SOUL HARMONY

WEXFORD



Return to Nature, Return to Yourself

A personal guide to grounding, inner balance and reconnecting with the natural world

MINDFUL PRACTICE · NATURE · SPIRITUAL CONNECTION



01 / THE INVITATION

An Invitation to Reconnect

Life has a way of pulling us in many directions. We spend so much time planning, worrying and thinking about tomorrow that we sometimes forget to simply be present.

Yet nature is always there. The trees continue to grow, the wind moves through the leaves, and the earth supports us beneath our feet.

For me, spending time in nature is more than going for a walk. It is an opportunity to slow down, reconnect with myself and find a sense of inner balance.

Sometimes this means walking quietly through a forest. Other times, it means sitting beneath a tree, listening to birds or simply allowing myself a moment of stillness.



A Personal Invitation

Through my personal journey and shamanic practice, I have come to appreciate nature not only as a beautiful environment, but also as a source of spiritual connection, reflection and wisdom.

You do not need spiritual experience, special equipment or particular beliefs to explore these practices.

Some people experience these moments as mindfulness. Others experience them as a connection to Mother Earth, a sense of energy or a quiet spiritual ritual. There is space here for your own interpretation.

The invitation is simple: give yourself permission to slow down, notice what surrounds you and reconnect in your own way.

Simply step outside. The journey starts there.

Understanding Our Energy

After a busy day, you might feel restless, tense or mentally overwhelmed. After a peaceful walk in a forest or a quiet moment beside the sea, you may notice that your breathing slows and your thoughts begin to settle.

Time outdoors can support relaxation, mindful attention and a sense of wellbeing. These everyday experiences do not require a spiritual explanation.

In my own spiritual practice, I also understand these moments as a return to energetic balance. I use the language of chakras, grounding and Mother Earth to explore my inner experience and connection with the natural world.

These are spiritual ideas rather than medically established mechanisms. You are welcome to approach them symbolically, spiritually or simply as guided imagery.

What matters most is whether the practice helps you feel more present, supported and connected.



Five Simple Ways to Reconnect

You can try these short practices separately, even when you only have a few minutes. Choose what feels comfortable; there is no need to complete them in order.

01 Barefoot grounding · 3–5 minutes
If the ground is safe, remove your shoes and stand or sit on grass or soil. Notice temperature, texture and pressure beneath your feet. Breathe slowly. Imagine yourself becoming steady and rooted. Shoes are fine if barefoot walking is uncomfortable.

02 Mindful walking · 5 minutes
Walk without rushing. Notice three things you can see, two sounds you can hear and one sensation you can feel. Let your attention return to your surroundings whenever your mind wanders.



03 / FIVE PRACTICES

Breath & Tree Connection

03 Conscious breathing · 3 minutes
Find a comfortable spot. Inhale gently and exhale without forcing your breath. Notice the air against your skin. If you like, imagine breathing in calm and breathing out tension. Return to your normal breath whenever you need.

04 Connecting with a tree · 5 minutes
Choose a tree that draws your attention. Sit nearby or gently rest your hand against its bark. Observe its shape, strength and stillness. Imagine borrowing a little of that steadiness for yourself. Leave the tree and its surroundings undisturbed.



Gratitude to Mother Earth

05 A moment of gratitude · 3 minutes
Pause outdoors and notice something that supports life: the light, rain, soil, plants or fresh air. Place a hand over your heart if that feels natural. Offer a quiet thank you in your own words.

Thank you, Mother Earth, for this moment, for the ground beneath me and for the life around me.

The five exercises above are small ways to reconnect. On the following pages, I share a longer personal ritual that brings mindful awareness, chakra imagery, grounding and gratitude together.

1 · Finding Your Tree

Enter the forest slowly. Find a quiet place where you feel comfortable and safe. You may feel drawn to a particular tree; take your time choosing.

Sit beneath it, gently resting your back against the trunk if comfortable. Remove your shoes and socks only if the ground is safe. Close your eyes if you feel secure, or keep a soft gaze.

Listen to the birds, the leaves and the wind. Feel the air on your face and the ground beneath your feet. Notice your breath. There is nowhere else you need to be.

Let the forest become your place of stillness.



2 · Welcoming the Light

Gently raise your head, keeping your neck comfortable. Imagine a beautiful bright light touching the crown of your head, at your crown chakra.

Let the light move to your third eye, between your eyebrows, inviting clarity and quiet. Allow it to travel to your throat chakra, making room for your authentic voice.

Bring the light into your heart chakra, in the centre of your chest. Set an intention of love, compassion and forgiveness, beginning with yourself. Imagine a gentle green glow opening through your heart, shoulders, arms and hands.

Draw the light back through your chest and into your solar plexus chakra, above your navel. Invite confidence, courage and trust in your own choices.

Let it flow into your sacral chakra, below your navel. Welcome creativity, emotional openness and permission to feel. Then guide it to your root chakra, at the base of your spine. Invite safety, stability and a sense of belonging.

Finally, imagine the light moving through your hips, legs, ankles and feet, anchoring you gently to the earth. Breathe here and notice whatever arises.



