



GROUNDING GRACE

WORKBOOK

Find steady ground within as the world shifts around you, and to rise with unwavering love, self-acceptance, and the knowing that you are already held in your becoming.

BY KIANA WEBB

INVOCATION GROUNDED GRACE

OPENING THE SACRED SPACE OF GROUNDED GRACE



*Beloved Presence, Divine Mother, Infinite Light—
I open this workbook not as a task,
but as a holy portal into the truth of who I am becoming.
I honor the shift. I honor the unraveling.
I honor the remembering that lives beneath it all.*

*With every page, may I meet myself more gently.
With every question, may I witness my truth more clearly.
With every reflection, may I return to the sacred ground within me.*

*I now call in all that is aligned,
all that is loving,
all that is wise and ancient and true,
to guide this journey of grounded grace.*

*I welcome the breath of Spirit,
the embrace of my ancestors,
and the whisper of my Highest Self.
May this space be blessed.
May my heart be open.
May my soul be free.*

*I enter this sacred work in devotion to my arising.
I am here.
I am ready.
I am home.*

WELCOME

Hi Beloved,

When life crumbles everything you once held dear, it's not a punishment; it's a sacred reweaving. This transformation is a divine invitation to discover what cannot be shaken within you.

In our time together, you will remember how to stand firmly in your truth even as the world around you transforms. You'll discover the unwavering ground within—a sacred home that no external circumstance can disturb.

My hope is that you will emerge with a renewed love for yourself, deeper acceptance of life's rhythms, and the unshakable knowing that you are held in each moment of your becoming.

You are worthy. You are enough. And your glorious arising is already unfolding.

Kiana Webb

ABOUT ME

Kiana Webb is a transformational guide and visionary leader who helps people awaken to their true selves, reclaim their purpose, and rise with clarity, love, and intention.





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THE JOURNEY



When life crumbles everything you once held dear, it's not a punishment; it's a sacred reweaving. In this era of uncertainty and transformation, you're not lost; you're evolving. Our purpose is to guide you through the turbulent journey of significant life changes by helping you find your footing within yourself, reclaiming your sacred trust, joy, and identity through embodied practices, spiritual remembrance, and empowered choices.

KEY TEACHINGS

Rooted in Change: True stability comes not from unchanging circumstances but from your ability to root deeply into your essence, even as life shifts around you.

The Stillness: Within the Storm: In the center of every upheaval exists a point of perfect stillness—your sacred ground that remains untouched by external circumstances.

Becoming Whole Again: Every transition invites you to reclaim forgotten parts of yourself and integrate them into a more authentic expression of who you truly are.

INTRODUCTION TO I SEE I FEEL I LOVE

THE POWER OF WITNESSING



Before we can transform our relationship with change, we must first see and honor our current experience. This first part is about honest witnessing—observing without judgment what is actually happening in your inner and outer landscape.

To witness means to observe with presence and compassion, neither turning away from difficult truths nor becoming identified with them. When we resist looking at our true experience, we remain caught in unconscious patterns. We cannot transform what we haven't acknowledged.

I SEE: Clear perception of what is happening in your thoughts, patterns, and surroundings—the facts of your experience without the story.

I FEEL: Honoring your emotional landscape by naming what arises in response to what you're witnessing, allowing the wisdom of your emotions to emerge.

I ACCEPT/LOVE: Extending compassion to all that you've witnessed and accepting—not in resignation but in acknowledgment—what is true right now.

As you move through the reflection questions in this section, approach yourself with gentleness. There is no right or wrong way to experience transition. Your honesty creates the fertile ground from which new possibilities will grow.

ROOTED IN CHANGE

WITNESSING YOUR JOURNEY

I SEE



01 This space is where you ask questions that require short responses.
Keep this within 2 to three lines

02 This space is where you ask questions that require short responses.
Keep this within 2 to three lines

ROOTED IN CHANGE

WITNESSING YOUR JOURNEY

I FEEL



01 What emotions arise when you consider the changes you're experiencing? Name them specifically.

02 Where do you feel these emotions in your body? Describe the physical sensations.

ROOTED IN CHANGE
WITNESSING YOUR JOURNEY
I ACCEPT/LOVE



01 What aspects of this transition have been most difficult to accept?

02 Can you extend compassion to yourself for finding this challenging?
What would you say to a beloved friend experiencing the same?

