

The Grounding Guide

First Aid by sudden Changes & Challenges

*From overwhelm & chaos
to acceptance & clarity*

**Nourishment in
times of stress**



Dear one,

Thank you for being here.

You are standing in the midst of transformation.

Something in your life has shifted—suddenly, perhaps unexpectedly—and you find yourself in the unknown.

Uncertain. Uncomfortable. Overwhelmed.

You are looking for an anchor—something to hold onto as you move through this. At the same time, deep inside, you might also sense that within this challenge, there is a **hidden gift** waiting to be uncovered.

This guide is your **first-aid kit for sudden change** — a set of simple yet powerful tools to:

- **Soothe your nervous system** and find immediate relief.
- **Feel your emotions** instead of suppressing them.
- **Find clarity** amidst the overwhelm.
- **Remember your inner strength** and self-trust.
- **Shift your perspective** and uncover the meaning in what you're going through.
- Come **home to your natural self**

These practices are designed to be **easy, grounding, and empowering**, no matter where you are on your journey.

You can work with them **anytime life shakes you to your core.**

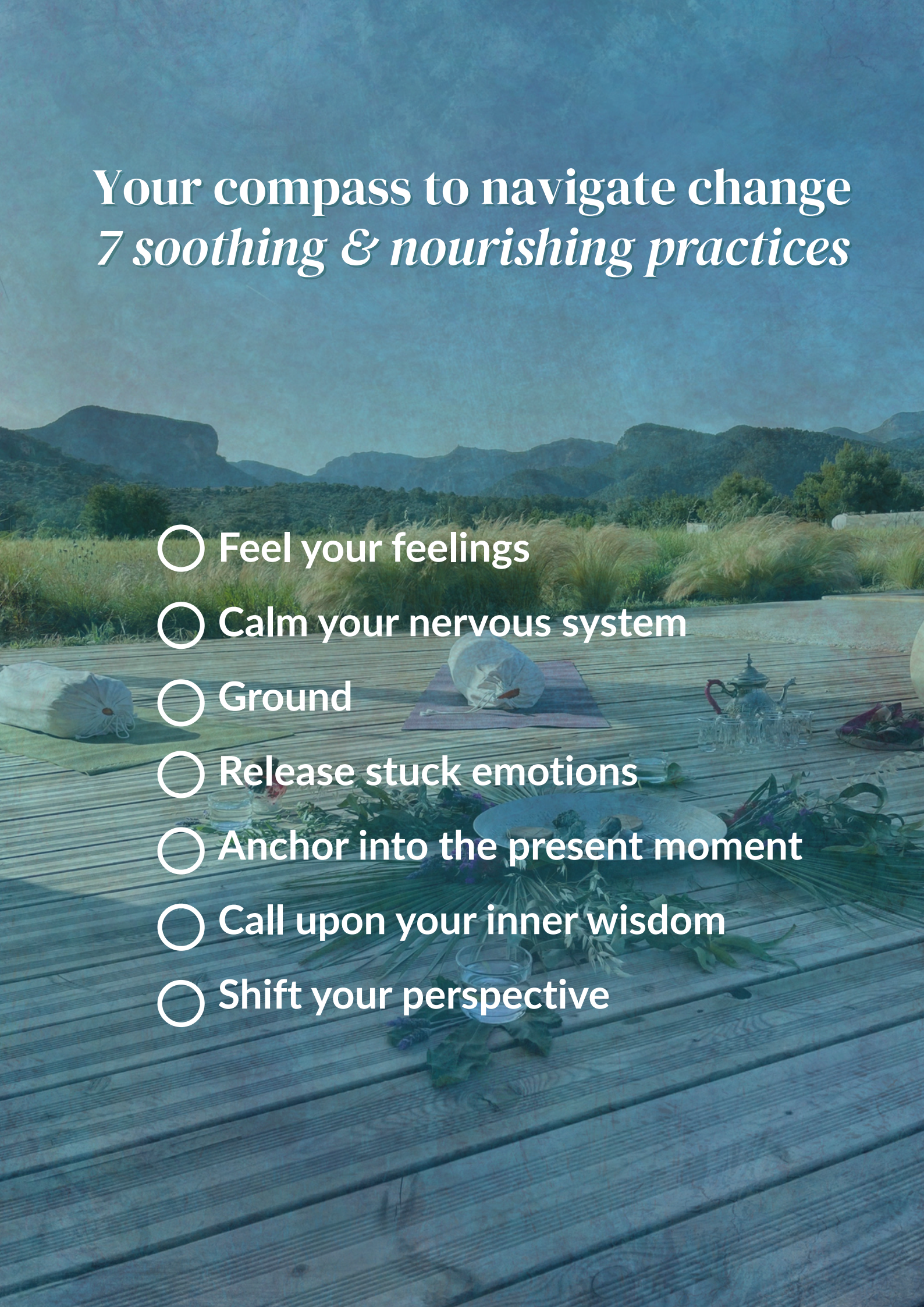
with love,

Sophie Muuse

Holistic Therapist

Your compass to navigate change

7 soothing & nourishing practices

- Feel your feelings
 - Calm your nervous system
 - Ground
 - Release stuck emotions
 - Anchor into the present moment
 - Call upon your inner wisdom
 - Shift your perspective
- 
- A wooden deck with a tea set, flowers, and cushions, overlooking a mountain landscape. The scene is set on a wooden deck with a tea set, including a teapot and glasses, and some flowers. In the background, there are mountains and a clear sky. The overall atmosphere is peaceful and serene.

1. Feel the feelings

the essence of life

When a challenge arises, our first instinct is to **push it away**— to distract, numb, or deny. Yet true healing begins when we **allow ourselves to feel**.

Embodied Feeling Practice:

- Close your eyes and take a deep breath
- Observe where in your body you feel sensations: Your head, chest, throat, belly?
- Tune into what you feel: warmth, tension, tingling, heaviness, pressure?
- Now listen to these sensations, like you would be there for someone you love who is going through pain, saying internally: *“I see you. I feel you. I hear you. I’m here with you.”*
- Stay present with your attention to this area of your body
- Observe what happens with the sensations
- This is your body speaking to you & you deeply listening

