



# Rewilding the Writer's Soul #9

## Root & Rise

Let's rewild our nervous system and creative spirit with a grounding practice that helps us root deeper into the riches we already carry.

 Mini Ritual: Embodied Abundance

Time Needed: 5-10 minutes

What You Need:

A quiet space

Something warm or comforting (a blanket, tea, or candle)

A journal or notepad

Optional: a coin, small stone, or heirloom to hold

Ritual Flow:

Create the Container

Light a candle or hold your comfort object. Whisper:

"I call back all my energy from what I fear I lack. I root into what I already have."

Body Scan + Breath

Gently scan your body from crown to toes.

For every ache, gently say:

"I'm still here. And that is enough."

Three-Point Abundance Thanks-giving

Speak aloud (or write down):

One thing in your home that feels sacred

One relationship that holds love

One piece of creative work that you're proud of

Seal It with Heart

Touch your palm to your heart. Whisper:

"My legacy is already in motion. I trust the roots beneath me."

