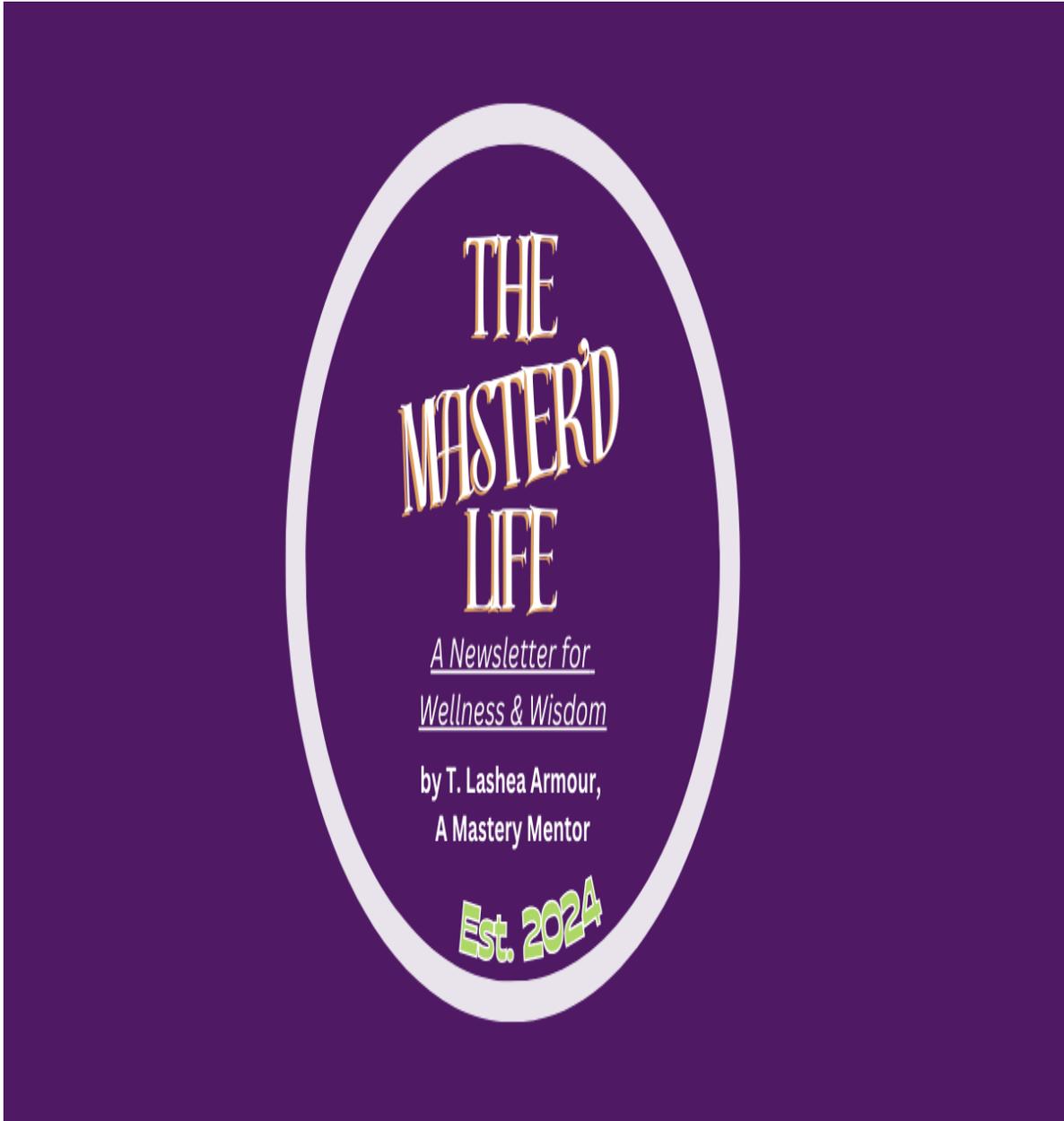


#8 - Earth Energy: Rooted in Reality (2 of 5)



By Mastery Mentor: T. Lashea Armour

Hello Mastery Misers!

