

# The Grounding Gift

Reconnect Mind, Body & Soul

A free soul clearing and connection  
practice

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# Welcome

WHEN LIFE FEELS HEAVY OR UNCLEAR, IT'S OFTEN BECAUSE WE'VE BECOME UNGROUNDED — DISCONNECTED FROM THE EARTH, FROM OUR BODY, AND FROM OUR OWN DIVINE ESSENCE.

THE GROUNDING GIFT IS A SACRED OFFERING TO HELP YOU COME HOME TO YOURSELF AGAIN.

THROUGH THIS PROCESS, YOU'LL BEGIN TO RELEASE ENERGETIC HEAVINESS AND REDISCOVER YOUR NATURAL RHYTHM OF CALM, STRENGTH, AND PEACE.

THIS EXPERIENCE COMBINES A GUIDED GROUNDING MEDITATION, A SHORT ENERGETIC CLEARING (PERFORMED BY ME REMOTELY), AND THREE SIMPLE DAILY PRACTICES THAT RECONNECT YOU TO YOUR MIND, BODY, AND SOUL.

TOGETHER, THEY CREATE THE FOUNDATION FOR HEALING, STABILITY, AND DIVINE ALIGNMENT — THE SPACE WHERE LIFE BEGINS TO FLOW AGAIN.



# WHY GROUNDING MATTERS



## Where Healing, Clarity and Balance Begin

When we are grounded, we return to the present moment — to truth, stability, and the quiet knowing that everything unfolding in our lives is part of our soul's journey.

Grounding brings us back into the body, reconnecting us with the Earth's wisdom and allowing us to move through challenges with calm and clarity.

It reminds us that life is never truly happening to us, but for us — guiding us toward growth, awareness, and alignment.

When we are anchored in this energy, we stop being swept away by fear or uncertainty, and instead begin to feel supported by something far greater than ourselves.

Grounding is the first step to healing. It creates the foundation for peace, balance, and transformation to begin.

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## *How We Become Unanchored*

To ground yourself is to reconnect with your body, your breath, and the steady rhythm of the earth beneath you. It brings you back from the mind's overactivity and anchors you in presence — the only place where peace, clarity, and alignment truly live.

When we're grounded, our energy feels balanced, our emotions steadier, and our sense of self stronger. We make clearer decisions and feel more at home within ourselves and the world around us.

But life can easily pull us away from that steady state. We can become ungrounded through:

- Shock or sudden change — unexpected news, emotional upheaval, or moments that shake the nervous system.
  - Physical disruption — things like falling, tripping, undergoing surgery, or experiencing pain in the body.
  - Energy overload — being around intense environments, crowds, or technology for too long without rest or energetic protection.
  - Prolonged illness — ongoing sickness, fatigue, or regular medication can dull our natural energy flow and weaken grounding.
  - Unresolved trauma — carrying suppressed emotions or unhealed experiences keeps us disconnected from the body and from safety in the present moment.
  - Consistent use of recreational drugs or alcohol — substances can scatter the energy field and make it difficult for the soul to fully anchor within the body.
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# The Heart Behind This Offering



## This Practise is Close to My Heart

At the very beginning of my awakening, I was held through a time of deep confusion and darkness by a healer who performed a grounding and clearing for me — just like the one I now offer you.

She anchored my energy, connected me back to the Earth, and taught me a daily grounding practice that carried me through some of my most difficult days.

I did it every single day — sometimes twice a day — and it became the thread that held me together while I learned to rebuild my life from the ground up.

Because I know the power of this work, I now offer it to anyone who feels drawn — freely, with love and without expectation.

All I ask is that you come to this experience with an open heart and a willingness to reconnect with yourself.

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## *How the Grounding Gift Works*

### Step 1 — Read This Guide

Take your time to read through everything here. It will help you understand the process and prepare for your session, ensuring you receive the full benefit of your grounding experience.

### Step 2 — Determine Your Side

I will need to know whether your physical side is right or left. To find out, simply walk up a couple of steps and notice which foot moves first — that leading side is your physical side, the one that connects you most strongly to the Earth's current.

Once you've determined your side, make a note of it for me.

### Step 3 — Book Your 15-Minute Session

When you're ready, reach out to book your 15-minute grounding session with me.

During the booking process, I'll ask for a few details — your full name, your physical side and your current address.

These details are needed so that, when your session takes place, I can connect with your energy to clear your field whilst you meditate.

### Step 4 — Experience Your Grounding

When your session begins, you'll complete the meditation at home while I connect with you remotely to clear, balance, and ground your energy field.

### Step 5 — Continue the Process

After your session, you'll begin to anchor this new energy into your daily life.

To maintain and strengthen your grounding, follow the three simple practices outlined in this guide.

# PREPARING FOR YOUR Grounding Practice

1. Choose a time when you can be fully present and undisturbed. The grounding meditation is around 7 minutes long, but allow at least 15 minutes in total to create calm before and after.
2. You may wish to light a candle, play soft music, or set an intention before you begin. Create a peaceful environment that feels sacred to you.
3. During your session, sit on or lean against wood — such as a wooden chair or doorframe. This strengthens your connection to the Earth's frequency and deepens the grounding process.
4. After your grounding, take a few quiet moments to breathe, drink water, or journal any sensations or insights that arise.



REMEMBER,  
GROUNDING IS GENTLE  
AND NATURAL — THE  
MORE YOU RELAX INTO  
IT, THE MORE DEEPLY  
IT WORKS.  
~ SHARNA

## **After Your Clearing**

Once your initial grounding and clearing are complete, you'll begin to feel your energy stabilise and soften. You may notice emotional release, deeper rest, or moments of peace returning to your day.

