

The Energy Alignment Challenge

3 simple steps each day to feel

Grounded

Empowered

Aligned

Welcome!

Hi! I'm Melissa Bantell, a Reiki Practitioner /Teacher and a Low Tox Living Guide with 20 years of experience in holistic wellness practices.

My path began much like yours may feel right now—I knew something was “off,” even though my bloodwork and medical tests all looked fine. I felt disconnected from myself and from life, searching for a way to feel whole, balanced, and truly alive again.

Over the years, I've discovered how the energy of our daily habits—our thoughts, words, and choices—deeply affects our health and well-being. Through Reiki, energy learning, and low tox living guidance, I help women reconnect with themselves, restore balance and reduce stress -what I call “awakening the inner healer,” stepping into a life that feels aligned and purposeful.

This guide is the first step in helping you tune in, create small but powerful shifts, and begin walking your own path back to balance, empowerment, inner peace.

Melissa

xo

THE ENERGY ALIGNMENT CHALLENGE

Instagram:

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

Website: thereikisource.org



Let's Begin



COMMIT TO THE CHALLENGE

You didn't stumble here by mistake—your next chapter is calling. All it takes is the decision to show up for yourself. Stick with the daily steps, even on the busiest days. You don't need flawless effort, just steady commitment. This is your challenge, and the more energy you bring, the more momentum you'll build.



TAKE ACTION

You've already taken that all-important first step—celebrate that! Now, the transformation comes from continuing the journey. Stay with it, keep leaning in, and notice how things start opening up for you.



HAVE FUN

This challenge is designed to spark real transformation, but it doesn't have to feel heavy. Dive in, do the work, and let yourself enjoy the process. Growth is so much easier when you bring curiosity and a little fun along for the ride.

The Energy Alignment Challenge



1 • MORNING GRATITUDE PRACTICE

WRITE DOWN OR SAY 3 THINGS YOU'RE GRATEFUL FOR EACH MORNING AND WHY

KEEP IT SIMPLE

EXAMPLES:

- I'M GRATEFUL FOR MY SIGHT AS I GET TO EXPERIENCE THE WORLD IN COLOR AND SEE ALL THE BEAUTY AROUND ME.
- I'M GRATEFUL FOR THE ROOF OVER MY HEAD AS I HAVE SHELTER.
- I'M GRATEFUL FOR THE FOOD IN MY FRIDGE TO NOURISH MY BODY.

WHY IT MATTERS: GRATITUDE INSTANTLY RAISES YOUR VIBRATION AND ATTRACTS MORE HARMONY, JOY, AND WELLNESS INTO YOUR LIFE.



2 • MINDSET SHIFT

NOTICE A LIMITING THOUGHT OR WORD YOU'RE CARRYING. WRITE IT DOWN. REPLACE IT WITH AN EMPOWERING ONE YOU CHOOSE INSTEAD.

EXAMPLES:

- LIMITING: "I NEVER HAVE ENOUGH TIME." → EMPOWERING: "I ALWAYS HAVE TIME FOR WHAT TRULY MATTERS."
- LIMITING: "I'M NOT GOOD ENOUGH." → EMPOWERING: "I AM CAPABLE AND WORTHY OF MY DREAMS."
- LIMITING: "I'LL NEVER FEEL WELL AGAIN." → EMPOWERING: "EVERY DAY I AM HEALING AND GROWING STRONGER."

WHY IT MATTERS: YOUR THOUGHTS CREATE YOUR REALITY. SHIFTING THEM DAILY REWIRES YOUR ENERGY TOWARD ALIGNMENT.



3 • HARA GROUNDING BREATHWORK

THE HARA (LOWER ABDOMEN, JUST BELOW THE BELLY BUTTON) IS A POWERFUL ENERGETIC CENTER—THE PLACE WHERE YOUR VITALITY AND LIFE FORCE ARE STORED. WHEN YOU CONNECT TO THIS CENTER, YOU FEEL ROOTED, BALANCED, AND STRONG—LIKE A TREE WITH DEEP ROOTS THAT CAN WEATHER ANY STORM.

PRACTICE:

- PLACE YOUR HANDS GENTLY ON YOUR LOWER BELLY.
- TAKE A SLOW, DEEP BREATH IN THROUGH THE NOSE, LETTING THE BREATH FILL YOUR LOWER ABDOMEN.
- EXHALE THROUGH THE MOUTH WITH AN AUDIBLE SIGH, RELEASING ANY TENSION.
- REPEAT IN 3 SETS OF 3 BREATHS (9 BREATHS TOTAL).

WHY IT MATTERS: FOCUSING ON YOUR HARA RECONNECTS YOU TO YOUR EARTH CENTER, GROUNDS YOUR ENERGY, AND BUILDS A STRONG FOUNDATION FOR BALANCE AND RESILIENCE.

When you repeat these 3 practices daily—gratitude, mindset, and hara breathing—you'll feel lighter, clearer, and more aligned with yourself and the world around you.

THE ENERGY ALIGNMENT CHALLENGE

Daily Reflection

Use these prompts in your own journal to see how your energy is shifting as you practice daily gratitude, mindset and grounding breathwork



How did practicing gratitude change the way I felt today?



What limiting thought did I replace, and how did it shift my energy?



How do I feel after doing my hara breathwork?



What small changes am I beginning to notice in my mood, body, mindset or surroundings?

Tip: Pick one or two questions that resonate most each day—you don't have to answer them all at once. The goal is simply to pause, notice, and honor your energy shifts.

THE ENERGY ALIGNMENT CHALLENGE

Daily Routine

month:



GRATITUDE PRCATICE



MINDSET



HARA BREATHWORK



DAILY REFLECTION

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Congratulations, you did it! you've taken the first step toward reclaiming your energy and creating a life of balance and alignment.

Remember, transformation doesn't come from one big leap—it comes from the small, consistent shifts you've just learned. Gratitude, mindset, and breathwork may seem simple, but when practiced daily, they ripple out to create major change in how you think, feel, and show up in your life.

These simple daily practices are just the beginning. If you'd like more support in creating balance and alignment, I'd love to guide you through my signature energy healing sessions or other offerings.

FIND ME AT:

- Instagram: [@thereikisource_naturalwellness](https://www.instagram.com/thereikisource_naturalwellness)
- Website: thereikisource.org