

HEALING GUIDE

# The Emergency Grounding Cheatsheet

In Case of Panic:  
Your 5-Minute  
Grounding Map

ORIGINALLY FOUND IN:



[healingguide.co/trauma](https://healingguide.co/trauma)

# Bonus Guide 1: The Emergency Grounding Cheatsheet

## *In Case Of Panic: Your 5-Minute Grounding Map*

### WHO THIS IS FOR

This is for you when:

- A wave of panic hits out of nowhere.
- Your chest is tight, your heart races, your mind says “I can’t breathe – I’m not safe.”
- You feel like you’re spiraling back into old fear loops.

No overthinking, no fancy tools – just fast, practical, body-first ways to stop the spiral and come back home now.

### WHY THIS WORKS

Your panic is a body alarm.

You can’t think your way out of an alarm – you need to signal your body that the threat is gone.

This cheatsheet uses your senses, breath, and small movement to flip your “fight/flight” switch back to calm – fast, gentle, and anywhere.

### STEP 1 – STOP & GROUND YOUR BODY

Place both feet flat on the floor.

Feel the solid ground under you. Wiggle your toes. Push your feet down slightly – feel the pressure.

### STEP 2 – THE ‘5-4-3-2-1’ SENSE CHECK

Name:

- 5 things you can SEE (lamp, wall, cup, window, your hands)
- 4 things you can TOUCH (pants, hair, chair, phone)
- 3 things you can HEAR (traffic, birds, fridge hum)
- 2 things you can SMELL (shirt collar, the air, your tea)
- 1 thing you can TASTE (or just swallow and notice)

This simple chain pulls you out of the panic story and back into the present room.

### STEP 3 – LONG EXHALE BREATH

Inhale through your nose for 4 counts.

Exhale through your mouth for 6-8 counts – like blowing through a straw. Repeat this 5 times.

Longer exhales flip your nervous system from alarm to calm.

# **Bonus Guide 1: The Emergency Grounding Cheatsheet**

## *In Case Of Panic: Your 5-Minute Grounding Map*

### **STEP 4 – TOUCH FOR INSTANT CALM**

Put one hand on your chest, one on your belly.

Feel your warmth.  
Press gently – just enough to feel solid.

Say (out loud or in your head):  
“I’m right here. Right now. I’m safe enough.”

### **STEP 5 – MINI SHAKE OR BOUNCE**





Stand (if possible) and gently bounce your knees or shake out your wrists and hands.

This helps your body drain out the leftover adrenaline.  
No rules. 10–30 seconds is enough.

### **BONUS CALM WORD:**

Whisper or think:  
“This feeling will pass. I am not my panic. I’m here.”

### **IN CASE OF EMERGENCY – READ THIS**

-  You are not “doing it wrong” if it doesn’t vanish instantly.
-  You didn’t fail – your body is learning.
-  Do these steps twice if needed – or pick just one.
-  Save this somewhere you’ll see it: wallet, phone notes, mirror.

### **Repeat As Needed**

These micro-steps do not fix everything forever – they anchor you for now.  
Practice them when you’re calm too – so your body remembers under pressure.

You did not break overnight.  
You won’t “re-wire” overnight.  
But each small, loving ground brings you closer to safety that sticks.

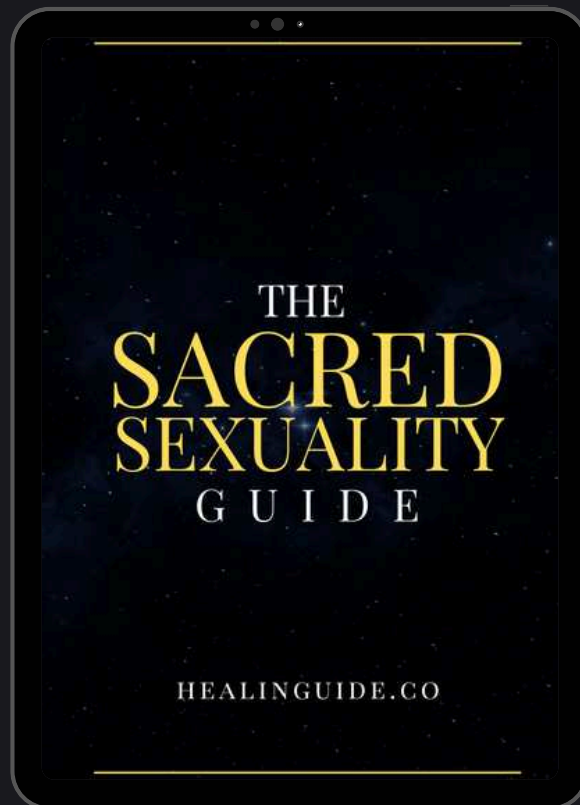
Your next step: Breathe. Come back to your daily felt safety rituals. You’re doing it.