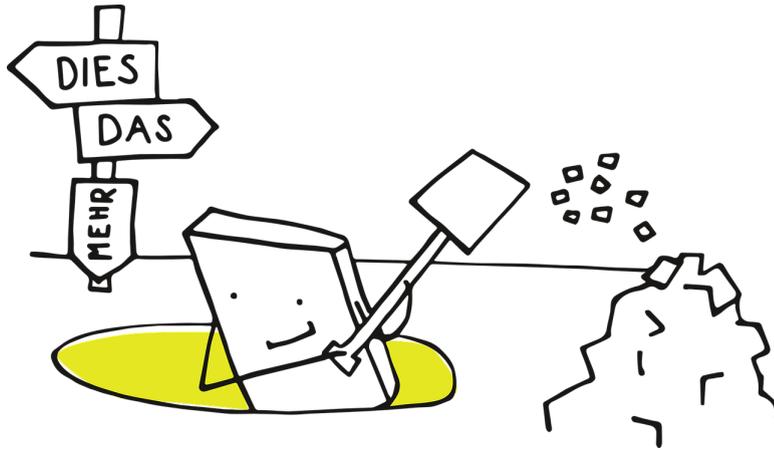
Welcome back to the eighth issue of 'The Master'd Life,' where wellness meets wisdom, and self-development is led by spiritual growth you plant along your mastery journey.

*In the last edition I kicked off a series titled — **Elemental Alchemy: Transmuting Matter**. Part one featured water and introduced methods of getting in flow and maintaining fluid thinking. Check it out [HERE](#), if you haven't gotten a chance.*

*In this issue, we're digging in and getting to the root —pun intended; with **earth** now being the element at the forefront of the matter.*

Did you know self-mastery was used for spiritual ascension in a different time and still occurs in other parts of the world?

This makes sense — since, we are spirit BEFORE flesh.



Credit: <https://pixabay.com/users/manfredsteger-1848497/>

Mastery is essentially training that helps your ego (self) to allow your spirit (self) to take the wheel. Although you achieve personal growth, you are NOT training 'the self', you are elevating and empowering your spirit body.

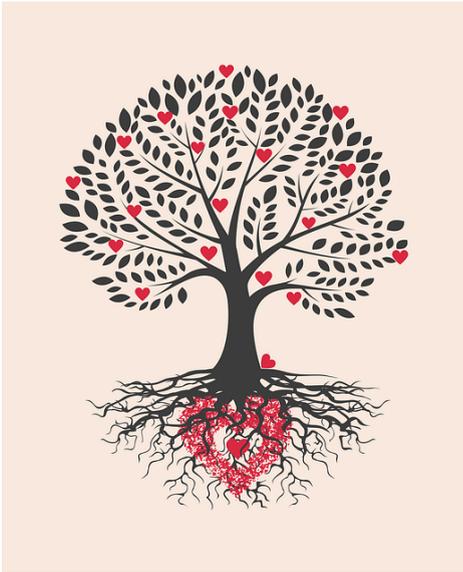
FYI: operating from ego (aka, the self) tends to lead to making self-gratifying choices that create challenges, that then become obstacles, leading to a problematic norm. Mastery trains the spirit to lead mind and body to soul growth and elevation.

Bringing to mind that saying, 'too much like right.'

You know how it goes. You do something other than what your first thought was... then later think, "I should have followed my first mind." Being grounded in who you are can help with bouts of indecision and/or misdirection.

Your foundation is everything. The root of the problem, or the solution. It is the solidarity in which you stand upon, that fortifies and develops who you are at a core level.

So, grab a shovel and let's dig deeper on thought this below in the Mastery Spotlight article.