THE STILLNESS WITHIN THE STORM

WITNESSING YOUR JOURNEY

I SEE



01 In moments of chaos or overwhelm, what do you notice about your response? Be specific about physical sensations, thought patterns, and behaviors.

02 When do you feel most disconnected from your center? What situations or triggers contribute to this?

THE STILLNESS WITHIN THE STORM

WITNESSING YOUR JOURNEY

I FEEL



01 What emotions arise when you feel caught in life's storms? Name them without judgment.

02 Beneath the surface emotions, what deeper feelings might be present?

THE STILLNESS WITHIN THE STORM

WITNESSING YOUR JOURNEY

I ACCEPT/LOVE



01 What would it mean to accept that stillness exists even within your most chaotic moments?

02 How might your experience change if you fully embraced the stillness within the storm?

CREATING YOUR VISION



You've compassionately witnessed where you are—now you stand at a powerful threshold. This is your invitation to become a conscious creator, envisioning how you choose to move through change. Vision isn't about controlling outcomes, but about aligning with your truth. What you consistently imagine becomes your compass, anchoring you through transformation.

ENVISIONING A GROUNDED LIFE: How you want to relate to change itself—maintaining rootedness even as circumstances shift.

THE PERFECT WORLD WITHIN THE IMPERFECT: Creating an inner environment of peace and alignment, even when external circumstances remain challenging.

FUTURE SELF INTEGRATION: Tapping into the wisdom of who you are becoming through this transition—what guidance does your future self offer?

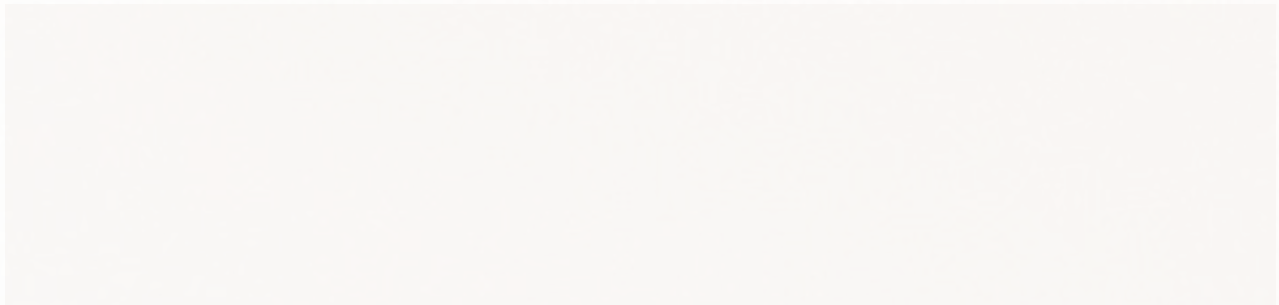
Allow yourself to dream beyond current limitations. Your vision shouldn't be constrained by what seems "realistic" based on present circumstances. The most powerful visions emerge when we temporarily suspend disbelief and imagine what's truly possible.

ENVISION A GROUNDED LIFE

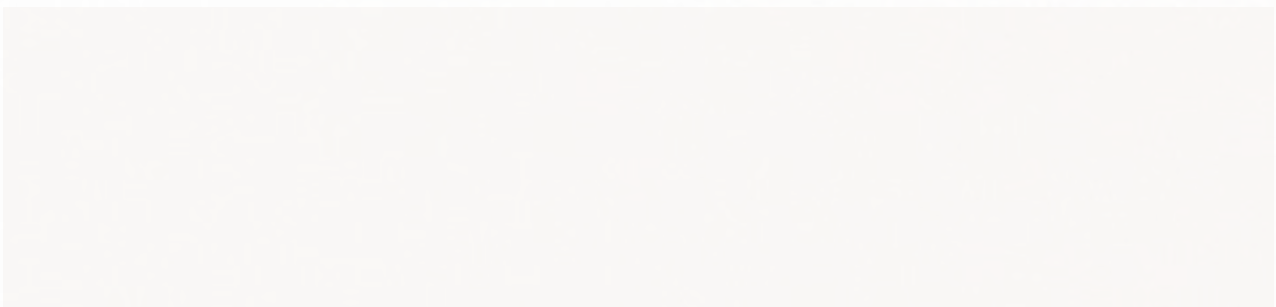
Imagine it's a year from now, and you've learned to stay grounded no matter what life brings—finding stability from within.