HEALING GUIDE

# The Sensual Safety Map

How to Rewire Your  
Nervous System to Feel  
Safe Receiving Pleasure  
Again

ORIGINALLY FOUND IN:



[healingguide.co/sexuality](https://healingguide.co/sexuality)

# ✧ BONUS GUIDE 1: THE SENSUAL SAFETY MAP

How to Rewire Your Nervous System to Feel Safe Receiving Pleasure  
Again

*“I want to feel pleasure... but my body just won’t relax.”*



## WHAT THIS GUIDE IS FOR:

This guide is for the woman who:

- Feels numb, shut down, or tense during self-pleasure or intimacy
- Struggles to stay present in her body when things get sensual
- Wants to feel more but ends up checking out, freezing, or overthinking
- Has a hard time trusting pleasure – even when she craves it deeply

If any of that sounds like you – this guide is your first step toward *nervous system freedom*.

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## WHY PLEASURE FEELS UNSAFE

Let’s be clear: you are *not broken*.

If you struggle to feel pleasure, it’s not because you’re doing something wrong – it’s because **your nervous system has learned that it isn’t safe.**

This happens when you've experienced:

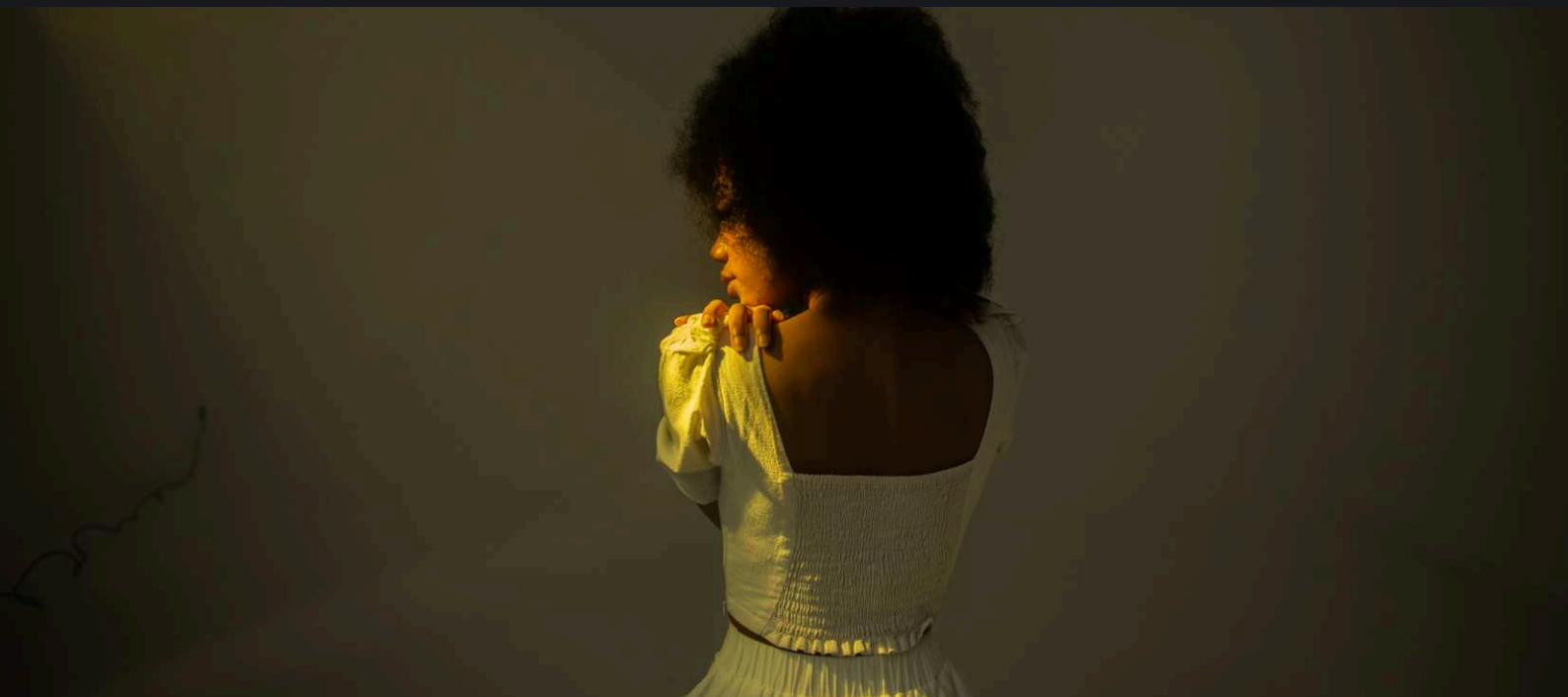
- 🔥 Past sexual trauma or boundary violations
- ❄️ Chronic stress, tension, or burnout
- 🚫 Religious or cultural shame around pleasure
- 🧠 Performance pressure (feeling like you have to "do it right")
- 🗑️ Conditioning that taught you to be quiet, small, or "good"

So instead of opening to sensation, your body does what it was taught to do:

- It freezes
- It tenses
- It checks out
- It shuts down sensation
- It focuses on your partner instead of your pleasure

This is a **protective response**, not a flaw.

