



THE GROUNDED SOUL CHECKLIST

INNER VOICES HEALING

Reconnect. Release. Remember who you are.

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There's a reason you've felt a bit off lately.

Your Root Chakra - the foundation of your energy system - might be asking for a little love and attention, you just haven't heard it.

When your root energy is balanced, you feel safe, steady and supported by life.

When it's not, everything else feels wobbly: emotions, hormones, sleep, even confidence.

This isn't about becoming someone new - it's about listening your way back home.

Let's see where you're at

1. CHECK YOUR GROUNDING



Note anything that feels familiar right now:

- I feel tired but wired - like my mind won't switch off.
- I overthink things that used to feel simple.
- I crave control because uncertainty feels unsafe.
- My body feels tense, especially in my hips, legs or lower back.
- I find it hard to slow down or rest without feeling guilty.
- I keep trying to 'push through' when what I really need is stillness.

If you noted three or more, your root energy may be running on empty.



2. Notice What's Supporting You

Take a moment to reflect and ask yourself - where are you already grounded?

- What helps you feel calm or safe in your body?
- Who or what makes you feel held and seen?
- What daily rituals remind you that you belong here, right now?

Sometimes we forget that we're already doing more right than we realise.

3. Gentle Practices to Reconnect



No need for hours of meditation or elaborate routines - just simple daily grounding:

- Barefoot moments - stand on grass or earth for 2-3 minutes.
- Root breath - imagine breathing down through your feet, releasing stress into the ground.
- Safety statements - say aloud: "It's safe for me to slow down. I'm allowed to be supported."
- Body gratitude - touch your legs, hips, or belly and thank your body for carrying you through.

A few minutes a day having the conversation with your root chakra shifts more than you think.

4. Your Root Reminder

You don't have to fight your body, talk to it - it's on your side.

You don't have to earn rest - you deserve it.

You don't have to be fearless - you just need to feel safe enough to try.



5. Next Step: Deepen the Grounding

If this checklist has resonated, your Root Chakra may be asking for more than awareness.

It may be asking for attention.

For space.

For a conversation.

Awareness is the first step.

Listening is the next.



If you're ready to go deeper, you can receive the FREE Root Chakra Voice™ Experience here



YES I would like to access the FREE Root Chakra Voice™ healing & activation session!

This live session introduces the structure of working directly with your Root energy - not to override it, but to understand what it has been communicating. Then we heal or activate, depending on which your Root voice needs in the moment.

It's a chance to begin responding rather than bracing.

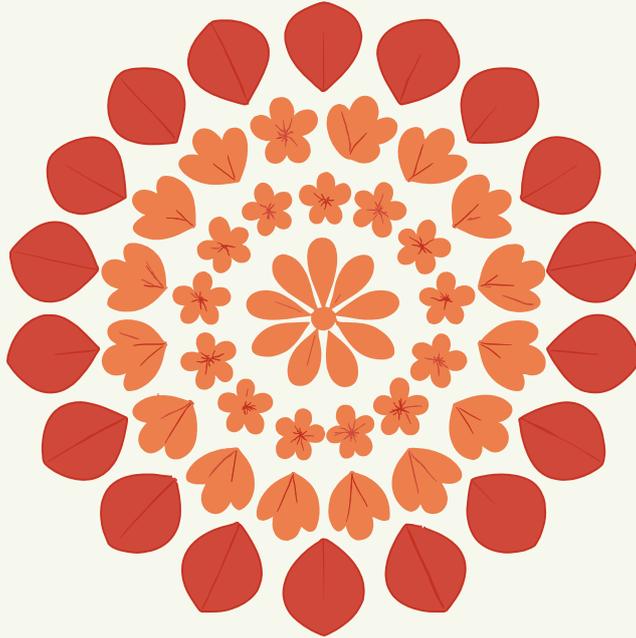


And if you feel called to explore your Root energy in a more personal way, 1:1 Root Chakra Voice™ sessions offer a deeper, individualised space for that conversation.

Join Chakra Voices™- Listening Within [HERE](#)

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Final words from me



If you take one thing away from this checklist, let it be this:

You are not out of step.

You are being invited to listen more closely.

Your system already knows what steadiness feels like.
Sometimes it simply needs space to speak.

Let's begin by planting your roots.

With care,
Jillian Shiers

Midlife is a reset, not a crisis – it's an invitation to return to yourself.

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If you're ready to go deeper, I invite you to explore your Chakra Voices™.

One way is to start by experiencing the Root Chakra Voice™ Taster session - a guided exploration you can access here

This live session introduces the structure of working directly with your Root energy - not to override it, but to understand what it has been communicating.

From there, you may wish to heal or activate all your Chakra Voices™ through the 7 Chakra Voices™ Journey.

And if you feel called to explore your Root energy in a more personal way, 1:1 Root Chakra Voice™ sessions offer a deeper, individualised space for that conversation.

Join Chakra Voices™ - Listening Within HERE

CHAKRA VOICES™



The 7 Chakra Voices™ Journey



[Watch The Video](#)

*'Honestly, I don't know what magic you've worked
but something has FINALLY clicked after years!'*

Claire, UK



Jillian Shiers

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