

2. BE GROUNDED

What helps you from being present?

Words that describe being grounded:

- Alive, flowing, energy, tingles, vibrations throughout the body, full awareness, in the moment, oneness, complete, feelings of being connected to the earth.

The words that describe being ungrounded:

- Scattered, spacey, dreamy, reactive, denial, in the past or the future, lost.

Check the activities below and decide which one helps you to ground. It is unique for each of us:

- Breathe, chant, dance, movement, walk, art expression (painting, sculpting, etc.), cooking, gardening, singing, some physical activities, your work activity, etc.

“Unleash the Power of Your Intuition”

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