

# The Grounded

By Steve Kroschel



The Grounded is an independent feature film about the power of connecting to the Earth's healing energy. Produced and directed by master filmmaker Steve Kroschel, The Grounded tells the story of his personal discovery of the benefits of Earthing and how it affected him and others in the small town of Haines in the rural wilderness of Alaska. Groundbreaking, heartfelt, and inspirational, The Grounded will leave you looking at nature, our Earth and the very ground beneath your feet in a whole new way!

[Watch it here](#)