

# DAY 44 – PART 3 STUDENT WORKBOOK THE SEVEN GROUNDING TECHNIQUES COMPREHENSIVE PRACTICE LOG & INTEGRATION GUIDE



A comprehensive guide to learning and practicing all seven grounding techniques, designed to help you track your progress, record experiences, and build your personal grounding protocol.

# STUDENT INFORMATION

Name: \_\_\_\_\_

Date Started Part 3: \_\_\_\_\_

Date Completed Part 3: \_\_\_\_\_

# PART 5 OVERVIEW

This workbook will guide you through learning and practicing all seven grounding techniques. Use it to track your practice, record experiences, and build your personal grounding protocol.

## **The Seven Techniques:**

1. Earthing/Grounding
2. Root Chakra Activation
3. Grounding Breathwork
4. Body Scan and Embodiment
5. Grounding Visualization
6. Physical Grounding Practices
7. Elemental Grounding

# TECHNIQUE 1: EARTHING/GROUNDING



## FIRST PRACTICE EXPERIENCE

Date: \_\_\_\_\_ Time of day: \_\_\_\_\_

Duration: \_\_\_\_\_

Location where I practiced:

# Weather Conditions

Weather conditions:

# Practice Description

What I did (describe your practice):

# Practice Details Continued

# DURING PRACTICE

DURING PRACTICE:

Physical sensations I noticed:

# Physical Sensations Continued

# Physical Sensations Notes

# Emotional Responses

Emotions that arose:

# Emotional Responses Continued

# Emotional Responses Notes

# Mental State

Mental state (thoughts, clarity, etc.):

# Mental State Continued

# Mental State Notes

# Energy Level Changes

Energy level changes:

# AFTER PRACTICE

## AFTER PRACTICE:

How I felt immediately after (0-30 min):

# Immediate After-Effects

# Same Day Effects

How I felt later that day:

# Same Day Effects Continued

# Next Day Effects

How I felt the next day:

# Next Day Effects Continued

# CHALLENGES ENCOUNTERED

CHALLENGES ENCOUNTERED:

# Challenges Details

# Challenges Continued

# BENEFITS NOTICED

BENEFITS NOTICED:

# Benefits Details

# Benefits Continued

# Practice Ratings

RATING (1-10):

Effectiveness: \_\_\_\_ Enjoyment: \_\_\_\_ Likelihood to continue: \_\_\_\_



# Week 1 Reflection Continued

# EARTHING VARIATIONS TO EXPLORE

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Check which variations you've tried:

- Basic barefoot standing (15-20 min)
- Morning earthing routine
- Evening earthing routine
- Walking meditation barefoot
- Yoga on Earth
- Ocean/beach grounding
- Lying on Earth
- Tree hugging/forest grounding
- Indoor grounding mats
- Other: \_\_\_\_\_

**MY FAVORITE EARTHING VARIATION:**

# Why This Variation Works

Why this works best for me:

# Variation Benefits Continued

# Variation Benefits Notes

# Practice Timing

When I practice this variation:

# TECHNIQUE 2: ROOT CHAKRA ACTIVATION



## FIRST PRACTICE EXPERIENCE

Date: \_\_\_\_\_ Duration: \_\_\_\_\_

What I experienced during practice:

Visual (what I saw with inner eye):

# Visual Experience Continued

# Visual Experience Notes

# Physical Sensations During Practice

Physical sensations:

# Physical Sensations Continued

# Physical Sensations Notes

# Emotional Responses During Practice

Emotional responses:

# Emotional Responses Continued

# Emotional Responses Notes

# Mental State During Practice

Mental state:

# VISUALIZATION CLARITY

## VISUALIZATION CLARITY:

Could I visualize red light? (1-10): \_\_\_\_\_

Could I feel energy at root? (1-10): \_\_\_\_\_

Could I chant LAM clearly? (1-10): \_\_\_\_\_

## CHALLENGES:

# Challenges Details

# Challenges Continued

# Challenges Notes

# BENEFITS

BENEFITS:

# Benefits Details

# Benefits Continued

# ROOT CHAKRA PRACTICE LOG – WEEK 1

## ROOT CHAKRA PRACTICE LOG - WEEK 1

Mon: \_/\_ | Duration: \_\_\_\_ min | Clarity (1-10): \_\_\_\_

Notes: \_\_\_\_\_

Tue: \_/\_ | Duration: \_\_\_\_ min | Clarity (1-10): \_\_\_\_

Notes: \_\_\_\_\_

Wed: \_/\_ | Duration: \_\_\_\_ min | Clarity (1-10): \_\_\_\_

Notes: \_\_\_\_\_

Thu: \_/\_ | Duration: \_\_\_\_ min | Clarity (1-10): \_\_\_\_

Notes: \_\_\_\_\_

Fri: \_/\_ | Duration: \_\_\_\_ min | Clarity (1-10): \_\_\_\_

Notes: \_\_\_\_\_

Sat: \_/\_ | Duration: \_\_\_\_ min | Clarity (1-10): \_\_\_\_

Notes: \_\_\_\_\_

Sun: \_/\_ | Duration: \_\_\_\_ min | Clarity (1-10): \_\_\_\_

Notes: \_\_\_\_\_

## WEEK 1 REFLECTION:

Changes I notice in my root chakra:

# Root Chakra Changes Continued

# Root Chakra Changes Notes

# Signs of Root Chakra Activation

Signs of root chakra activation:

# TECHNIQUE 3: GROUNDING BREATHWORK



## BREATHING PATTERNS EXPLORED

Check which patterns you've tried and rate effectiveness (1-10):

- 4:8 Grounding Breath - Effectiveness: \_\_\_\_
- 4-7-8 Breath - Effectiveness: \_\_\_\_
- Box Breathing (4:4:4:4) - Effectiveness: \_\_\_\_
- Extended Exhale - Effectiveness: \_\_\_\_
- Belly Breathing - Effectiveness: \_\_\_\_
- Apana Vayu Breath - Effectiveness: \_\_\_\_
- Alternate Nostril - Effectiveness: \_\_\_\_
- Ocean Breath (Ujjayi) - Effectiveness: \_\_\_\_
- Walking Breath - Effectiveness: \_\_\_\_
- Sighing Breath - Effectiveness: \_\_\_\_

**MY FAVORITE BREATHING PATTERN:**

# Why This Breathing Pattern Works

Why it works for me: