

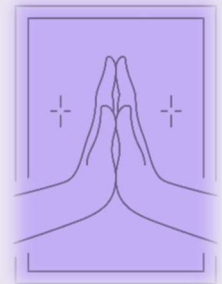
Grounding Ritual

Kyla Jade

Ground to your soul, your authentic self, Mother Earth & Goddess Moon



RAISE your eyes to Goddess Moon
Hand to heart or to anjali mudra
Close your eyes



ACKNOWLEDGE all the small thoughts

RECOGNISE that they are not so big in relation to Goddess Moon & Universe

SIT & BREATH

Imagine your body growing heavy
Feel yourself ground to Mother Earth

BE OPEN to receive guidance from Mother Earth, Goddess Moon & your Guides

REMEMBER what is truly important in your heart of hearts
& Release anything else

EXPRESS your gratitude to Mother Earth, Goddess Moon & your Guides
For allowing you to see & receive
For guiding you through your journey