But now — you get to rewrite the story.



# – THE 3 PHASES OF SENSUAL SAFETY –

Here's your map. Each phase builds on the last.

Don't rush. Stay gentle. Go slow.

## ✧ Phase 1: Ground First, Then Feel

Before you feel *more*, you must feel *safe*.

### Do This Daily:

- Place a hand on your chest and one on your womb.
- Breathe slowly into your belly.
- Look around the room and name:
- 5 things you see, 4 things you hear, 3 things you can touch, 2 you can smell, 1 you're grateful for.

### Mantra:

*"I am here. I am now. I am safe in my body."*

This builds **presence in your body** before inviting in sensation.

## ✧ Phase 2: Touch Without Pressure

Remove the goal. Rebuild trust.

Your body won't open to pleasure if it feels **rushed or expected** to perform.

Instead of focusing on "getting turned on" or "feeling sexy," focus on **non-sexual touch** that feels safe and grounding.

### Try This:

- Stroke your arms, neck, or belly with warm oil
- Hug a pillow to your chest
- Press your thighs or hips into the bed and breathe deeply
- Place your hands over your heart and gently rock side to side

### The Key:

Don't force arousal. Invite safety. Let pleasure *come to you*.

# – THE 3 PHASES OF SENSUAL SAFETY –

Here's your map. Each phase builds on the last.

Don't rush. Stay gentle. Go slow.

## ✧ Phase 3: Somatic Permission Practice

Let your body lead. Let her speak.

When you start to feel sensation – desire, tingling, softness, energy – stay with it. Don't rush it. Just breathe and say:

- *“You're allowed to be here.”*
- *“I won't shame you this time.”*
- *“You're safe with me.”*

This builds the **inner trust** that makes pleasure possible again.

### **Bonus Tip:**

*Add **sound** – sighs, hums, low moans – to activate your vagus nerve and deepen nervous system safety.*

## WHAT IF I STILL FEEL NOTHING?

That's okay.

If numbness arises:

- Stay.
- Breathe.
- Say: *“I'm still here.”*
- Place one hand over your heart and one on your womb.
- Focus on just feeling your breath and your hands.

Numbness is not the absence of feeling.

It's the body saying: *“I need more time.”*

# YOU ARE ALLOWED TO FEEL GOOD

Your body wants to open.  
Your body wants to soften.  
Your body wants to trust you again.

But she's waiting for *you* to lead – with love, not force.

Let this guide be your reminder:

You do not have to force your way back into pleasure.  
You get to *safety* your way there – gently, lovingly, slowly.

## YOUR SENSUAL SAFETY MAP SUMMARY

- ✓ Step 1: Ground your nervous system first
- ✓ Step 2: Touch without expectation
- ✓ Step 3: Let your body lead and speak with permission

Repeat these 3 steps *as many times as you need*. This isn't linear – it's sacred repetition.

### – YOUR ANCHOR THOUGHT –

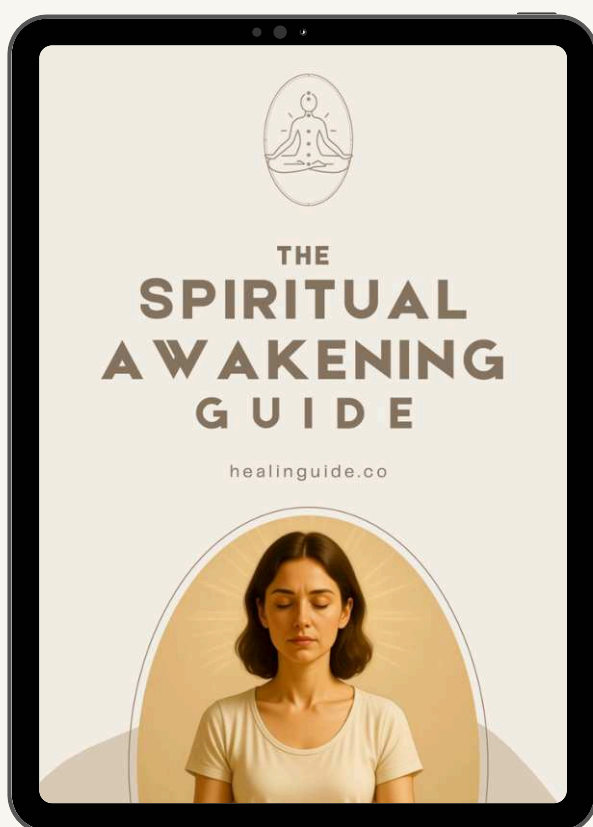
*"I am allowed to feel safe in my pleasure.  
My body opens when I listen.  
I do not rush the sacred."*

