

*Rooted & Radiant:  
A Guide to Feeling Safe, Secure and Steady in  
Your Own Energy*



*Lunar  
Reflections*



## Welcome

*As you are navigating high-stress environments or significant life transitions, this time of year offers an invitation to stabilize your nervous system, and return to the natural rhythms of life.*

*This guide is specifically designed to help you engage with energy in a practical, spiritual, and integrative way—supporting your desire to feel safe and empowered in your body, your home, and your profession.*

*This energy encourages us to ground ourselves, and rediscover the environments and practices that feel deeply nourishing.*







# *Your Energetic Themes & Supportive Practices*

## *Themes:*

Grounding  
Establishing a Routine  
Indulging in Sensory Pleasure  
Returning to Nature  
Commitment  
Embracing Spirituality  
Cultivating Patience  
Practicing Embodiment  
Fostering Stability

## *Suggested Practices:*

- Breathwork - e.g. box breathing: inhale for 4 counts, hold for 4, exhale for 6. Repeat for 3–5 minutes. Breath signals safety to your nervous system.
- Earth Visualization Meditation – In a seated or lying posture, visualize roots extending from the soles of your feet into the earth. Feel the weight of gravity supporting you.
- Intentional Self-Massage – With nurturing presence, use oil or lotion to massage your limbs. Focus on slow, repetitive strokes and soothing scents.
- Movement – Engage in gentle yoga emphasizing hip and leg stability. Prioritize sensory awareness over physical alignment.
- Safety Mantras – Recite affirmations such as: "I am grounded. I am secure. I am supported." Develop more personalized statements that reflect your current needs.







## ***Energetic Enhancements***

As you grow more comfortable incorporating energy shifting practices, consider enhancing your physical environment as well. Craft your personal space as an extension of your energetic field and create a space that embodies positivity and balance. Reflect upon the elements that bring you peace and support your well-being.

### ***Design with Intention:***

- Incorporate tactile fabrics (linen, velvet, wool) to stimulate grounding sensations.
- Use calming scents and aromas like sandalwood or vetiver, cinnamon or vanilla.
- Create a warm ambiance with candles, string lights, or salt lamps.
- Bring in natural elements such as plants, stones, wood accents, or water features.
- Display meaningful objects and artwork that evoke positive emotions.
- Establish a consistent daily ritual space for meditation, journal writing, or stillness.







## *Rediscover Nourishing Environments*

Evaluate the areas where you naturally exhibit patterns for creating security, experiencing pleasure, and conveying your value and self-worth.

### *Reflective Prompts:*

- In what places or situations have I experienced the greatest sense of safety in my body?
- What routines or habits support me in feeling grounded today?
- How can I define productivity in a way that honors slowness and mindfulness?
- What strategies help to effectively regulate my nervous system?
- How will I recognize when my body feels centered and secure?





## *Summary*

*We are being called upon to step out of survival mode and into calm confidence. Let this guide help you ground, soften and reconnect with what makes you feel safe in your body, your world, and your life.*

*Love & Light,  
CJ*

