

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.

1	2	3	4	5	6	7	8	9
10	11	12	13	14	15	16	17	18
19	20	21	22	23	24	25	26	27
28	29	30	31	32	33			

NOTES:
