back into balance. Tip: Soak with no distractions. Let the water do the work.
A WALK IN NATURE ELEMENTAL RECALIBRATION	Nothing clears the mind and energy faster than time in nature. Feeling the warmth of the sun gently charging and clearing my field. Hearing bird songs calming my nervous system. Seeing trees, flowers, and natural beauty reminding me of rhythm and flow. Feeling the breeze moving through my body and breath.	Nature is the most effortless way to connect with all elements at once—earth, air, fire, water, and spirit. A simple walk outside brings perspective, grounding, and clarity without needing to do anything at all. Nature recalibrates us back to what's real.
REIKI SESSIONS ALIGNMENT FOR THE HEALER TOO	Receiving Reiki is a non-negotiable for me—even as a healer. Reiki sessions help clear lingering energetic residue from the body while gently balancing the chakras and nervous system. They allow the body, mind, and soul to reconnect and stay in alignment.	Being a healer doesn't mean being immune to energy. It means being responsible with it. Receiving support is part of staying clear, open, and sustainable on this path.

CLOSING MESSAGE

Energy hygiene is not a luxury, it's mandatory if you want to live your path in alignment to your own truth.

Without the extra noise.

These practices help me stay grounded, clear, and connected to myself so I can show up fully in my life, work, and relationships.

Let this guide remind you that your energy is sacred and tending to it is an act of self-respect.