

## Grounding

6 grounding practices, split between beginner and advanced levels. These are tools to regulate your energy, reconnect with your body, and anchor into the present moment

### Beginner Grounding Practices

#### 1. Barefoot Earth Walking

- **How:** Walk barefoot on grass, soil, or sand for 5–10 minutes
- **Why:** Connects your nervous system with Earth's natural frequency

#### 2. 5-4-3-2-1 Sensory Reset

- **How:** Name 5 things you see, 4 feel, 3 hear, 2 smell, 1 taste
- **Why:** Anchors you in the present moment and calms anxious spirals

#### 3. Seated Breath + Body Scan

- **How:** Sit still, inhale deeply, and scan your body from head to toe
- **Why:** Builds somatic awareness and draws energy back into your core

### Advanced Grounding Practices

#### 4. Root Chakra Activation Ritual

- **How:** Sit cross-legged, chant "LAM," visualize red light at the base of spine
- **Why:** Grounds energy into your body and connects you with physical safety

#### 5. Grounding with Crystals + Gridding

- **How:** Use hematite, black tourmaline, or smoky quartz in a body grid or palm hold
- **Why:** These stones draw out excess energy and re-anchor your aura

#### 6. Grounding Through Movement (Qi Gong or Primal Shake)

- **How:** Practice slow intentional movements or body shaking for 5–10 minutes
- **Why:** Releases trapped tension and stabilizes your internal rhythm

First time grounding? Good. That means you're waking up. Don't overthink it — grounding is about presence, not performance. Let your body reconnect with the Earth, your breath with the now. Whether it's bare feet in the grass, deep breaths, or holding a crystal — the goal is to get out of your head and into your body. Do it slowly, do it real. The moment you choose to root, you begin to rise