Why This Works: Emotions are energy. When we ignore them they get stuck into the body. the body stores them so we can attend to them in a later moment and re-aligns the whole system. When we feel our emotions fully, we interrupt the stress pattern and our body receives the signal that it’s safe. The result is that the emotion can keep moving. This allows for a natural release and a deep sense of relief, even if the situation hasn’t changed

Personal story

“When clients come to me and tell their story, tears start to flow as they share the painful transitions they are going through. The emotions feel overwhelming. Our immediate instinct is to suppress the natural reaction of the body by wiping their tears away and apologise for crying.

Noe think of nature. Plants grow because of the rain. Our body also needs the rain of our tears.’ Just like we don’t want to live on a planet without rain, we don’t want to live in a body without tears. Tears are a vital part in our lives.

When we choose to attend to what we feel something remarkable happens. The pain, pressure and discomfort moves, the body starts to relax, and tension melts away. It is something that happens naturally.”



2. Calm the nervous system

Come home to yourself

When emotions are overwhelming, our nervous system is in survival mode—which makes clear thinking impossible, and we literally feel we are standing on shaking ground. This practice brings you back to a place of calm and clarity, where you feel supported and held.

Walking Meditation for Instant Relief:

- Put on your shoes and step outside (or go barefoot in your garden).
- Begin walking—just walking. No phone, no destination.
- Notice your breath. *“Where in the body do you feel the movement of your breath - in your throat, chest, diaphragm or belly?”*
- Now count your steps with every inhale and exhale
- If your mind is racing, you guide your attention to your breath and count your steps: *“Right 2,3,4 Left 2,3,4”*
- Continue to count your breath and steps until you feel you walk in a comfortable rhythm and your body and mind start to relax.
- Be mindful that some days this can take a while. *“I have had times where I was so angry it took me a walk of 20 minutes before I felt my nervous system calming down”*

Why This Works: Walking gently shifts your mind. At first, your thoughts may race, but as you continue, they begin to soften, drifting into the distance. Our mind loves to be busy—when giving it a purposeful task our mind can support our inner peace. By anchoring your attention to our breath and steps, we guide it into the present moment. This soothes our nervous system, shifts us out of fight-or-flight, and dissolves the grip of fear and uncertainty, bringing calm and clarity.