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Mastery Spotlight: The Paradox of Rootedness and Growth

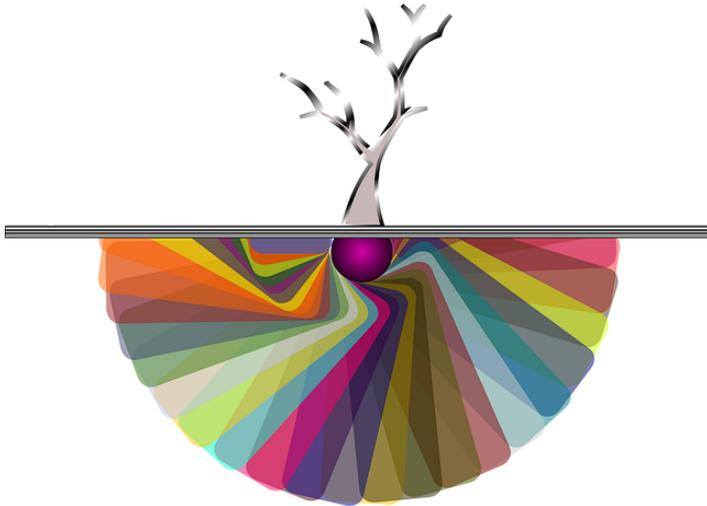
Have you ever noticed how the tallest trees in a forest also possess the deepest, most extensive root systems?

This is no coincidence, but rather a profound lesson from nature that applies directly to our journey of mastery.

This revelation sparked a question that's been transforming my approach to mastery ever since: What if our greatest growth depends not on constant movement, but on how deeply we root ourselves?

Tree Wisdom: Depth Enables Height

Consider the mighty oak or the towering sequoia. These arboreal masters don't achieve their impressive stature overnight, nor do they succeed by spreading their energy in countless directions simultaneously. Instead, they follow a counterintuitive formula for greatness:



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1. They invest heavily below ground before reaching skyward
2. They develop extensive foundations that remain largely invisible
3. They weather storms not through rigidity but through deep anchoring

Trees teach us that true stability isn't stagnation—it's the very foundation of sustainable growth. The deeper the roots, the higher the potential reach.

When we apply this wisdom to our pursuit of mastery, a powerful truth emerges: Those who appear to soar highest often have spent the most time developing their foundations.

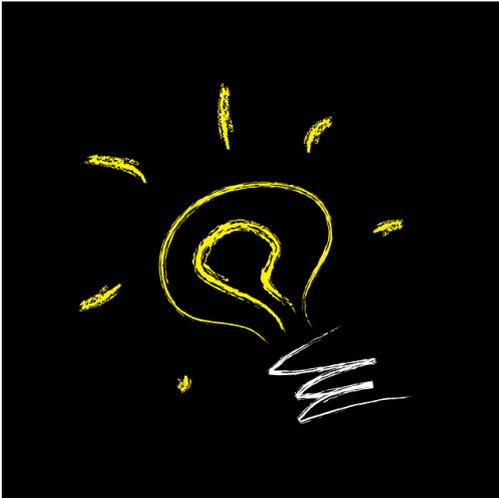
What you may witness as mastery is merely the visible crown of a tree that has invested tremendous energy in its unseen root system.

Cultivating Your Root System

How can we apply this wisdom of rootedness to our own mastery pursuits? Here are four practices I've found transformative:

1. The Depth Commitment: Choose one fundamental skill in your field and commit to exploring it consistently for a defined period—perhaps 30, 60, or 90 days—before allowing yourself to branch into new territory.

2. The Daily Deepening: Establish a non-negotiable daily practice that strengthens your foundation. This might be as simple as 20 minutes of deliberate practice on core techniques.



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3. The Root Reflection: Regularly ask yourself, "Am I developing depth or just seeking novelty?" This simple question can reveal whether you're building a sustainable foundation or succumbing to shiny object syndrome.

4. The Growth Inventory: Periodically document how your deepening expertise enables new forms of expression or achievement that would have been impossible without this foundation.

The Ultimate Paradox: Limitation Creates Freedom

Perhaps the most profound lesson from nature's wisdom is that true freedom emerges from voluntary constraint. By limiting where we place our roots, we eventually gain the stability to reach heights that would otherwise be impossible.

