



Reclaim Your Senses

A Grounding Ritual for Realignment

The Shift Practice

When momentum feels scattered or the room is too loud to think—come back here. Not forward. Not back. Just... here. This is where your power begins again.

Use this simple five-sense reset to shift out of stress and back into presence. You don't need anything fancy. Just your body. Just this breath. Just now.

SEE — 5 things

Look around and name five things you can see.

Not what you expect to see—what you notice.

Light hitting a corner. A shadow on your sleeve. Something almost invisible.

Slow your eyes. Let them land.

FEEL — 4 things

Bring attention to four sensations you're experiencing.

Your back against the chair. The coolness of your ring. The stretch in your shoulders.

Feel the aliveness in even the subtlest textures.

HEAR — 3 things

Listen beyond the obvious.

What hums beneath the silence? The breath of your space. The rhythm of your world.

Let sound guide you to stillness.

SMELL — 2 things

What scents are present, even faintly?

A breeze. A page. Your skin.

Awareness often hides in the senses we ignore.

TASTE — 1 thing

What's on your tongue right now?

Take a sip, savor the aftertaste, taste the moment in the air.

Let yourself receive it—fully.

This is a shift you can make anytime.