

# FROM CHAOS TO CALM: 6 MICRO GROUNDING RITUALS

## Micro Grounding Rituals for Sensitive, Empathic, Soul-Led Humans

When you feel scattered, anxious, overwhelmed. it's not just in your mind. Your energy is displaced. Grounding gently returns you to your body, your breath, your centre. These rituals take just **\*\*2–5 minutes\*\*** and can be done anytime, anywhere.

1

### THE BREATH ANCHOR



Be still to focus on the breath. Sit or stand quietly. Breath in and hold for 5. Breath out and hold for 5. Repeat 3 times. Each time allow the breath to travel deeper into your belly. Notice the hold and exhale becomes longer than 5. Feel settled and connected to the Earth.

3

### BODY SCAN



As you settle quietly, become aware of how your body feels right now. Notice any tension. With each exhale, let go of the tension. Allow it to release. Notice how the breath supports you as you scan. Repeat until you feel settled and one with the steadiness of the Earth.

5

### SOUND GROUND



Quietly sitting or standing, feet firmly footed to the Earth, allow your awareness to focus on external sounds. Feel the energy of each sound. Notice how one becomes louder or less audible. Let each sound go. Feel the Earth's energy absorbing the sound. Notice if your body is making sounds. Release them to the Earth. Feel grounded and supported.

*"The quieter you become, the more you can hear."*

*\*Ram Dass\**

2

### THE ROOT



Be barefoot either standing or sitting with soles of feet firmly on the Earth. Close your eyes and notice the temperature of the Earth. Allow its goodness, strength and fortitude to flow up through the soles of your feet. Feel the Earth supporting, calming, steadying, and grounding you. Keep that connection.

4

### EARTH ABSORBING THOUGHTS



Settle quietly. Notice the thoughts going through your mind. Acknowledge them (I see you), then let them go. Visualise them fading into the Earth, being recycled and dissipating into nothingness. Trust the Earth will return them if you need them. Return to your awareness with more headspace.

6

### LAY WITH EARTH



If you can, lay on your back on grass or earth. Use pillows for support if needed. Feel the Earth's temperature. If its cold, imagine the Earth is extracting all tension, disease, pain and mental anguish. If its warm, imagine the Earth replenishing what has been lost or depleted. Allow your neck to absorb Earth's goodness. Return with renewed vigour and grounded.

*"Peace comes from within. Do not seek it without."*

*\*Buddha\**