To maintain this alignment, you'll continue with the three daily practices below. These steps form a simple yet powerful energetic routine that keeps you balanced and connected.

### **Body~ Ground Yourself Daily**

Take time each day to sit with the meditation.

It clears and strengthens your base chakra, allowing positive Earth energy to flow through you.

Each time you do it, you release another layer of heaviness and open yourself to harmony and trust.

### **Mind~ Pray or Speak to the Divine**

Prayer is the bridge between your soul and the universe. Each day, take a few moments to speak your truth, express gratitude, or simply connect.

This is where guidance, comfort, and miracles can meet you.

### **Soul~ Cleanse in Salt**

End your day with a salt bath or shower to clear your aura and reset your energy field.

As the water washes over you, visualise any negativity dissolving into the Earth and being transformed into light.

You are returning to purity — to your natural essence.

*Now that you're familiar with your daily grounding, prayer, and cleansing practices, the following tips will help to deepen and strengthen your connection even further.*

*These small additions work beautifully alongside your routine, enhancing the stability, balance, and peace you've already begun to cultivate.*

### **Work with Colour Energy (Red – Base Chakra)**

- Surround yourself with the colour red — it carries the vibrational frequency of stability, courage, and belonging.
- Sleep on a red base sheet, or place a red towel beneath your sheet to anchor your energy while you rest.
- Wear red consciously — even red shoes or subtle red accents can help reinforce your connection to the Earth.
- Keep a red glass or bottle in the fridge for your water. Allow it to absorb the vibration of red so that each sip hydrates your body with grounding, life-force energy.
- Carry or wear grounding crystals such as Red Jasper, Garnet, or Smoky Quartz to stabilise your field throughout the day.

### **Support Your Energy Naturally**

- Spend time in nature — walk barefoot, lean against a tree, or simply pause to breathe and let the Earth's rhythm balance your own.
- Journal regularly to release ungrounded thoughts and reconnect with your emotions from a place of awareness.
- Weave gratitude into your prayers or daily reflections — give thanks for the good, the challenging, and the unseen lessons.
- Practice mindfulness to stay present in your body and aware of the energy moving within and around you.
- Choose kindness — toward yourself and others. Compassion naturally grounds and softens your energy field.

# Why Experience This Work With Me



## For The Souls Ready to Return Home

This grounding journey has been lovingly created to help you reconnect with the deepest parts of yourself — your peace, your strength, and your truth.

Everything you've read here is designed to guide you home, step by step, into alignment with your own divine rhythm.

Through this process, I hold space for your energetic clearing while you ground — releasing any attachments or energetic debris that may be keeping you from feeling fully anchored. It's a sacred partnership between your intention and my energetic support, helping you to feel lighter, clearer, and more connected.

If this experience speaks to your soul, I invite you to reach out and begin the process together.

You don't have to find your balance alone — I'll be there holding the energetic space for you as you reconnect with the Earth, your body, and your light.

Below are a few reflections from souls who have experienced this work — shared with love, to remind you that deep grounding and healing are always possible.

# *In Their Words*

I've been seeing Sharna for several years now, and I honestly cannot recommend her highly enough. Her work has supported me through some of the most transformative times in my life. Whether it's chakra healing, cord cutting, energy balancing, or intuitive readings, every session leaves me feeling lighter, grounded, and deeply reconnected to myself.

She has such a gentle yet powerful energy, you always feel completely seen, supported, and safe in her presence. Her insights are incredibly accurate and her guidance always comes from a place of genuine love and integrity.

If you're looking for someone who truly understands the energetic and spiritual layers of healing, Sharna is a rare gem. I'm so grateful for all the clarity, peace, and personal growth I've experienced through her work.

I highly recommend her to anyone ready to release, heal, and realign with their true self

~ Tatiana

I first met Sharna in October 2022 during a group session, at a time when I truly needed guidance and clarity. That experience was nothing short of life-changing. She connected so beautifully with several people in the group, including me. Since then, I've had many one-to-one sessions with her, and every single one has been powerful.

Sharna has shared incredible guidance from my angels and ancestors, and her chakra cleanses and cord-cutting ceremonies have brought me a deep sense of clarity and peace. Her grounding meditations have helped me reconnect with myself and stay centred during challenging times.

Her energy is warm, familiar, and powerful. She always delivers the messages you need to hear, even when you don't know you need them. Sharna is truly gifted, and I can't recommend her highly enough. If you're considering working with her, trust that you're in good hands.

~ Sara



# Thank you

Before you go, I want to thank you for taking this step toward your own healing and alignment. Every time someone chooses to ground, to clear, and to reconnect, it creates a ripple of peace that extends far beyond the self.

Each person who grounds adds light to the collective field. Through this offering, I'm holding space to anchor as many souls as I can — creating a wave of energy that lifts our vibration and brings balance back to the Earth.

Your healing contributes to something far greater than you can imagine.

With love and light,

Sharna



WHEN YOU'RE READY TO EXPERIENCE THIS GROUNDING FOR YOURSELF, SIMPLY  
REACH OUT TO BOOK YOUR SESSION WITH ME.

THIS OFFERING IS A SACRED SPACE TO RETURN HOME TO YOUR BODY, RELEASE WHAT  
NO LONGER SERVES YOU, AND RECONNECT WITH THE EARTH'S STEADY RHYTHM.  
IF YOU FEEL CALLED TO GO DEEPER, I ALSO OFFER OTHER SOUL-CENTRED SESSIONS  
THAT SUPPORT HEALING, ALIGNMENT, AND CONNECTION — BUT FOR NOW, BEGIN  
HERE, WITH YOUR BREATH, YOUR INTENTION, AND THE GROUNDING ENERGY THAT  
AWAITS YOU.