Personal Story

“During a time of relentless stress—no stability at home, financial struggles, work uncertainty, and relationship turmoil—I felt completely unanchored. One day, needing a break, I took my dog for a walk. Then, something unexpected happened. The air around me felt thick, as if I had stepped into another realm. I didn’t just see the tree before me—I felt its presence. My body softened, my breath deepened, and for the first time in a long while, I felt safe. I wanted to stay in that moment forever. That day, nature gifted me the practice of walking meditation. From then on, walking became my daily sanctuary—a place of safety and calm. Step by step, I walked myself back into alignment with my natural self.”

3. Rituals & herbs for grounding

Feel support within chaos

When life feels uncertain, grounding rituals help us feel held, supported, and present. These simple practices reconnect you with the stability of the earth and your own inner wisdom.

Tea to come back to yourself

Make yourself a soothing herbal infusion with one or more of these herbal guides. Add one, two or all to boiled water and let the herbs infuse for 15 minutes, cover the cup while the herbs steep.

- **Lemon Balm** – Calms the nervous system, brings lightness
- **Hawthorn** - Strengthens the heart and brings emotional resilience
- **Rose** – Opens the heart and nourishes self-love
- **Rosemary** – Strengthens and energises

Ritual to Honour & Release

- Light a candle and place it in front of you
- Write on paper what you're currently going through
- Reflect: *'What is the teaching of this experience? How are you experiencing inner strength? Self-trust? Surrender?'*
- *'What part of you is resistance to the change and challenge?'*
- Thank the challenge for its teaching. Writing down: *"Thank you for..."*
- Choose to burn or bury the paper as a symbol of transformation.

Why This Works: Rituals and herbs have been used for centuries to help us navigate change, offering both physical and energetic support. Rituals create a sense of structure when life feels chaotic, giving us a pause to reflect and reset. Herbs work on both the body and the spirit—some calm the nervous system, others open the heart, while others strengthen resilience. When we do these practices, we remind ourselves that we are supported, both by nature and by the wisdom of that comes from within us.



Personal Story

"When I feel low on energy, I turn to rosemary—it fills me with warmth like the sun burning inside me. When I need to embrace my own beauty and safety, I drink rose tea. I love how the rose has thorns to protect itself. And lemon balm—oh, it makes my heart do a little jump of joy. It's like a friend whispering, 'Everything is going to be okay.'"

4. Dance & Shake

Release stuck emotions

Sometimes, we can't digest our emotions with calmness we need to move physically. When we shake and dance we bring in motion what is stuck and allow ourselves to express our natural self freely, beyond conditioning and limitations.

Move the body:

- Put on music with a steady beat
- Stand with your feet hip-width apart
- Start shaking your hands, then arms, shoulders, and legs
- Breathing out deeply through the mouth
- Let your whole body move freely, shaking out tension
- Breathe deeply and notice how your energy shifts
- Continue with slower music that guides you to tune into more vulnerable softer parts of yourself
- Give expression to how you feel through your body

Why This Works: Stress and heavy emotions can get 'stuck' in the body. Shaking helps release what's stagnant, creating space for clarity.

Bonus: Have access to [this Spotify](#) list with songs to shake it out and some gentle ones to feel the raw vulnerability of this moment.



Personal Story

"When I decided to break up my marriage, I felt deep grief for a long time—like a weight of sadness I couldn't shake. Then I remembered something I had always loved but had stopped doing: dancing. I went to an ecstatic dance gathering that had just started in my town. At first, I felt stuck and heavy, unable to move. But slowly, the music entered my body. As I moved, something shifted. Tears came, but they felt free, not heavy. By the end, I felt lighter—like my heart had opened again like I had returned to a part of myself I had lost for years. After that, I committed to dancing at least once a week. It became my therapy—my way of expressing emotions and allowing myself to be fully present in the moment."

5. Elemental sensations

Opening the gift of the present

When we connect with the natural elements, we step into the present moment. Here, we discover a simple yet profound truth—we are safe. This awareness steadies our emotions, clears our minds, and restores our inner balance.

Sensational Presence

This is most effective in nature, yet you can do this practice anywhere you are right now sense the four elements and experience them fully.