HEALING GUIDE

# Meditation Made Simple

The Beginner-Friendly  
Method: Quieting the Mind  
without Forcing or  
Frustration

ORIGINALLY FOUND IN:



[healingguide.co/spirituality](https://healingguide.co/spirituality)

# Bonus Guide 1:

## Meditation Made Simple

*The beginner-friendly method for quieting the mind without forcing or frustration*

### 1. Why Meditation Works for Awakening

Meditation is the most direct way to shift from living on autopilot to living with conscious awareness.

It works because it teaches you to:

- Step back from your thoughts and see them without getting swept away.
- Calm the body so the mind naturally follows.
- Create space for deeper insights and spiritual connection.

From a spiritual perspective, meditation is the training ground for awakening. From a scientific perspective, it's been shown to reduce stress, improve focus, and change brain patterns in ways that support emotional balance and resilience.

### 2. Debunking Meditation Myths

Before you start, let's clear up a few common misconceptions:

#### Myth

You must completely empty your mind.

#### Truth

Your mind will think. That's normal. Meditation is about noticing those thoughts, not banishing them.

#### Myth

You have to sit cross-legged on the floor.

#### Truth

You can meditate on a chair, in bed, or standing — what matters is a posture that feels relaxed yet alert.

## Myth

It takes years to feel benefits.

## Truth

Many people notice a difference in calmness, clarity, or mood within a week of consistent practice.

### 3. Finding Your Ideal Posture

Your posture can make or break your practice. The goal is **comfort with alertness**.



- **Chair meditation:** Feet flat on the ground, back straight but not stiff, hands resting on thighs.
- **Cushion meditation:** Cross-legged or kneeling on a cushion with hips slightly elevated.
- **Bed meditation:** If needed for mobility or comfort just ensure you remain awake by keeping a gentle, upright angle.

## 4. The 5-Minute Breath Anchor

The simplest way to begin meditation:

1. Sit comfortably and close your eyes (or keep them soft-focused).
2. Bring attention to your natural breathing.
3. Feel the breath entering through your nose and leaving through your mouth or nose.
4. When thoughts arise (and they will), acknowledge them without judgment and gently return to your breath.
5. Continue for 5 minutes. Gradually extend the time as it feels natural.

## 5. Labeling Thoughts Without Judgment

Instead of wrestling with thoughts, try labeling them as they appear:



### "Planning"

When you think about the future.



### "Remembering"

When you drift to the past.



### "Judging"

When you criticize yourself or others.

This label creates distance — you realize you're **not** your thoughts, you're the one **observing** them.

## 6. Progress Without Pressure

Meditation isn't about chasing a perfect, blissed-out state.

- **Small wins matter:** A moment of clarity, a breath of calm, noticing a pattern these are successes.
- **Track your practice:** Use a simple journal or app to log your sessions and any shifts in mood or awareness.

## 7. Adapting Meditation to Your Lifestyle

Not everyone has 30 minutes daily — and that's okay.

### Short bursts

2–3 minutes before a meeting, while waiting for tea, or before bed.

### Stack with habits

Meditate after brushing your teeth, drinking water, or making your bed.

### Active meditation

Walking slowly, washing dishes mindfully, or focusing fully while stretching.

## 8. Quick Reference: 3 Beginner-Friendly Meditation Scripts

### A. The Counting Breath Meditation (5 minutes)

- Inhale for a slow count of 4.
- Hold for a count of 2.
- Exhale for a slow count of 6.
- Repeat until time is up.

### B. The Body Scan (5–10 minutes)

- Start at the top of your head and mentally "scan" down to your toes.
- Notice sensations, tension, or warmth without judgment.
- If you find tension, breathe into that area and soften.

### C. Loving-Kindness (5 minutes)

- Repeat silently: *"May I be safe, may I be well, may I be peaceful, may I live with ease."*
- After a few minutes, extend it to others: *"May you be safe, may you be well..."*

**Final Tip:** Start small, stay consistent, and keep it light. The more you make meditation something you look forward to — not a chore — the faster you'll feel its power transforming your awakening journey.