

THE ORYKL PODCAST

# 33 DAY CHALLENGE

*with Sarah Lawrence*

## THE CHALLENGE:

Do a 2-minute grounding practice daily. Pair it with a habit like brushing your teeth. Visualize golden energy grounding into the Earth, stand against a tree, or lie down and feel the ground beneath you. Keep it simple and consistent to feel calmer, more present, and connected.



## NOTES:

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