

## Grounding Ritual with Roots Visualization

\*By Victoria Lorient-Faibish | Psychotherapist | Generational Pattern Breaker\*

\*Duration: 5–7 minutes\*

\*Ideal for morning, transitions, or emotional overwhelm\*

### 1. Prepare the Space

Stand or sit comfortably, ideally barefoot.

Close your eyes gently and place your hands over your heart or on your thighs.

Take a deep breath in... and sigh it out.

Say silently or aloud:

“I call my energy back to me. I release all that is not mine to hold.”

### 2. Rooting Through Visualization

Bring your attention to the soles of your feet (or your sit bones if you are seated).

Now imagine that from these points, long, strong roots begin to grow down into the earth.

With each breath, your roots grow:

- Down through the floor
- Through the layers of soil
- Past rock, water, and crystal
- All the way to the molten core of the Earth

As your roots reach the Earth’s core, imagine them gently wrapping around a glowing ball of golden-red energy—warm, loving, steady.

Breathe in: Draw that Earth energy up through your roots, into your body.

Feel it filling you with calm, strength, and steadiness.

Say:

“I am rooted. I am supported. The Earth holds me.”

### 3. Body Awareness & Clearing

Bring awareness to your body. Scan slowly from head to toe.

Where do you feel tension or heaviness?

Now imagine that anything heavy, anxious, or not yours drains down through your body and out through your roots—composted by the Earth into something useful.

Breathe deeply: Inhale peace...  
Exhale what no longer serves.

#### **4. Anchor the Moment**

Place your hands on your belly or heart. Feel the pulse of your own life force.

Say:

“I am grounded in this moment. I belong to the Earth. I belong to myself.”

Take a final deep breath. Wiggle your fingers and toes.

Gently open your eyes and return.

— Created with love and intention by Victoria Lorient-Faibish —