



Grounded: A Fierce, Feminine, Guide to Connecting to the Soil and Healing from the Ground Up

Dr. Erin McMorrow has made it her life's work to help solve our planet's pressing catastrophe through the lens of the divine feminine. In GROUNDED, she offers a unique solution to help fix our broken planet—if we channel our inner warrior by working with the soil, we'll find the divine interconnectedness of the climate and ourselves. After all, we are made of the same carbon as the atmosphere.

GROUNDED provides concrete, easy-to-follow steps individuals can take to address our carbon legacy as well as future emissions. Beginning with doing the real and physical work of redesigning our systems to align with nature, we are guided through inner work to reclaim our self-love and self-worth. Women will be awakened to their own fierce, feminine potential to protect this planet. We must close the loops in our relationship to the earth and return to a cyclical, regenerative style of living, eating, loving and dying.

Exploring both the ecological and spiritual basis of our existing climate crises, highlights from GROUNDED include:

- The “brass tacks” of climate change—how everything from biodiversity loss to ocean acidification has roots in the killing of the microscopic life in our soil
- The fertile soil is feminine—and the destruction of our earth and the feminine go hand in hand
- Sex, birth, life and death—how our natural cycles parallel the sacred cycles of nature seed saving and composting
- How to create truly regenerative systems that celebrate the natural world's infinite diversity, resilience and abundance

- Practices to help you start making a difference right now—from personal reflections and meditations to seed saving and composting
- Finding hope in the sacred nature of this work—when we do our part, just as with all of nature, spirit fills in the rest

“Being grounded involves rooting within ourselves to expand in the world,” explains McMorrow. “It means getting centered and navigating from a place of power, clarity, creativity and balance.” GROUNDED gives us the wisdom and tools to initiate a transformation to save our lives and our planet.