

GROUNDED PRACITITIONER SERIES

THE GROUNDED HEALER

ROOTING INTO SAFETY, CLARITY, AND BALANCE.

By Dannyelle Tansey



This is a reflective companion to your journey toward steadiness and self-connection, it is to use in conjunction with the monthly sessio.

Facilitated by Dannyelle Tansey
Holistic Therapist, Meditation Guide &
Mum of Four

The Grounded Healer

Rooting into safety,
clarity, and balance

Dannyyelle Tansey
Holistic Therapist

Holistic Art Therapy, Holistic Counselling,
Mediation & Wellness Coaching



Session Intention

- Today we reconnect with our sense of safety and steadiness.
- We'll explore what it means to feel grounded, balanced, and clear in our energy so we can hold space from wholeness, not depletion.

What It Means to Be Grounded

- To be grounded is to be present, fully here in your body and aware of your inner state.
- It's a sense of stability within movement, clarity within emotion, and trust within uncertainty.
- Being grounded means meeting life as it is, without losing yourself in it.

Why This Matters

When you are grounded, you become a safe place:

- for yourself,
- for your clients,
- for the work you're here to do.

Everyday Grounding Practices

- Simple anchors that restore presence:
- Conscious breathing (long exhales)
- Gentle body movement
- Barefoot on the earth
- Touching water or nature
- Journaling or creative expression
- Checking in with your values or intention

Signs of Being Ungrounded or Unbalanced

You may feel:

- Scattered or distracted
- Foggy-headed or forgetful
- Overwhelmed or reactive
- Disconnected from your body
- Emotionally drained or heavy

Grounding restores balance and awareness.

Optional Creative Reflection My Grounding Tree

If you'd like to express your reflection visually, create Your Grounding Tree.

- Roots: What grounds you
- Trunk: Your core self
- Branches: How being grounded helps you thrive

Use any materials or colours that call to you there's no right or wrong way to express your grounding.

Reflection Prompts

After the meditation, take a few minutes to journal:

- What supports my groundedness?
- What drains or scatters my energy?
- Where in my life or practice do I need stronger boundaries?

Closing Affirmations

Repeat silently or aloud:

- I am safe in my body.
- I am steady and supported.
- I return to myself with ease.

Let this feeling stay with you beyond this session.

Next Session Preview

- Holding Space Without Losing Yourself
- Exploring emotional load, boundaries, and empathy fatigue.

Reflection Prompts

Use these prompts to reflect or journal:

- What supports my groundedness?
- What drains or scatters my energy?
- Where in my life or practice do I need more steadiness or structure?

Optional Creative Reflection - My Grounding Tree

Draw your tree:

- Roots - What grounds you
- Trunk - Your core self
- Branches - How groundedness helps you grow and give

(Use this space to create, doodle, or freely express your reflections.)

Notes & Insights

(Space for personal notes and reflections.)

Closing Affirmations (Printable Card)

*I am
safe in
my body.*

*I return
to myself
with ease.*

*I am
steady
and
supported.*