

DAY 19



GROUNDING PRACTICE GUIDE



PRACTICE GUIDE

**“GROUNDING IS NOT JUST ABOUT
TOUCHING THE EARTH—IT’S ABOUT
REMEMBERING THAT YOU BELONG HERE,
SUPPORTED AND SAFE.”**

Fiona Soutter

PART 1

GROUNDING IN DIFFERENT SETTINGS

Welcome to Day 19. Today we honour your physical body by reconnecting with the Earth. This simple but powerful act can reset your energy and nervous system, grounding you in the present and restoring your sense of balance.

Whether you're in nature or an apartment, there are always ways to connect. Use this guide to experiment with grounding practices that suit your lifestyle.

Life Area	Practice	What You'll Need
 Nature (grass, beach, dirt)	Walk barefoot or sit with hands/feet on the ground	Bare skin, natural surface
 Park or urban green space	Rest your back against a tree or sit cross-legged on grass	A quiet space, time, presence
 Urban environment (concrete)	Stand barefoot on concrete directly connected to Earth (not a building)	Clean patch of outdoor concrete
 Indoor with nature element	Hold a plant, stone, or wood object while visualising Earth connection	Small natural object
 Visualization or grounding mat	Close your eyes and imagine roots growing into the Earth	A quiet place, grounding intention
 Desk environment	Place bare feet on a grounding mat or touch a small dish of soil	Mat, plant pot, or bowl of earth

PART 2

GROUNDING SELF-REFLECTION

Take 5–10 minutes after your practice to journal your experience.

- What setting did I choose for grounding today, and why?
- What sensations did I notice in my body while connecting with the Earth?
- Did I feel any shifts in energy, emotions, or thoughts?
- What felt most nourishing or helpful about this practice?
- How might I bring this practice into my regular routine?



CLOSING THOUGHTS

Grounding is one of the simplest, most intuitive forms of physical self-love. It reminds your body that it's safe, held, and part of something larger.

"Even when the world feels chaotic, the Earth remains—solid, present, and ready to receive you."

Tomorrow, we'll explore the magic of morning light and how sunlight can align your body's rhythms, boost your mood, and support deep restoration. ✨
