

Grace + Grounding

A Starter Kit for
Spiritual Alignment

*Anchored in faith, aligned
in spirit.*



Introduction

*A Soulful Journey Toward
Energetic Alignment &
Spiritual Renewal*

This guide is an invitation to pause, breathe, and return to yourself.

Through biblical insight and energetic awareness, Grace + Grounding helps you align your mind, body, and spirit with divine truth. Inside, you'll explore:

- Chakra alignment through a faith-based lens
- Affirmations to reprogram your subconscious
- Grounding practices like breathwork, aura photography, and creative healing

Whether you're beginning or deepening your journey, this guide offers tools, wisdom, and peace to help you live from a place of wholeness.

You are aligned. You are worthy. You are already enough.

Understanding Your Energy Centers

The Chakras

*A Grace-Filled Guide to
Your Inner Alignment*

What we call “chakras” are simply energy centers—places within your body where your spiritual, emotional, and physical experiences intersect. Each one carries a divine theme: from your sense of safety and creativity to your voice, vision, and connection with God.

In this section, you’ll be guided through seven primary chakras, each with its:

- Sanskrit name and meaning
- Associated color and location in the body
- Energy stones and essential oils for support
- Spiritual wisdom to help you align and awaken

This is not about doctrine or dogma—it’s about self-awareness through a sacred lens.

By understanding how your energy moves and where it gets blocked, you can invite healing, alignment, and growth into every part of your life.

Root Chakra

Muladhara



Meaning

I Am: Safe, Secure, Grounded

Energy Stones

*Red Jasper, Hematite, Black
Tourmaline*

Essential Oils

*Cedarwood, Patchouli,
Frankincense*

Spiritual Wisdom

*God is your unshakable foundation.
"The Lord is my rock, my fortress, and
my deliverer." – Psalm 18:2*

Sacral Chakra

Svadhithana



Meaning

I Am: Creative, Joyful, Aligned with God's pleasure

Energy Stones

Carnelian, Moonstone, Orange Calcite

Essential Oils

Ylang Ylang, Sweet Orange, Sandalwood

Spiritual Wisdom

*Your joy and expression delight God.
"He has made everything beautiful in
its time." – Ecclesiastes 3:11*

Solar Plexus Chakra

Manipura



Meaning

I Am: Empowered, Confident,
Purposeful

Energy Stones

Citrine, Tiger's Eye, Amber

Essential Oils

Lemon, Peppermint, Ginger

Spiritual Wisdom

*You are powerful in Him. "I can do
all things through Christ who
strengthens me." – Philippians*

4:13

Heart Chakra

Anahata



Meaning

*I Am: Loved, Loving,
Compassionate*

Energy Stones

*Rose Quartz, Green Aventurine,
Jade*

Essential Oils

Rose, Geranium, Eucalyptus

Spiritual Wisdom

Love is your divine assignment.

*“Love one another deeply, from the
heart.” – 1 Peter 1:22*

Throat Chakra

Vishuddha



Meaning

I Am: Expressive, Honest, Spirited

Energy Stones

Lapis Lazuli, Aquamarine, Blue Lace Agate

Essential Oils

Lavender, Chamomile, Eucalyptus

Spiritual Wisdom

Your voice carries heaven's weight.

"Let your speech always be with grace..." - Colossians 4:6

Third Eye Chakra

Ajna



Meaning

I Am: Intuitive, Aware, Spiritually Perceptive

Energy Stones

Amethyst, Fluorite, Labradorite

Essential Oils

*Clary Sage, Juniper,
Frankincense*

Spiritual Wisdom

*God speaks to your spirit. "Call to
me and I will answer you..." –
Jeremiah 33:3*

Crown Chakra

Sahasrara



Meaning

*I Am: Connected, Enlightened,
One with God's Presence*

Energy Stones

Clear Quartz, Selenite, Amethyst

Essential Oils

Frankincense, Myrrh, Lavender

Spiritual Wisdom

*You are always connected to the
divine. "Be still, and know that I am
God." – Psalm 46:10*

The Power of Your Voice

**Reprogram Your Mind.
Realign Your Energy.
Remember Who You Are.**

*Powerful Affirmations to
Align Your Mind, Body & Spirit*

Affirmations are more than feel-good phrases —they're sacred tools for rewiring the subconscious. When spoken with intention and consistency, they build new thought pathways that ground you in peace, elevate your frequency, and remind your spirit of what's always been true.

