



Grounding Instructions: Coming to the Center of Your Head

1. Find a quiet, cozy space where you won't be disturbed (bonus points if your cat, dog, or plant wants to join the vibe).
2. Sit or lie down in a relaxed position. Close your eyes if you like, or keep them open and soft—whatever feels sparkly.
3. Take three slow, delicious breaths... inhale calm, exhale anything that feels heavy.
4. Imagine roots—glittery, glowing roots—growing from your feet and anchoring you deep into the loving, steady earth.
5. Now bring your awareness up to the center of your head. Picture a gentle orb of light glowing there—your own little inner disco ball of clarity.
6. Let your thoughts and feelings drift and settle around this light, like snowflakes landing softly in a globe.
7. If your mind wanders (and it will, because brains are chatty), just wink at the distraction and bring yourself lovingly back to that center light.
8. Stay here for as long as feels good—whether it's two minutes or twenty, your sparkle-time is your own.
9. When you're ready, gently open your eyes, take a deep, sparkly breath, and bring that sense of balance and magic into the rest of your day.



Grounding isn't about being serious—it's about being steady while still sparkling. The more you practice, the more natural it becomes, like slipping into your favorite comfy sweater of clarity and magic.