

## **What is Grounding and Why is it Important?**

When we lose our grounding we lose our center and shrink. When we lose our center we disconnect from our larger self and can become overwhelmed with the challenges of the day. Lack of grounding means we are in defense. We lose our perspective and the energy to interact from balance. Our defenses lock us into our personality vibration limiting our divine expression. Personality vibration is the vibration of our life programming verses our deeper divine true self.

At the mind level, lack of grounding can present as confusion, disassociation and/or lack of individuation. We may take on another's opinion or perspective as our own because we have lost independent thought and action. We become more judgmental of others and our self. We literally lose the ability to hold our own because we have shrunk in defense. Lack of grounding opens us to attack and creates situations that may be unsafe and definitely less secure. We can't operate wholly if we've lost us.

Energetically in the auric field, lack of grounding can look like the following.

- Chakras: undercharged and in distortion.
- Outer Energy Egg: becomes light bulb shape with more energy on top verses bottom. Or the egg-shape can become fragmented so there is no energy egg and boundaries between us and the outside no longer exist. This makes us vulnerable.
- Energetically, there is a dimension that is always hole. I call it the Core Self or divine self. When we lose our grounding this dimension of deeper truth becomes more difficult to access.

## **Why do we lose our Grounding?**

It is a defense against something. Usually, it is an unhealthy defense that has been programmed over the years, maybe even before birth. Most often we lost our grounding because we feel overwhelmed and unsafe. Sometimes if we don't eat correctly, are fasting or are sick we can lose our grounding.

## **GROUNDING TOOLS**

Meditation, Chi Kung, Hands-On Energy Work, exercise, acupuncture and personal process work are useful tools in helping us regain our grounding. Find out what works for you by experimenting. Food and Supplements: Some food and supplements have the effect of grounding and others detract from it. Know how your body reacts and adjust accordingly. Typical grounding foods are nuts, whole grains and proteins.

### **SAMPLE GROUNDING EXERCISES**

**Oak Tree:** Make a circle with your arms in front of you like your arms are hugging an Oak Tree. You can also go outside and actually hug a tree to do this.

- 1) Feel the trunk of the tree on the front of your body. Feel its strength flow through your body. Feel how solid the tree is between your arms. So solid in fact that you can imagine your arms are being supported by it.
- 2) Feel it run through your legs. Imagine your legs are part of the tree trunk. Imagine the energy from your legs deepening into the earth below, deep down to the core of the earth.
- 3) Imagine receiving the heat up through the bottoms of your feet. Let it flow through your body.
- 4) Lastly, feel the front and back of your body's trunk become at one with the tree. Allow yourself to feel its strength and wholeness.

**Horse:** Stand with knees bent like you are going to sit on a high stool. Coxes is parallel to the ground.

- 1) Imagine energy running from the top of your head, down the center of the body.

- 2) Then imagine three metaphorical legs of energy connecting you to the center of the earth. One connecting the perineum to the earth and two others running through the center of your leg bones and connecting to the earth.

### Release Down:

Follow the following body scan sequence and at each point say the words – “release down” and feel/imagine the energy flowing downward. Pause for 10 seconds or longer in any area of the body that you can imagine feeling sensations of comfort and saying the words “release down”. Feel all parts of your body – dismiss nothing. Eyes, nose, ears, teeth tongue, lips, jaw.

Neck – front and back

Shoulders – front and back

Chest, upper back

Arms, elbows, hands, fingers

Mid-back and Core Center

Lower back and Lower Abdomen

Pelvis – Sacrum

Legs, thighs, back of thighs, front/back of lower legs, Ankles, Feet, Toes

Scan through the body 5 times – each time stopping at sensations of comfort and saying the words “release down”.

Melt into the sensations of comfort and notice if they grow, intensify or expand.

Simply by focusing on the positive comforting sensations, you are charging them energetically. Helping them multiply.

**Safety and Security:** Repeat the exercise above with a slight variation. Instead of saying “release down” say “I am safe” and visualize a place that feels safe for you as you scan through the body feeling the positive sensations. Examples of safe places people seem to like are: their bed, a partner’s arms, the beach or whatever works for you.

**Develop Your Own:** Grounding is about self-empowerment. Knowing what works for you is paramount so feel free to be creative. Adapt these exercises or develop your own.

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