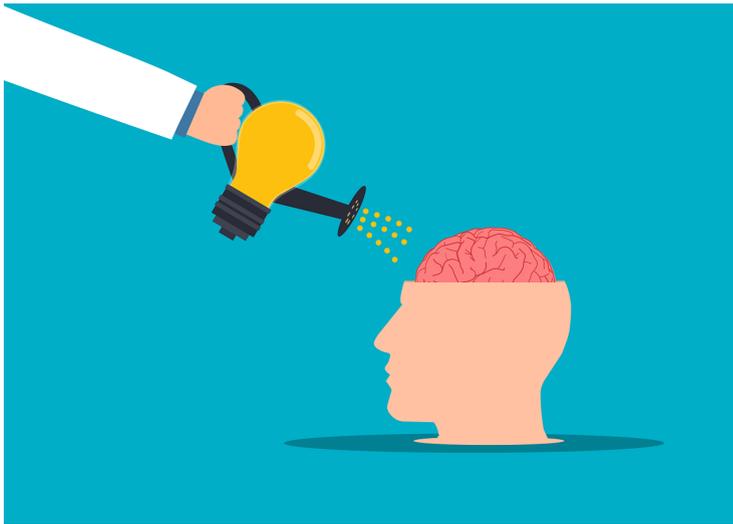
Remember: The tallest trees in the forest didn't get there by spreading themselves thin. They grew to such magnificent heights precisely because they first committed to going deep.

With today's modern obsession with constant motion and endless options, the most revolutionary act might be to stay put long enough to develop roots that can support truly magnificent growth.

Mastery Mindset—Feed Your IQ Too! (Book Review)

In the pursuit of happiness, there is always more to learn.

Becoming a life learner may be a challenge in itself to some. Keep this in mind. Not everyone digests new information like those who remain open to believing in the magic of life.



Credit: https://pixabay.com/users/mohamed_hassan-5229782/

We are all taking in new information daily; inadvertently sending brain waves upon millions of pathways that assist in retaining memory; decompartmentalizing the small things to the big tasks.

Methods to remain grounded on your journey may need to be put to the forefront of the bigger tasks and possibly may need an update as well.

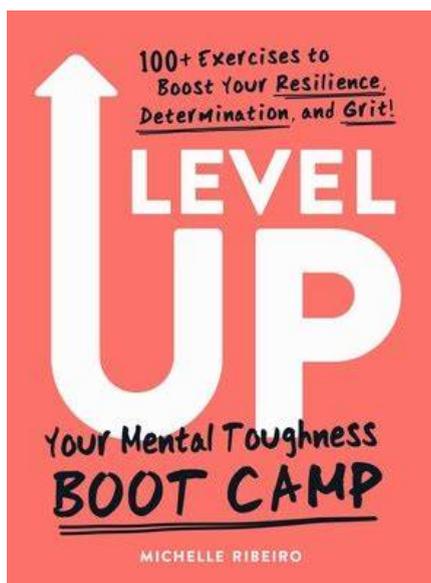
Which brings me to a book recommendation and review that relates to the topic of sticking to your roots. The Mastery Mindset article features "Level Up: Your Mental Toughness Bootcamp" by Michelle Ribeiro, which offers excellent insight and practical exercises to develop your mental routines and approach to living.

Read more below on some of ground-breaking (pun intended) techniques she suggests.

Click [HERE](#) to subscribe to the newsletter and add your comments of this book if you have the pleasure of reading and or applying some of these exercises.

Grounding Through Growth: A Review of Michelle Ribeiro's 'Level Up

"Level Up: Your Mental Toughness Boot Camp" by Michelle Ribeiro is a transformative guide that offers readers a comprehensive toolkit for building mental resilience and achieving personal growth.