VISIONING EXERCISE

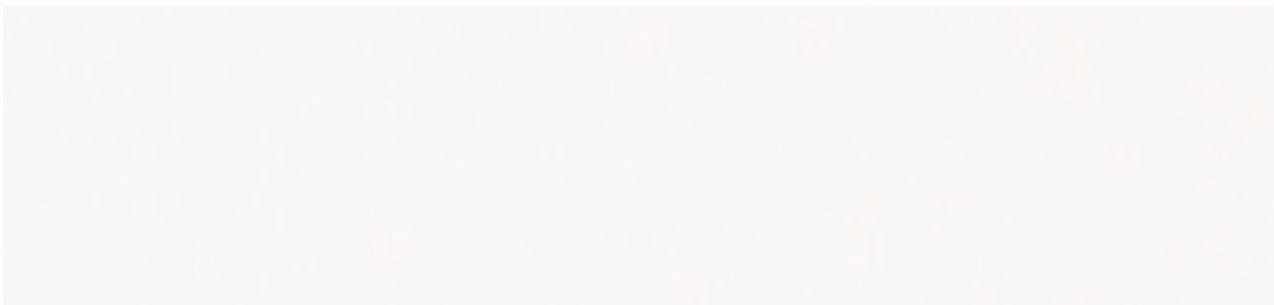
How do you move through your day with grounded grace? Describe in detail what your typical day looks like, feels like, and how you respond to challenges.



How has your relationship with change transformed? What do you believe about change now?



What new possibilities have opened up in your life because of your ability to stay rooted during change?