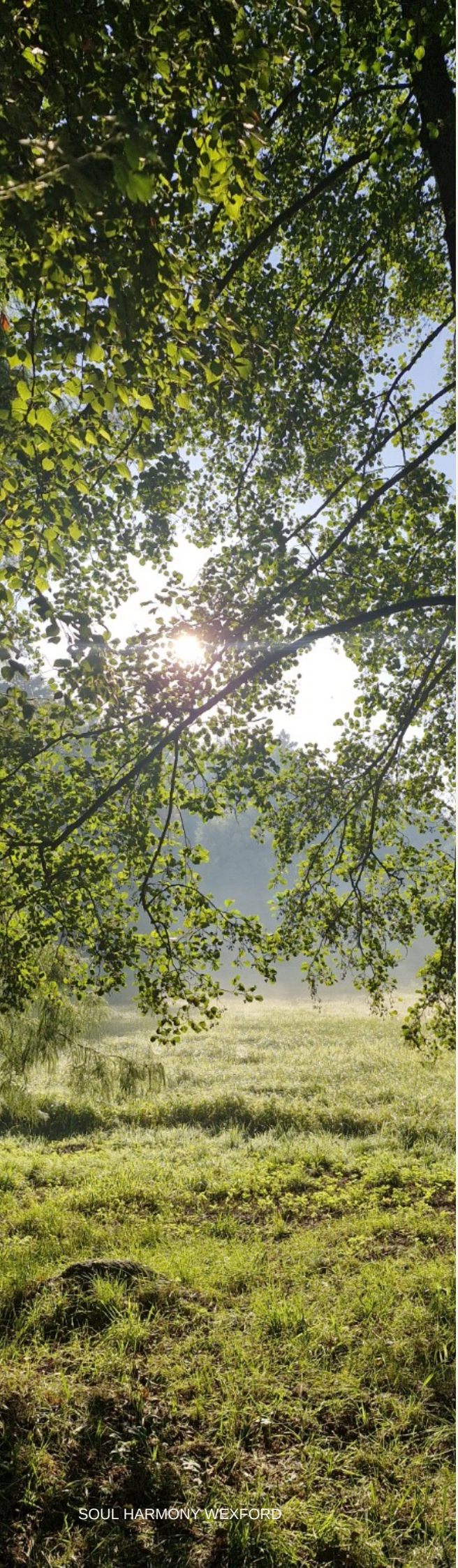
3 · Roots and Release

Imagine roots growing from the soles of your feet, extending through the soil and deep into the earth. See them becoming strong and steady, connecting you with Mother Earth.

Notice what you are carrying today: worry, tension, sadness or simply the weight of a busy week. You do not need to push any feeling away.

When you feel ready, imagine releasing what you no longer need down through your roots. Picture the earth receiving it as part of a symbolic cycle of renewal, like fallen leaves becoming compost.

“Everything that no longer serves me, I lovingly release to Mother Earth for composting and transformation.”



4 · Calling Your Energy Home

Bring your attention back to your heart. Imagine a gentle light returning to you from every direction, gathering around you and filling your body with warmth and presence.

Say quietly, aloud or within yourself:

“I call back all the energy I have lost, given away, or that has been taken from me, across all times and places, returning it to my body, my soul and my true self.”

Pause and notice how you feel. There is no particular sensation you need to achieve. Let the words be a personal intention to return to yourself.

Thank Mother Earth and the tree for this moment. Feel the ground beneath you. Gently move your hands and feet, open your eyes and look around before standing.

Nature in Everyday Life

You do not need to travel to a forest to reconnect. A garden, a nearby park, a patch of grass or an open window can offer a moment of awareness.

In the morning: notice the light and take three comfortable breaths before looking at your phone.

During a busy day: step outside for five minutes and feel the air on your face.

In the evening: reflect on one natural thing you noticed: a tree, a cloud, the rain or birdsong.

On difficult days: choose a gentle practice. Grounding does not require you to feel positive or peaceful. Sometimes simply noticing how you feel is enough.

Small, repeated moments of connection can become a meaningful personal ritual.



A 15-Minute Nature Pause

0–3 minutes · Arrive
Find a safe place. Feel the ground, observe your surroundings and breathe naturally.

3–6 minutes · Listen
Notice birds, wind and other sounds. Feel the air against your skin.

6–10 minutes · Connect
Rest beside a tree or plant. Imagine a calming light moving through your body.

10–13 minutes · Release
Visualise roots beneath your feet. Offer one thought or worry to the earth symbolically.

13–15 minutes · Return
Call your attention and energy back to yourself. Offer gratitude, open your eyes and return gently.



06 / REFLECTION

A Few Questions to Carry With You

What place in nature makes me feel most at ease?

What did I notice when I slowed down?

What am I ready to release, even a little?

What helps me feel connected to myself?

How could I make a small space for nature this week?

You may write your reflections, speak them aloud or simply carry them quietly with you. This practice belongs to you.



06 / CLOSING

Return to Yourself

Nature invites us to pause, listen and remember that we are part of a living world. I hope these practices bring you moments of calm and connection.

Continue Your Journey

If these moments in nature resonate with you, you may wish to explore a little deeper. At Soul Harmony Wexford, I offer one-to-one Shamanic Healing Sessions in a calm, welcoming space for reflection and reconnection.

You are warmly invited to explore the sessions and book whenever the time feels right for you.

Explore sessions and book: soulharmonywexford.ie

Soul Harmony Wexford | Barntown, County Wexford