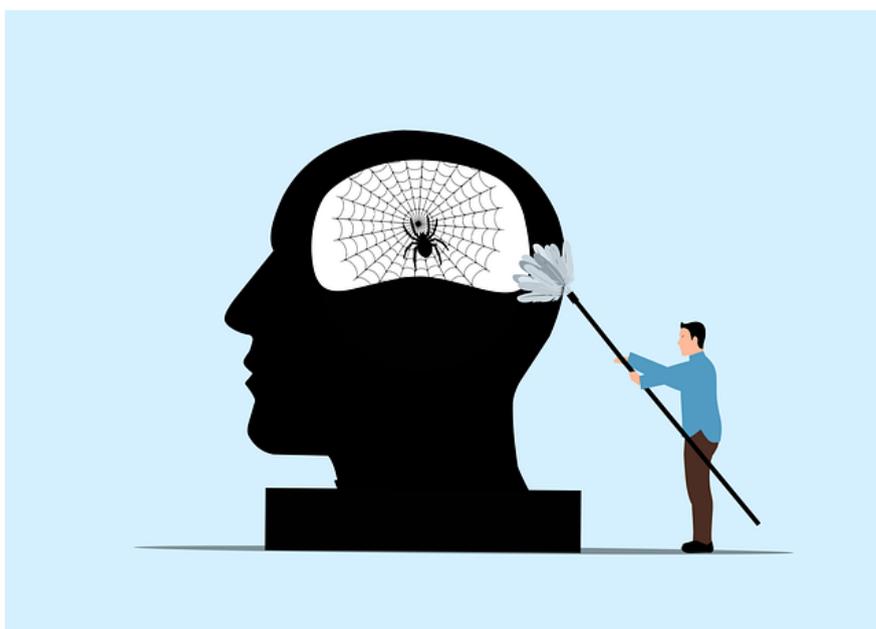
This activity-based book presents 120 exercises, prompts, and quizzes designed to enhance mental focus, emotional resilience, and psychological agility.

Ribeiro's approach breaks down mental toughness by focusing on different aspects of mental strength, including goal setting, emotional resilience, grit, self-control, stress management, self-confidence, and self-awareness.

One of the book's strengths lies in its practical exercises. For instance, the chapter on emotional resilience includes activities like building an emotional vocabulary, strengthening social support, and practicing radical acceptance.

These exercises provide readers with tangible tools to navigate life's challenges with composure and clarity.

The concept of "rooting" or grounding oneself is particularly relevant to Ribeiro's work. Many of the exercises in "Level Up" can be seen as methods for establishing a strong foundation for personal growth and stability.



Credit: https://pixabay.com/users/mohamed_hassan-5229782/

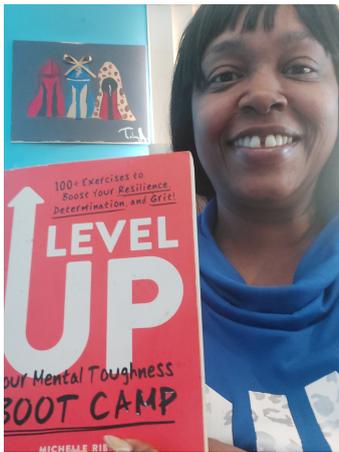
For example, the exercise on creating a personal mission statement helps readers anchor themselves in their core values and long-term vision. Similarly, the practice of establishing healthy coping strategies provides a grounding mechanism for dealing with stress and uncertainty.

The book's emphasis on self-awareness, through exercises like keeping a journal and identifying personal strengths, also contributes to a deeper sense of rootedness in one's own identity and capabilities.

Ribeiro's work aligns well with the earth element concept of grounding.

Just as the earth provides stability and nourishment, the exercises in "Level Up" offer readers a foundation for personal growth and resilience. The book's approach to building mental toughness can be seen as a process of developing deep, strong roots that allow one to weather life's storms while continuing to grow and thrive.

The exercises are well-constructed, allowing readers to invest as much or as little time as they need for self-discovery.



Credit: Yours Truly. I've got my copy.