At Faith2Felicity, we call this energetic reprogramming: the practice of speaking directly to your soul until it responds in truth, love, and light. Each affirmation in this section is intentionally crafted to nourish your energy centers and reframe your mindset around worthiness, clarity, and divine alignment.

Use these affirmations in meditation, while journaling, during morning prayer, or as whispered mantras throughout your day.

Repetition is power. Voice is vibration. Truth is frequency.

I am safe, grounded, and fully supported in who I am.

My joy is sacred. I allow creativity and pleasure to flow through me.

I trust my power. I am confident, capable, and unstoppable.

I am open to giving and receiving love with ease and grace.

My voice matters. I speak with clarity, confidence, and truth.

I trust my inner wisdom. My intuition is clear, strong, and always guiding me.

I am aligned with my higher self. I am one with peace, purpose, and divine clarity.

Recenter Your Energy

Grounding Practices

*Restore. Reconnect.
Remember Who You Are.*

To elevate your spirit, you must first anchor your soul.

This section invites you into sacred practices that help you recenter, release, and reconnect—with yourself, with your Creator, and with a community that sees your light. Each activity—whether it's aura photography, faith-centered yoga, or a creative Sip & String session—is designed to bring you back to your body, back to your breath, and back to your truth.

These grounding moments are not just wellness trends—they're spiritual disciplines. They allow you to slow down, hear God more clearly, and shift your frequency to match His peace. Whether you're moving in stillness, creating with intention, or simply breathing with awareness, these practices remind you:

You are supported. You are held. You are not alone.

Aura Photography

Description

Have your energy field captured in a vibrant display of colors to reveal the state of your aura.

Benefits

Gain insight into your emotional, mental, and spiritual well-being.

Yoga

Description

Connect breath with movement through poses to balance body and spirit.

Benefits

Enhances physical strength, emotional release, and spiritual awareness.

Sound Bath

Description

Immerse yourself in soothing frequencies that cleanse and align your energy field.

Benefits

Promotes deep relaxation, energetic reset, and nervous system healing.

Reiki Healing

Description

Receive healing energy through gentle touch to balance your chakras and restore harmony.

Benefits

Reduces stress, supports emotional healing, and encourages spiritual flow.

Sip & String Bracelet Making

Description

Create intention-based gemstone jewelry in community while setting personal energy goals.

Benefits

Boosts creativity, grounds intentions, and cultivates connection with others.

Guided Journaling Circles

Description

Engage in reflective writing with soul-centered prompts in a nurturing group space.

Benefits

Releases emotional clutter, clarifies thoughts, and strengthens self-awareness.

Breathwork & Prayer Meditation

Description

Combine Holy Spirit-led breathwork with quiet prayer to reconnect and realign.

Benefits

Calms the mind, clears energy blocks, and anchors you in divine presence.

A Final Blessing

You Are Aligned. You Are Light.

Let this starter kit mark the beginning—not the end—of your journey back to yourself.

As you learn to ground yourself in grace, your energy becomes a witness to God's presence in you. May each affirmation, every breath, and each moment of stillness remind you of your divine design.

You are **grounded in truth.**

You are **covered in grace.**

You are **enough**, just as you are.

✨ Stay Connected

We'd love to walk with you on your journey.

🌐 Visit us online:
www.faith2felicity.com

📱 Follow us on Instagram &
Facebook: @Faith2Felicity

✉️ Tag us in your practice: Use
#Faith2Felicity to share how you
align in grace + grounding.

Let's continue to grow, glow, and
ground—together.