

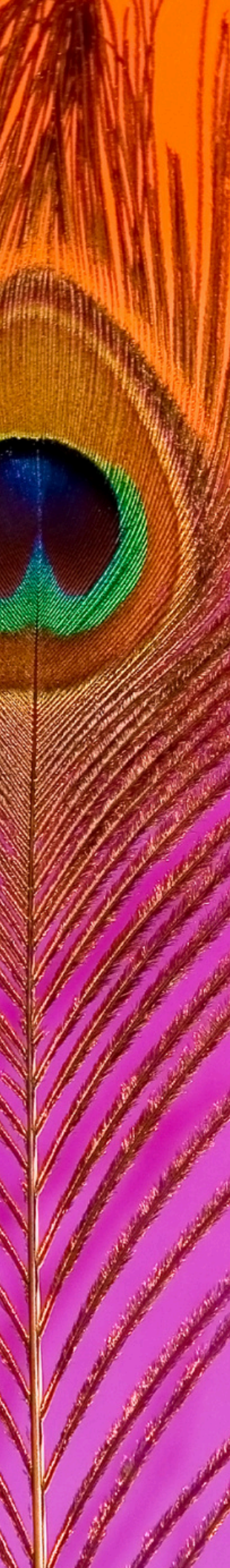
THE SACRED PRACTICE OF GROUNDING

Lorna McLean Reiki



♥ The Power of Love ♥

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Why Walking Barefoot is a Return to Divine Intelligence

Feel the Earth beneath you.
Let your feet breathe again.
Let Skin meet Soil, Soul meet Source.

Grounding—Earthing—is more than healthy...
It is Holy.

A Sacred Reunion.

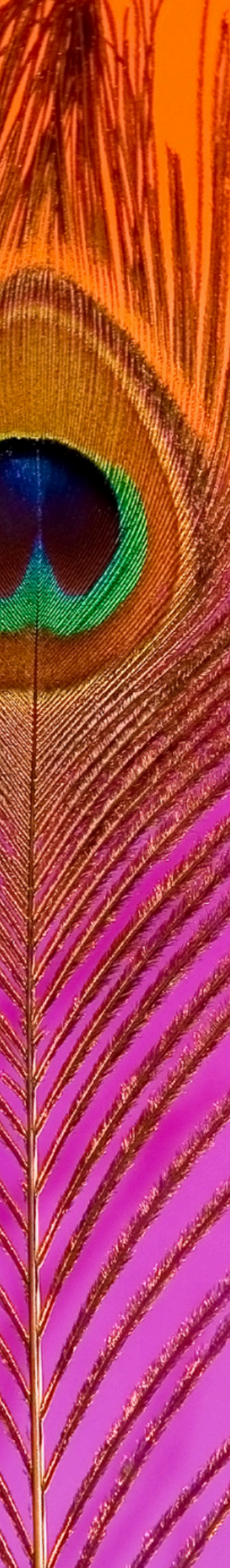
A soft awakening of your nervous system.
A quiet remembering of your place in the Living Web.

When your bare feet touch soil, sand, sea or stone,
a silent current begins to flow.
Electrons enter like old friends.
Inflammation eases.
Cortisol quiets.
Organs align.
Cells sing in harmony.

Why?

Because the Earth is Wise.
And you were made to receive Her Wisdom.

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Reflexology teaches:
Your entire body maps itself onto the
soles of your feet.
So each barefoot step becomes a
gentle massage
from the ground in, from the soul out.

This is not just “wellness.”
It is reconnection.
To Source.
To Self.
To the Sacred Grid that holds all Life.

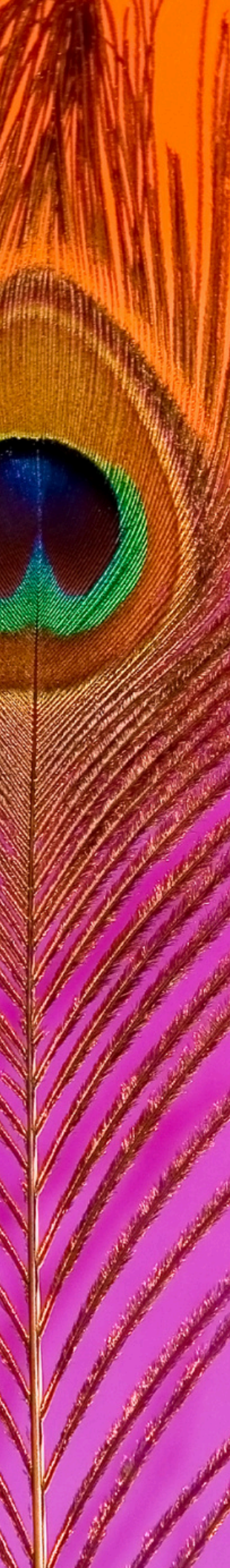
We once walked in constant touch
with the Earth,
bare and unashamed.
Then we wrapped our feet in barriers,
poured concrete over the sacred,
and called it progress.

But your spirit remembers.
Your body remembers.

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So Walk.
Slowly.
Tenderly.
On warm sunlit grass.
On mossy forest trails.
Along the ocean's breath.
Anywhere the Earth is pure and present.

Let Her ground you.
Let Her rhythm pulse through you.
Let Her whisper you back into balance.

Because your healing?
It's not far away.
Not in the clouds.
Not in prescriptions.

It lives here—
Beneath your feet.
Within your Soul.