

# Smoke-Free Home Reset Ritual and Safety Checklist

FitInFlow.space · A cultural and mindfulness ritual, not a health treatment. Energy concepts are beliefs, not established science. Updated October 2026.

## 1. The five-step reset (about 10 minutes)

|                                                    |                                                              |                                                                     |                                                            |                                                             |
|----------------------------------------------------|--------------------------------------------------------------|---------------------------------------------------------------------|------------------------------------------------------------|-------------------------------------------------------------|
| <b>1 OPEN</b><br>Open windows for 5 to 10 minutes. | <b>2 CLEAR</b><br>Clear one surface: entry, desk or bedside. | <b>3 SOUND</b><br>Ring a bell, strike a bowl or clap once per room. | <b>4 BREATHE</b><br>Five slow breaths, longer out than in. | <b>5 INTEND</b><br>Say or write one sentence for the space. |
|----------------------------------------------------|--------------------------------------------------------------|---------------------------------------------------------------------|------------------------------------------------------------|-------------------------------------------------------------|

## 2. Weekly reset tracker

| Week | Date | Room | Steps done (1-5) | How the room and I felt afterward |
|------|------|------|------------------|-----------------------------------|
| 1    |      |      |                  |                                   |
| 2    |      |      |                  |                                   |
| 3    |      |      |                  |                                   |
| 4    |      |      |                  |                                   |
| 5    |      |      |                  |                                   |
| 6    |      |      |                  |                                   |

## 3. If you burn anything

- ☐ Small amount only, window open, fireproof dish ☐ Never smudge a person without their consent
- ☐ No smoke near babies, during pregnancy, or with asthma or COPD (CDC lists smoke as an asthma trigger)
- ☐ Flame at least 1 foot from anything that burns ☐ Never unattended, never while sleeping, never near home oxygen

## 4. Essential oils, children and pets

- ☐ Dilute before any skin use; never swallow; store out of children's reach ☐ No citrus oils on skin before sun
  - ☐ Diffuse briefly, in an area pets cannot reach ☐ No diffusers with birds, rabbits, guinea pigs or hamsters
- Pet exposure? Call your vet or ASPCA Animal Poison Control: (888) 426-4435

## 5. Respectful sourcing

- ☐ Avoid wild-harvested white sage (poaching harms Indigenous lands) ☐ Or grow garden sage or rosemary yourself
- ☐ Palo santo: only legally collected fallen wood ☐ Learn the cultural history of the practices and land you live on

**Feeling drained for more than two weeks?** Low mood, exhaustion or poor sleep can be signs of treatable conditions. Talk to a doctor. In crisis in the US, call or text 988.

Sources: NCCIH, CDC, ASPCA, NFPA via Illinois State Fire Marshal, California State University Long Beach. Full list in the article.