

From pieces to peace



When:

If you feel overwhelmed and struggle to stop your mind, you need to find grounding. There are hundreds of expensive courses wrapped up as “enlightenment packages” only designed to give you some basic grounding and relaxation. This method helps you achieve grounding for free and within minutes

Why:

We are all energetic beings and sometimes our field starts “spinning” out of control. The more we put onto our plate, the faster it gets. Sometimes to the point where it is hard to make out what is important and what is not as well as who we are. When we take on too much, we can burden ourselves with energies that can “spin us” or “tear us apart”.

How:

It may sound too simple, but please trust me and try this method before you stop. The key point is acceptance and grounding you in your current reality and body.

Inhale and on inhale accept everything that is happening to you right now. Just imagine you are at peace with it, you are safe or it is a movie that you are a part of.

On the **exhale** release all the importance you attach to it. Do it **10 times** at least and enjoy the peace this ground brings.
