



## Day 1: Ground + Awaken

Theme: Come Home to Your Aliveness

We begin by arriving fully, vibrantly into this moment. Spring is not just stirring; she's alive and pulsing with possibility. Today, you root into your body and claim your vitality.

### Morning Ritual: Root into the Earth

- Step outside barefoot if possible, or place your feet firmly on the floor.
- Close your eyes and take 5 slow, deep belly breaths — in through the nose, out through the mouth.
- As you exhale, imagine releasing any tension or mental noise.
- Place your hand on your heart or belly and whisper:  
*"I am alive. I am present. I am ready to bloom."*

Tip: If the weather allows, lie down on the earth for a few minutes and feel yourself held.



Then, speak this prayer aloud or in your heart:

*"Creator of All, thank you for this day.*

*Thank you for the sun that rises and sets, for the wind that blows, and the rain that falls.*

*Thank you for the air that I breathe, the food that I eat, and the sustenance that You provide.*

*May all that I do today contribute to the healing of the world, and may my heart be open enough to allow the world to contribute to my healing."*

Let the words move through your body like water nourishing roots.

### Reflection Prompt: Awakened Sensing

Take 5–10 minutes to journal or reflect on one or more of the following:

- What in me is waking up right now?
- Where in my life do I feel ready to bloom?
- What helps me feel rooted in myself?

Let the answers rise gently, without needing to be perfect or complete.

### Optional Support: Herbal Ally

Lemon balm, peppermint, or nettle are beautiful springtime herbs to gently awaken your body and uplift your mood. Brew a simple cup of tea and drink it with intention.

As you sip, ask yourself:

*"What am I inviting in this season?"*

### Integration Suggestion

- Create a small altar or space with a stone, flower, or natural object that reminds you of grounded growth.
- Light a candle as a symbol of the spark you're nurturing within.
- Return to this space each day of the reset to stay connected to your intention.