

Spiritual Development Circle – October Syllabus

Theme: The Grounded Self: Mastering Mental & Energetic Grounding

Location: Salt of the Earth (salt cave)

Facilitator: Neysha Arcelay

Duration: 90 minutes

Date: October 26, 2025

Class Overview

This month's circle centers on the essential practices of grounding and energy protection, which are foundational tools for any intuitive, empath, or spiritually curious being. Together we will explore how grounding is not just about connecting with the Earth but also about anchoring our mental energy, calming the nervous system, and reclaiming presence. You will also learn practical ways to protect your energy field without shutting down your heart or intuition..

Class Structure

Time	Activity	Description
20 min	Teaching / Introductory Talk	Explore the concept of energetic vs. mental grounding, and why energy protection matters.
15 min	Guided Meditation	A multi-layered grounding meditation connecting body, breath, and energy.
15 min	Experiential Practice	Try anchoring techniques, breathwork, and energy-shielding exercises to cultivate protection and presence.
20 min	Group Reflection / Discussion	Space for participants to share insights and ask questions.
10 min	Closing Ritual / Take Home Tools	Seal the practice with intention, and introduce grounding rituals for home.

What to Bring

- An open heart and mind
- *Optional:* grounding crystal (hematite, smoky quartz, black tourmaline), or a small item that helps you feel rooted.

What you Get:

- **A Curated Experience**
Each gathering is intentionally designed to take you on a soulful journey, from grounding meditation to guided spiritual practice, all within a nurturing and energetically aligned space.
- **Connection with Like-Minded Souls**
Surround yourself with a supportive community of seekers, empaths, and intuitive beings who are also on the path of growth and awakening.
- **A Take-Home Reflection Worksheet**
Deepen your practice between sessions with a thoughtfully crafted worksheet to support integration, clarity, and continued inner work.
- **Your Personal Reflection Journal (when required)**
A dedicated journal to use during sessions that involve writing or introspection. Perfect for capturing insights, ah-ha moments, and intuitive nudges whenever journaling is part of the practice.

Learning Objectives for This Session

By the end of this circle, participants will:

- Understand the difference between energetic and mental grounding
- Be able to identify when they are energetically “ungrounded” or mentally spiraling
- Learn at least three practices to re-center and protect their energy
- Feel more empowered to set energetic boundaries without feeling rigid or closed
- Leave with a sense of calm, clarity, and embodied presence