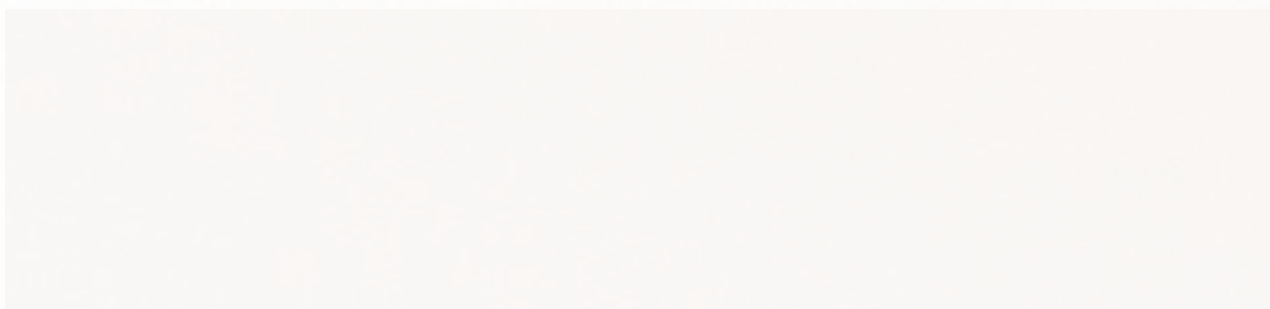


FUTURE SELF INTEGRATION

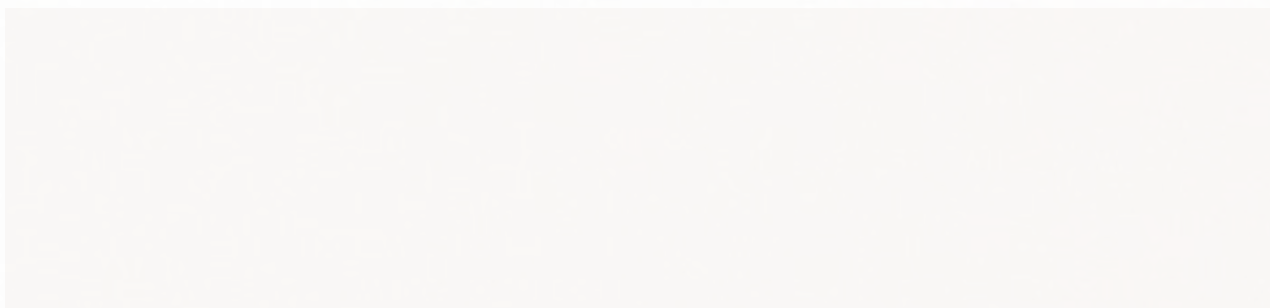
The self you are becoming through this transition holds wisdom that your current self can access. By connecting with your future integrated self, you gain insight and perspective that can guide your present choices.

VISIONING EXERCISE

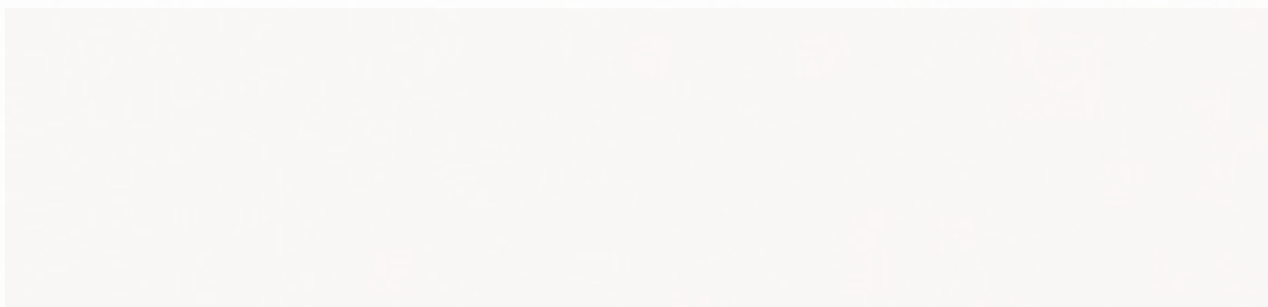
Imagine yourself one year from now, having fully embraced and integrated this transition. You've reclaimed lost parts of yourself, healed deeply, and emerged more whole and aligned. Who is this version of you? How do they carry themselves? What energy and qualities radiate from them?



What daily practices or perspectives does this future self maintain that support their wholeness?



Write a brief letter from your future self to your present self:



EMBODIED PRACTICE



Vision without action remains in the realm of possibility rather than reality. This part provides concrete practices to help you embody and integrate your insights and vision into daily life.

Embodiment means bringing awareness into form through consistent action—the bridge between knowing and being. While insights and visions provide direction, it's through practice that we rewire our nervous systems and create new neural pathways. Embodied practices anchor our intentions in physical reality.

DAILY RITUALS FOR STABILITY: Regular touchpoints throughout your day that reconnect you with your center, like the rhythmic beating of your heart, providing a consistent return to presence.

SACRED SPACE CREATION: Extending your inner work into your physical environment by consciously creating external spaces that reflect and support your inner state.

THE GLORIOUS ARISING RITUAL: Ceremonial practice that marks important transitions, honoring both what is concluding and what is emerging, creating a sacred container for transformation.

Allow yourself to dream beyond current limitations. Your vision shouldn't be constrained by what seems "realistic" based on present circumstances. The most powerful visions emerge when we temporarily suspend disbelief and imagine what's truly possible.

DAILY RITUALS

Consistent, intentional practices create the foundation for stability during times of change. These daily rituals will help you embody the grounded grace you've envisioned.

