

The Way of the

# Mystic

8 WEEK COURSE

The Way of the Mystic is an 8-week experiential program designed to help you develop and refine your intuitive, psychic, and mediumship skills.

Learn the tools to SEE yourself and others, to KNOW yourself and others, and to CREATE whatever your heart desires.

*Ready To Step Into Your Magic?*



WITH  
*Sabrina Rising*

## Grounding Techniques Worksheet

### Week 1: Intuition Basics – Discovering Your Ability to Know

Grounding is the foundation of all intuitive work. It helps us stay centered, calm, and fully present in our bodies while connecting with the higher realms of spirit and energy. Use the techniques below to create your own grounding practice that will support your journey into the mystical.

#### 1. Time in Nature

Spending time outdoors in nature is one of the most powerful grounding tools. The Earth's natural energy helps to stabilize and balance our own.

- **Ideas for Practice:**

- Walk barefoot on grass, dirt, or sand (also known as "earthing").
- Sit or lie down in a park or forest and consciously connect with the ground beneath you.
- Hug a tree or sit with your back against one to feel its strength and rootedness.

- **Reflection:**

- How does your energy shift when you spend time in nature?
- What environments make you feel the most grounded?

## 2. How to Ground Yourself with Food

What we put into our bodies plays a significant role in how grounded we feel. Eating whole, nutrient-dense foods that are close to the Earth can help support your physical and energetic grounding.

- Consume whole foods.
  - Eat balanced meals.
  - Avoid refined sugars.
  - The act of cooking is a great way to get out of your mind and into your body.
  - Eat without distractions.
  - Root vegetables are a great source of grounding power.
  - Grains and pulses are another excellent food for grounding.
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- **Reflection:**
    - How do you feel after eating different types of food?
    - What foods make you feel the most connected and balanced?

## 3. Mindfulness and Meditation

Mindfulness and meditation practices can help bring your awareness into the present moment, making you feel more anchored and at peace.

- **Grounding Meditation Practice:**
  - Sit in a comfortable position with your feet flat on the ground.
  - Close your eyes and take a few deep breaths, imagining roots growing from the soles of your feet deep into the Earth.
  - With each breath, feel yourself being pulled deeper into the Earth, grounded and connected.
  - Visualize the Earth's energy rising up through those roots, filling your body with stability and strength.
  
- **Reflection:**
  - How do you feel before and after practicing mindfulness or grounding meditation?
  - What challenges do you experience when staying present?

## 4. Crystals for Grounding

Crystals can serve as tools to help balance and stabilize your energy. Specific stones resonate with the Earth's frequency and can support grounding work.

- **Grounding Crystals:**

- **Hematite:** Promotes strength, balance, and protection.
- **Black Tourmaline:** Absorbs negative energy and enhances grounding.
- **Smoky Quartz:** Helps release emotional blocks and ground mental energy.
- **Red Jasper:** Nurtures a connection to Earth energy and stabilizes the root chakra.

- **Exercise:**

- Carry one of these stones in your pocket or place it under your pillow to feel its effects.
- Meditate with a grounding crystal by holding it in your hand and visualizing its energy anchoring you to the Earth.

## 5. Essential Oils for Grounding

Essential oils derived from plants, especially roots and trees, can have a calming and grounding effect on your body and mind.

- **Grounding Essential Oils:**

- **Vetiver:** Deeply grounding and calming, connecting you to Earth energy.
- **Cedarwood:** Encourages stability, strength, and rootedness.
- **Patchouli:** Balances emotions and enhances connection to the body.
- **Frankincense:** Uplifts while creating a strong sense of grounded presence.

- **Exercise:**

- Apply one of these oils to the soles of your feet or your pulse points before meditation.
- Diffuse them in your space during grounding practices to deepen your connection.

## 6. Movement and Breathwork

Grounding doesn't always have to be still—movement and breath can also bring you into the present moment and help release energy blocks.

- **Grounding Movement Practices:**

- Gentle yoga poses that connect you to the Earth, such as Child's Pose, Mountain Pose, or Tree Pose.
- Slow, mindful walking with an awareness of each step connecting with the ground.

- Deep, intentional breathing exercises like abdominal (belly) breathing, where you breathe deeply into your lower abdomen.

- **Reflection:**

- How does movement or breathwork shift your energy?
- Which practices help you feel the most grounded and present in your body?

## 7. Journaling Prompt

Take a moment to reflect on your experience with grounding techniques this week. Use the following prompt to explore what grounding means to you:

**Prompt:**

"What does being grounded feel like for me, and how does it affect my intuition and daily life?"

### Your Personalized Grounding Practice

As you explore these techniques, take note of which ones resonate the most with you. Everyone's grounding practice is different, and it's important to create one that feels natural and supportive for you.

Use this worksheet to track your experiences and create a grounding routine that you can return to anytime you need to reconnect with yourself and the Earth.

<https://www.intuitivesabrina.com/thewayofthemystic>

