

YOLOVIVI



Grounding

*A simple guide to reconnecting
with the Earth and stabilizing your energy.*

What is Grounding?

Grounding is a practice that reinforces our connection to the Earth. When grounding, we firmly plant our energy into the earth, helping the body feel more stable, present, and supported.

*"Grounding helps
stabilize energy,
restore balance, and
bring us back to the
present moment."*

Why Ground?

- ☀ Stabilizes energy and channels negative energy from the body
- ☀ Restores balance to the body
- ☀ Prepares ourselves and our space for productive magical or spiritual workings
- ☀ Helps shift us into a more positive state of being and draw up energy from the Earth
- ☀ Aids awareness of our external surroundings and can ease anxiety

YOLOVIVI



When to Ground

*Moments when grounding may help
restore stability, presence, and balance.*



Before and
after ritual

Grounding can help prepare
your body and space before
spiritual work and help you
settle afterward.



When feeling
anxious or
mentally exhausted

Grounding can calm
overstimulation, stabilize
energy, and bring you
back to the present.



When experiencing
intrusive thoughts
or memories

Grounding helps reconnect
you to the here and now
through your body and
surroundings.

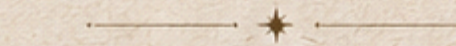


Anytime your
body feels out of
balance

Use grounding when you feel
scattered, unsteady, depleted,
or disconnected.



*"Grounding can be used anytime you need
to come back to yourself and the
present moment."*



gustar ha
te fero gogargain
gustar ha
te fero gogargain



YOLOVIVI



Common Techniques

Simple grounding practices to help reconnect with the Earth, your body, and the present moment.



1. Meditation (Rooting)

While sitting or standing, visualize roots leaving your body from your root chakra and traveling deep into the earth's core. Imagine negativity flowing out of your body until you feel calm and focused.



2. Earthing

Walk barefoot and let your feet touch the earth. Practice deep, slow breathing and be fully present to directly connect with the ground. This can be combined with visualization.



3. 5-4-3-2-1 Method

- ☀ 5 things you can see
- ☀ 4 things you can feel
- ☀ 3 things you can hear
- ☀ 2 things you can smell
- ☀ 1 thing you can taste

YOLOVIVI



Other Grounding Methods

Additional ways to support grounding in everyday life.

1

Grounding crystals

Work with grounding stones such as black tourmaline, smoky quartz, hematite, or obsidian.



2

Take a walk in nature

Spend mindful time outdoors and let the sights, sounds, and rhythms of the natural world settle your nervous system.



3

Diffuse essential oils

Use earthy or calming scents to encourage presence and steadiness.



4

Eat wholesome, plant-based foods

Nourishing foods can help support stability, energy, and connection to the body.



5

Drumming

Rhythmic drumming can support grounding by echoing the steady heartbeat of Mother Earth.



Grounding is not one-size-fits-all. Explore different practices and notice which ones help you feel most safe, steady, and present.