MORNING RITUAL: ROOTED IN BEING (5 minutes)

- 01 Place feet firmly on floor, hands on heart and belly
- 02 Take 5 deep breaths, imagining roots growing from your feet into the earth
- 03 Speak an affirmation of your choice (see suggestions below)
- 04 Set a single word as your anchor for the day



MORNING AFFIRMATIONS

- I am rooted in my essence, even as circumstances around me shift.
- My inner strength grows with each wave of uncertainty I navigate
- I trust the unfolding of my life, even when I cannot see the path ahead
- Today, I welcome the glorious arising that comes through change
- The breaking open of my life creates space for new light to enter

DAILY RITUALS

Consistent, intentional practices create the foundation for stability during times of change. These daily rituals will help you embody the grounded grace you've envisioned.

MIDDAY SACRED PAUSE (1 minute)

- 01 Place feet firmly on floor, hands on heart and belly
- 02 Take 5 deep breaths, imagining roots growing from your feet into the earth
- 03 Speak an affirmation of your choice (see suggestions below)
- 04 Set a single word as your anchor for the day
- 05 Set a single word as your anchor for the day



EVENING RITUAL: HONORING THE DAY (5 minutes)

- 01 Place feet firmly on floor, hands on heart and belly
- 02 Take 5 deep breaths, imagining roots growing from your feet into the earth
- 03 Speak an affirmation of your choice (see suggestions below)
- 04 Set a single word as your anchor for the day

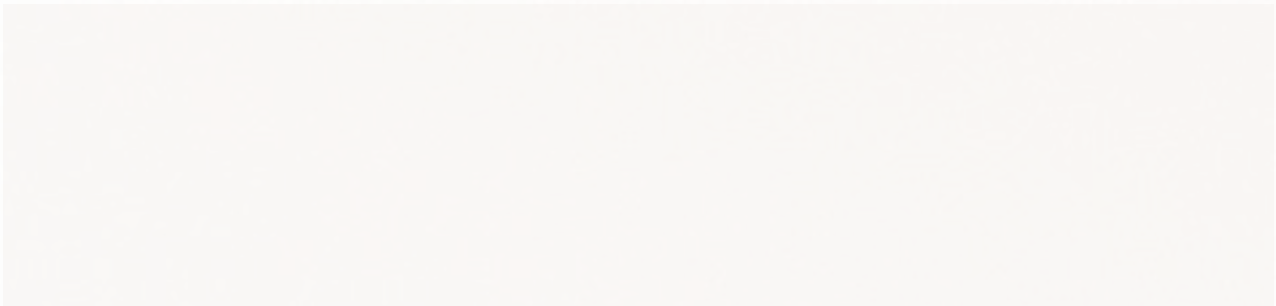


DAILY RITUALS CONTINUED

Consistent, intentional practices create the foundation for stability during times of change. These daily rituals will help you embody the grounded grace you've envisioned.

MY DAILY PRACTICE COMMITMENT

What elements from these rituals will you commit to practicing daily?



EMBRACING ALL PARTS OF SELF

Our relationship with change itself profoundly impacts how we experience transitions. When we resist change, we create additional suffering; when we develop a sacred relationship with change, we access flow.

PRACTICE: HONORING THE SPACE

MATERIALS NEEDED:

- Journal
- Candle
- Symbol of what is ending (photo, object, word)
- Symbol of what is beginning (seed, feather, intention written on paper)



CEREMONY FLOW

- 01** Prepare a quiet space. Light a candle.
- 02** I illuminate this threshold. I enter with reverence.
- 03** Place the symbol of what is ending before you.
- 04** Write a letter of gratitude to what is completing:
 - What did it teach me?
 - How did it shape me?
 - What am I ready to release?



“I bless what has been. I release it with grace.”

CEREMONY FLOW CONTINUED

01 Place the symbol of what is beginning in front of you.

02 Reflect

- What qualities are awakening in me?
- What do I sense Spirit is inviting me into?

“I welcome what is becoming. I open to my glorious arising.”

Sit in stillness. Let the energy of both release and rebirth rise through your breath.