In conclusion, "Level Up: Your Mental Toughness Boot Camp" is a valuable resource for anyone seeking to enhance their mental resilience and personal growth. Whether you're facing specific challenges or simply aiming to boost your overall mental toughness, Ribeiro's book offers a comprehensive and accessible path to leveling up your mental game — and I highly recommend it.

Its practical exercises and compassionate approach make it an excellent tool for those looking to establish a stronger sense of groundedness in their lives.

Selfie Section: Self-Care Is a Necessity

This week, we're shifting our focus from water's fluid motion to earth's stable foundation.

And let me tell you, fam — in a world that seems to spin faster every day, reconnecting with Earth energy isn't just nice; it's necessary.

Just yesterday, I found myself bouncing between emails, texts, and calls while simultaneously planning next month's content calendar. Sound familiar?

My mind was everywhere except where I actually was. That's when I remembered the wisdom of Earth energy:



Credit: https://pixabay.com/users/yamu_jay-44818947/

In this edition's Selfie Section, we're exploring how literal, physical connection with the ground beneath us can transform our mental landscape. These aren't just feel-good practices — they're backed by fascinating research on how our bodies respond to direct contact with the Earth's surface.

So, kick off those shoes, feel the ground beneath your feet, and dig into this week's exploration of how getting 'down to earth' might be the very thing that helps you rise to your highest potential.

Grounded Self-Nurturing: Practices That Root You in Presence

Before we can rise, we must root.

In our hyper-connected, constantly buzzing society, many of us find ourselves perpetually floating minds racing forward while our bodies struggle to keep up.

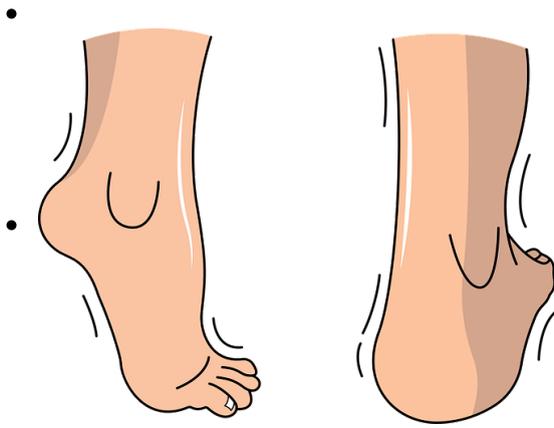
When was the last time you felt truly present, anchored firmly in the now? If you're like most of my readers, that sensation might feel increasingly rare.

Before we can rise, we must root.

1. Barefoot Communion

The simplest grounding practice is direct skin-to-earth contact. Try spending 15-30 minutes daily with your bare feet connecting to natural surfaces:

- Morning dew-covered grass
- The cool, damp soil of a garden
- Warm beach sand
- Smooth river stones



Credit: <https://pixabay.com/users/gnasheshir-37177480/>

2. Garden Therapy

Few activities connect us more deeply to earth energy than literally working with soil. You don't need an elaborate garden—even tending to a few potted plants provides therapeutic benefits:

- The tactile sensory experience of soil activates presence
- The mindful attention required soothes an overactive mind
- The nurturing aspect fulfills a deep psychological need
- The results provide ongoing visual reminders to stay present

Start small if you're new to gardening—a single herb in your kitchen window can be your gateway to this grounding practice.



Credit: <https://pixabay.com/users/openclipart-vectors-30363/>

3. Earth-Inspired Movement

Certain movement practices specifically cultivate groundedness:

- **Tai Chi's** slow, deliberate weight transfers
- **Yoga** postures that emphasize the root chakra (particularly Mountain Pose)

- **Conscious walking**, feeling each part of your foot connect with the ground
- **Qigong** practices focusing on drawing energy up from the earth

Try this simple grounding movement break: Stand with feet shoulder-width apart, knees slightly bent. Imagine roots growing from the soles of your feet deep into the earth. Gently sway like a tree while maintaining this rooted connection. Practice for 2-3 minutes whenever you feel scattered.