- ☐ Air – Feel the wind caressing your skin, the gentle rhythm of your breath moving through your body.
- ☐ Fire – Smell a fragrant flower or feel the sun kissing your skin
- ☐ Water – Notice the moisture in your mouth, the tears in your eyes, the pulse of life coursing through your veins, or the cool touch of raindrops.
- ☐ Earth – Taste the richness of a fresh herb or a cup of tea, feel the steady pull of gravity grounding you.

Sight - see the natural beauty of landscapes, greenery and sunlight

Sound - hear the birds' songs , flowing of water and the whispering of the wind

Smell - Notice the scent of fresh air, flowers, plants, trees and rain

Touch - Feel nature's textures

Taste - what of your natural environment can you taste

Why This Works: Immersing yourself in nature through the senses draws you out of spiralling thoughts and anchors you in the now. This simple yet profound practice calms the nervous system, eases anxiety, and heightens mental clarity. Across ancient traditions, each element has long symbolized a fundamental aspect of life—air for insight, earth for stability, fire for vitality, and water for emotional flow. By awakening our senses to these elements, we tap into their wisdom and healing presence.

Personal Story

“Time and time again, I am reminded of the power hidden within our senses. When I prepare a herbal infusion and drink it with full presence, everything shifts. I feel the warmth of the cup in my hands, the rich aroma rising with the steam, the taste on my tongue and the comforting heat spreading through my chest. This simple ritual grounds me completely. It reminds me that everything I need is already here, waiting in the present.”



Bingo of the present

Walk in silence and let your steps follow the rhythm of your breath. Can you feel, see, hear, smell and taste your surrounding

See



Touch



Smell



Your skin



Hear



A word of joy



Your heart beat

Taste



6. Calling on inner wisdom

Trusting our own answers

When life feels uncertain, it's easy to seek answers outside ourselves. But deep down, we already carry wisdom—sometimes, we just need a way to access it.

Inspired Writing: The Soul's Letter

- Imagine you are sitting with your Soul, the One unconditionally supporting what you are currently going through, who knows why you are here, and also how current challenges and changes support your personal growth
- Write a letter from this wise Soul version of you to your current self
- Ask: *What do I need to hear right now?*
- Write this question at the top of the page
- Take a few deep breaths, feel your feet on the ground and how your body is supported, and start writing without thinking
- The words might not make any sense now, but keep on writing
- At the end, see if there are any keywords you can highlight

Why This Works: Our minds often search for certainty, but true guidance arises from within. Writing in this way quiets the mental noise, allowing deeper wisdom to surface. By bypassing over-analysis, we create space for intuitive insights to emerge. Even if the words don't fully resonate in the moment, they often gain clarity in the days, weeks or sometimes years after—through synchronicities, dreams, and conversations that align with what was written.



Personal Story

"There have been many moments I felt lost and unsure of my next step. One day, I decided to ask myself what is it that I need to hear right now. The words were kind, reassuring, and clear. 'Trust the story of your life, you'll know your next step by focusing on your intention in the present moment and simply breathing love into it'. As I filled the page with words, what surprised me most were the sensations in my body. I felt calm and centred within myself, doubt disappeared and I felt trust flowing from my heart. Now when I need guidance I always take a moment to do inspired writing to receive guidance from within.

6. Shift your perspective

the path of self-realisation

What if **this moment is not happening to you, but for you?**

Even painful changes **hold wisdom**. They push us toward clarity, strength, and self-trust. But we have to be willing to **look deeper**.

Tarot for finding meaning:

Shuffle your deck (oracle or tarot) and pull three cards with the following questions in mind:

- *What am I resisting to change?*
- *Where am I being invited to grow?*
- *If I trust that this is happening to support my highest good, how would I see it differently?*

Take a moment to observe the imagery, symbols, and emotions each card evokes. Write down your reflections. Let the messages unfold over time.

Why This Works: When we face challenges, our first instinct is often resistance. But when we shift our perspective, we open ourselves to insight and transformation. Tarot can serve as a mirror, reflecting back what we may not yet see clearly. By engaging with its symbolism, we bypass the thinking mind and access deeper wisdom, helping us find meaning in the unknown.

Personal Story

“One day, I lost my cat. He was gone for nine days. People around me told me he wouldn’t return—that he had found another home. But I knew deep inside that he would come back.