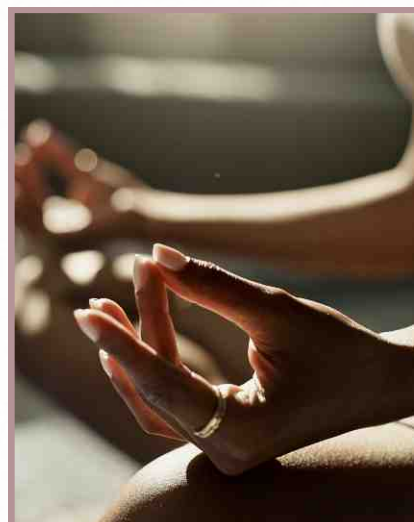
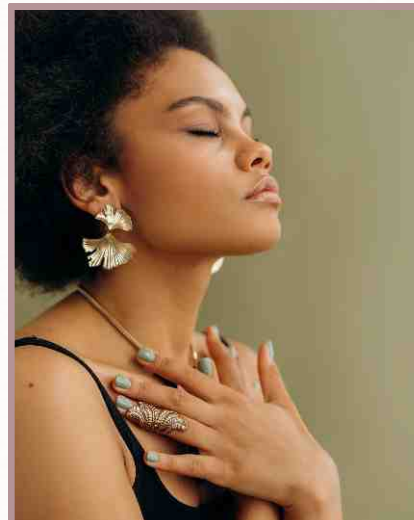
MY DAILY PRACTICE COMMITMENT

Write or Affirm

Today I commit to.....

- One way I will return to presence:
- One word that anchors me in this season
- One ritual I will honor daily

Let these be your holy agreements.



BLESSING FOR GROUNDED GRACE



*May the ground beneath you remember your name,
even when you feel far from yourself.
May the winds of change not uproot you,
but reveal the strength of your sacred roots.
May grace not be something you chase,
but something you breathe—moment by moment, breath by breath.*

*In the breaking open, may you find new light.
In the ache of becoming, may you remember you are whole.
You are not what is shifting.
You are what remains true beneath the shift.*

*May every loss become an altar.
May every ending hold a beginning.
And may your rising be not rushed—
but reverent, radiant, and real.*

PRAYER OF ROOTED BECOMING



*Holy Source of All That Is,
I come before you not as someone broken,
but as someone brave enough to open.*

*Let the winds that shake me deepen my roots.
Let the waters that overwhelm me remind me I am held.
Let the fires that refine me burn away all that is not true.
Let the soil that buries me become the place I bloom again.*

*I surrender my timeline, my grasping, my doubt.
I receive your rhythm, your breath, your grace.
Re-anchor me in what is eternal within me.
Show me how to walk forward—not in fear,
but in faithful devotion to who I'm here to be.*

*I trust the turning. I bless the unraveling.
I rise again—rooted, loved, and free.*

And so it is.



EMBRACING YOUR PATH FORWARD



May you walk forward with grounded grace, holding both your vulnerability and your power. May you trust the unfolding, even when the path is unclear. May you remember, again and again, the sacred ground within that cannot be shaken.

You are held. You are guided. You are loved. And you are rising, gloriously, into all that you are meant to become

Kiana Webb

ACKNOWLEDGEMENTS



This workbook is the result of true collaboration — born from a shared commitment to healing, growth, and transformation. It reflects not only the intention behind each exercise but also the heart and hands of the people who brought it to life.

To Dalia, thank you for guiding the curriculum with such clarity, depth, and reverence. Your ability to hold sacred structure while honoring the emotional and spiritual journey laid the foundation for this entire offering.

To Anaya, your steady coordination, thoughtful oversight, and behind-the-scenes support created the conditions for this work to move forward with grace and integrity. Your presence was essential.

To the entire Glorious Arisings team, your energy, insights, and belief in this vision helped shape it into what it is today. This was not created alone. It was held, nurtured, and made real through each of you.

CONTINUE THE JOURNEY

TO LEARN MORE, EMAIL

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EXPERIENCES:**

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NOTES

These extra pages are here for you. Use them whenever you need more space to reflect, process or simply let your thoughts unfold