Credit: <https://pixabay.com/users/bookdragon-72424/>

Making Grounding a Daily Practice

The key to benefiting from these practices isn't occasional intense sessions but rather consistent, intentional connection. Try integrating grounding moments throughout your day:

- Morning: One minute barefoot on natural ground while your coffee brews.
- Midday: Ten mindful steps outside during lunch, feeling each footfall.
- Afternoon slump: Hold a stone while taking three deep breaths.
- Evening: Tend to a plant as part of your wind-down routine.

Remember, these practices aren't about adding more to your already full plate—they're about bringing quality presence to moments you're already experiencing. When we root ourselves firmly in earth energy, we discover that presence isn't something we achieve through effort but something we remember through connection.

Don't Sink Ships - Keep What You Speak (Premium Sneak Peek)

What if every word you spoke- you had to keep?

As in— keep it with you. Bear the brunt of pain you caused another person. Wear a lie. Dim your own light. Keep sarcasm, slander, negativity or derogatory speech toward

another, we sometimes use our voice for, even when its unnecessary.

Ponder that for 10-60 seconds.



Credit: <https://pixabay.com/users/josethestoryteller-5100055/>

If this were a thing, it would impact the entire population.

People would really look to speak to others or about others with amazingly high positivity and mind their tongues automatically - I mean, wouldn't you?

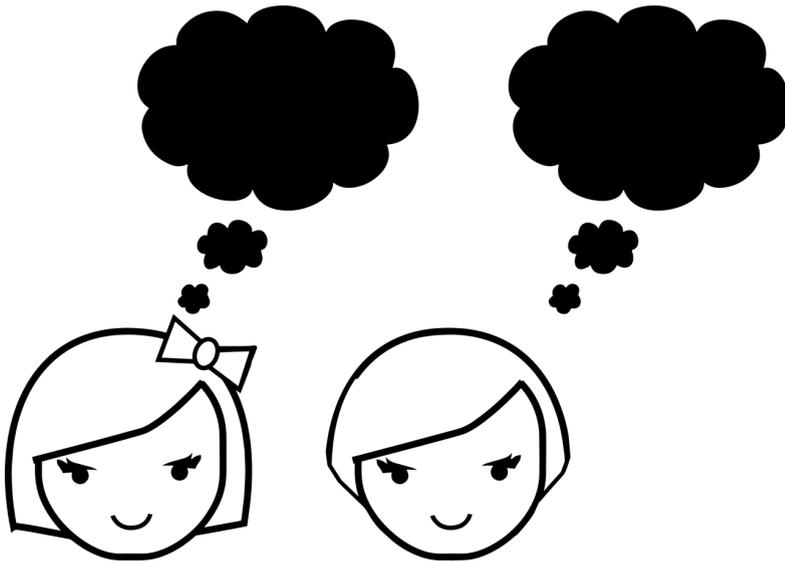
This section "Don't Sink Ships - Keep What You Speak" encourages us to be mindful and intentional with our words. Life and death are in the tongue.

In other words, you actually do create by the words you speak - or don't speak, in some cases.... the tone you use, body expression, hand gestures, eye contact (or non) — the conviction.

All the above play key roles in creating opportunities for what you do want, instead of challenges you don't want.

When we know we'll be held accountable for everything we say, it naturally prompts us to speak with more carefully, empathetically, and use wisdom.

This practice can transform our relationships, as we become more conscious of how our words impact others. By keeping what we speak, we cultivate a greater sense of responsibility and consideration, leading to more meaningful, authentic connections and conversations.



Credit: https://pixabay.com/users/vika_glitter-6314823

Becoming mindful and grounded within ourselves usually also spreads to other areas i.e., the way we communicate with ourselves as well as with our extended network (be it family, socially, or professionally.)

Read more on 'fertile dialogue' below.

Fertile Dialogue: Growing Understanding Through Grounded Exchange

What makes communication truly grounded?

Like rich soil nurturing seeds, certain communication practices create conditions where understanding can take root and flourish.