I pulled a few Tarot cards, asking, ‘What is the gift within this experience—for both me and my cat?’ The cards revealed that the cat had come into my life to teach me about self-love and patience. They also suggested he was trapped somewhere. Two days later, I heard a faint sound. I followed it and found my cat—caught in a trap for wild animals. He survived his initiation, and so did I.”



Tarot for guidance

Don't have a tarot or oracle deck? Here are three cards that can support you. Look at the images and text. Which one calls to you and why? Let its symbolism guide you throughout the days or weeks.



The Free Spirit

New Beginning, Innocence
Spontaneity

You may not know exactly where you're headed, but you are being called in alignment with your values. Channel your inner strength with fierce dedication, bringing your visions to life path may seem. This is your time to through focused, intentional steps. recommit to the dreams you once set Challenges will arise, but they are aside, to take a bold leap of faith into merely part of the journey—the unknown. A new path awaits, one opportunities to come home to that may feel unfamiliar but is aligned yourself.

with your soul's calling.

Trust that your heart knows the way.

The Focused Creator

Harnessed Energy, Willpower
Determination

Ask yourself:

- What parts of your personality resist focus and commitment?
- What in your environment distracts you from your true objective?

Clear the path, eliminate the noise, and move forward with clarity and purpose.



The Stable Shifter

Stability within movement
Turning point

When you embrace change, you unlock the hidden fortune within it. Trust that every shift is guiding you toward something greater. From here, things will only get better.

Cherish the blissful moments, for they are reminders of the beauty within your journey.

- Stay open to synchronicities.
- Let go of control. Surrender to what is unfolding and adapt with grace.
- Meditation and visualisation will strengthen your faith—trust that the universe is taking care of you.

Flow with life, and life will flow with you.



ABOUT YOUR GUIDE

I'm Sophie.

I've walked through deep transitions—loss, uncertainty, reinvention. I know how disorienting and painful it can be. But I also know that every ending is a doorway to a deeper truth.

'Every challenge & change gives us the opportunity to release conditioning, fears and blockages and come home to our natural way of being.'

Over the past 12 years, I have experienced this deep transformation for myself and also observed this in the journey of my clients over the course of the past 10 years.

'I am grateful for the shocks and changes that have come into my life, suddenly and unexpectedly as they have made me into the person I am today.'

If this resonates with you, let's go deeper:

- [Book 1:1 Mentorship](#)
- Join a [Live Event in Mallorca](#)
- Step into [the Inspired Pathway](#) - Your Monthly Journey of Growth

www.somuuse.com



The inSPRITed pathway

A monthly sanctuary for transformation, self-actualization and intuitive living.

Guiding you to

- calm your nervous system during changes and challenges
- develop unshakable self-leadership in uncertain times
- strengthen confidence, self-trust and intuition
- create a life in alignment with your natural self

This is not just another course—it's a living, breathing pathway that fits seamlessly into your life, offering real-time support through life's shifts and transitions, without adding extra to your plate.

One month. One theme. Practical tools. Lasting transformation.

Each month, we focus on one core theme while integrating a variety of supportive tools for transformation and self-empowerment:

- **Nature's therapeutic properties** - Season & Moon Guidance, Plant Medicine, Nature Wisdom and Earth-based practices.
- **Intuition Development** - intuitive exercises, shadow work and imaginal realm guidance.
- **Emotional Awareness** - Feel your feelings, Receptivity, Self-reflection, Body Wisdom and Meditation.
- **Integration & Empowerment** - Practical applications & tools
- **Collective Healing** - Live Q&A, community engagement, and deep reflection.

You'll explore multiple tools while being supported to trust your intuition and work with seen and unseen forces. This ensures you get a well-rounded experience that adapts to your unique journey.

Drop in for one month or walk with us a season or throughout the year. Each cycle offers fresh insights yet is designed so you can join anytime.

Contribution: €49,- a month

Pathway starts 29th of March

Theme: Ignite Your path - "Strengthening your True self through Life's Shocks"

Receive 4 hours of immersive, practical guidance to support your transformation.

[Join the pathway](#)

"Within every change lies a gift—unlock it with the Inspired Pathway."



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