



GROUNDING RITUAL GUIDE

A DAILY PRACTICE TO RECONNECT
WITH THE EARTH AND YOURSELF

WHAT YOU'LL NEED

- A patch of Earth: grass, sand, soil, river, lake, or natural stone
- Bare skin – feet, hands, or any part of your body
- 5 to 15 minutes
- An open heart and a moment of quiet

CHOOSE YOUR GROUNDING METHOD

Pick the one that fits your mood today:

- Stand barefoot in the grass or dirt
- Sit on a blanket your hands touching the earth
- Lean on or gently touch a tree
- Lie down and feel fully supported
- Wade into a natural body of water

YOUR DAILY RITUAL FLOW SUGGESTED: 10 MINUTES

1 Minute – Take 3 slow, deep breaths.

2 Minutes – Notice how your body feels. Are you tense, restless, calm, heavy, light? No judgment – just observe.

5 Minutes – Stay connected. Let your body soak in the Earth's energy. You might close your eyes or just watch the sky.

2 Minutes – Set an intention or whisper a thank you to the ground beneath you. Let it be simple: "I'm here." "I feel safe." "I let go."

REMEMBER

You are nature.

You're not separate from the Earth, you belong to it. Let this daily ritual bring you back to that truth, gently and completely.



MIA'S GROUNDING TIPS

- Mornings are powerful – ground before the chaos starts.
- Nature doesn't judge. You don't have to "do it right." Just show up.
- Stay consistent. A few minutes every day is better than once a week.
- Keep a tiny notebook to jot down how you feel after each practice.