For instance, have you ever noticed how some conversations leave you energized and inspired, while others drain every ounce of your vitality?

Let's 'unearth' this concept.



Credit: https://pixabay.com/users/mohamed_hassan-5229782/

Elements of Fertile Dialogue

The most nourishing conversations share several key qualities:

Presence before response. When we're mentally preparing our next point while someone else is speaking, we miss the nutrients in their words. True presence—giving our full attention to understanding rather than formulating replies—creates the foundation for fertile exchange.

Questions as cultivation tools. Thoughtful questions turn over the soil of conversation, bringing fresh perspectives to light. "*What led you to that conclusion?*" unearths more insight than "*That's not right.*" Questions that begin with "*I wonder...*" or "*Help me understand...*" are particularly effective at loosening compacted thinking.

Emotional root systems. Acknowledging the feelings beneath opinions—both yours and others'—connects dialogue to its deeper sources. "I notice I'm feeling defensive about this" creates more fertile ground than pushing emotions underground where they'll inevitably affect the conversation anyway.

Silence as compost time. What about those momentary pauses after someone speaks? They're not empty space to be filled but essential processing time where meaning decomposes and reconstitutes. When we rush to fill silence, we interrupt this valuable metabolic process. The difference often lies not in the topic but in the quality of exchange—what I've come to call "fertile dialogue."



Credit: https://cdn.pixabay.com/photo/2016/11/14/02/56/students-1822449_640.jpg

The beauty of these practices is their simplicity.

Next time you find yourself in an important conversation, remember: the goal isn't to win the exchange but to make it fertile ground where new understanding can grow.

Our words, like seeds, contain potential. But it's the quality of the soil—our listening, our presence, our genuine curiosity—that determines what will flourish.

What conversation in your life might benefit from more fertile ground?

Add you answers in the comment section. And don't forget to subscribe to be notified on more wellness + wisdom. Final Thoughts: Grounding Into Greatness

Final Thoughts: Grounding Into Greatness

As we conclude this exploration of Earth energy, I'm reminded of how often the most profound truths are also the simplest.

In our quest for growth, achievement, and mastery, we frequently look upward and outward—seeking new strategies, novel approaches, and next-level thinking.

Yet the wisdom of Earth reminds us that sustainable heights require sustainable depths.

The practices we've explored in this issue—from developing deep mastery through focused persistence to grounding our bodies through earthing practices, from rooting our communication in presence to learning from earth-centered cultural traditions—all point to a singular truth: When we build from solid ground, we build to last.

As the ancient Chinese philosopher Lao Tzu wisely observed:

"A tree that stands a thousand feet tall grows from the tiniest sprout.

A tower nine stories high is built from a small heap of earth.

A journey of a thousand miles begins with a single step."

That "small heap of earth" is where your greatest achievements begin. Not with grand gestures or momentous leaps, but with consistent, grounded practices that may seem humble at first glance.

This week, I challenge you to identify just one area of your life where you've been seeking growth without properly establishing roots.



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Perhaps it's a skill you've been trying to develop by skipping fundamentals, a relationship you're rushing to deepen without building trust, or a goal you're pursuing without creating sustainable systems.

Whatever it is, commit to spending the next seven days building your foundation. Go slow to go far. Dig deep to rise high.

Remember that the mighty oak doesn't concern itself with how quickly its neighbors grow—it simply continues extending its roots, season after season, secure in the knowledge that this unseen work is what will ultimately determine its height and longevity.

Your mastery journey isn't a race to some distant finish line. It's the patient cultivation of unshakable foundations that will support you when winds blow, and challenges arise.

P.S. Next week, we'll ignite our exploration of the Fire element—how to harness passion and transformation while maintaining the grounded stability we've cultivated here.

Until then, keep your feet on the earth and your practice consistent!

Stay grounded, stay growing, stay great!

When you know better, HoneyDew Bett'R ~ by T. Lashea — Your Fav Mastery Mentor



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