



September Monthly Healing Ritual

The Ground & Reconnect Ritual

September is a month of transition. Summer begins to soften, routines return, and the energy around us starts to shift.

Before rushing into everything that comes next, take a few moments to reconnect with yourself and the earth beneath you.

This ritual is designed to help you feel **grounded, present, safe, and supported** as you enter a new season.

What You'll Need

A quiet place outdoors if possible, a journal and pen, a candle, and a small stone, crystal, leaf, or other piece of nature that feels meaningful to you.

Step 1: Connect With the Earth

Stand or sit comfortably with both feet firmly on the ground. If possible, remove your shoes and allow your bare feet to touch the grass or earth.

Close your eyes and take three slow breaths.

As you inhale, imagine drawing steady, supportive energy upward from the earth.

As you exhale, allow tension to leave your body.

Silently repeat:

"I am here. I am present. I am supported."

Stay here for several minutes and simply notice what you can hear, smell, feel, and sense around you.

♥ Step 2: Come Back to Your Body

Place one hand over your heart and the other over your abdomen.

Slow your breathing.

Notice where you're holding tension without judging or trying to change it.

Ask yourself:

"What do I need in this moment?"

Listen before answering.

Your body often knows what you need long before your mind allows you to acknowledge it.

📖 Step 3: Reflect

Open your journal and spend a few minutes with these questions:

What helps me feel grounded when life becomes busy?

Where in my life do I currently feel unsettled or scattered?

What routine or practice would help me feel more supported this season?

What deserves more of my energy, and what deserves less?

How do I want to feel as I move into fall?

Don't worry about writing the "right" answers. Let whatever comes up be enough.

🪨 Step 4: Choose Your Anchor

Pick up the stone, crystal, leaf, or natural object you selected.

Hold it in both hands and choose **one word** you want to carry with you through September.

Perhaps it's:

Peace.

Balance.

Trust.

Strength.

Presence.

Safety.

Grounded.

Keep your object somewhere you'll see it throughout the month.

Whenever life begins to feel overwhelming or scattered, hold it and return to your word.

Let it remind you to come back to yourself.

✨ **Step 5: Close With Intention**

Place both feet firmly on the ground again.

Take three slow breaths and repeat:

"I am grounded in the present.

I am supported as I grow.

I trust where I am and where I am going.

I move into this new season with peace."

Blow out your candle and take your grounding object with you.

🌿 **September Reminder**

You don't have to know exactly where you're going to feel grounded in where you are.

Sometimes the most healing thing we can do is stop looking ahead long enough to feel the earth beneath our feet.

September's intention: GROUND. 🍁

Love & Light to You!

Nicole Dorenzo

Medical Reiki Master, Usui Reiki Teacher, & Mentor

www.LifeHealingEnergy.com