

All About Grounding



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A Little About Grounding. Why Ground?

With so much happening in our environment today, grounding and clearing our energy is essential to maintaining inner peace and a balanced state of mind. Visualization is helpful for a quick fix and is accessible whether indoors or outdoors. The stillness has a calming effect and really puts you back into your

center. Grounding puts you back in your energy field where you can experience life more personally instead of being wrapped up in the happenings of others so easily. Your vessel is your home and it's where all the magic happens!



Ways to Ground

There are many ways to ground aside from meditative techniques. Walking barefoot in the grass is a great solution! The earth's surface is covered with electrons. When your body contacts the earth, there is a neutralizing of the positively charged free radicals known to be the trademark of chronic inflammation. You can even try this exercise outdoors for a greater grounding experience! A few of the many benefits of grounding include:

- Reduced inflammation
- Decrease in stress response
- Normalizes cortisol levels
- Improved sleep
- Reduction in blood viscosity
- Improves wound healing



Breathing!

One of the greatest gifts is our **breath**. Conscious breathing has been taught in many ancient cultures for thousands of years and we are just re-discovering this forgotten wisdom. In busy modern cultures, we often find ourselves in a rush. We get caught up with our day-to-day tasks **FORGETTING** to breathe which can attribute to raised stress levels and heightened emotions affecting those around you.

Conscious breathing

connects/points you back to your body and the NOW moment. When we breathe mindfully, we pull our awareness from the external environment to our internal environment. Conscious breathing essentially provides the body with instructions that say ***“Come back home. Re-establish calm and ease as I am designed to be.”***



Diaphragmatic Breathing

In the east it is known as the '**Buddha breath**' in reference to his big belly! in tandem with conscious breathing, diaphragmatic breathing has amazing calming effects as it stimulates the Vagus Nerve. The **Vagus Nerve** originates in the brain stem and extends all the way to the abdomen. It is a key component of the autonomic nervous system (sympathetic and parasympathetic nervous system – *fight or flight*) and regulates homeostasis. In observing how babies breathe, they fill their stomachs first and then raise the chest. Follow below steps.

1. Sit comfortably in an upright position.
2. Intentionally breathe into your stomach by **pushing** the abdomen **outwards** upon **inhale**.
3. Follow the breath **upwards** into the **chest** filling the **lungs** and **throat**.
4. Exhale fully by deflating the chest and **pushing** the air out of the **abdomen**.
 - a. Upon a full exhale, ensure your bellybutton comes closest to your spine (pulling the abdomen inwards) to end.
5. Repeat.



Spice things up!

It may not be a bad idea to break out the spice rack (if you have one). I enjoy the calming scents of Nutmeg and Clove to name a few. I also use **Palo Santo** to fill the air making burn in a well-ventilated area. This is a great way to really engage your senses and allow the smells of earth to help bring you back home!

Other notable spices that really do the trick include:

- Basil
- Cardamom
- Ginger
- Peppermint
- Turmeric

Now that we have explored the positive effects of grounding, I would like to share my favorite technique with you now but before we begin

We will be visualizing moving earth energy (brown flame) through the 7 chakra systems to facilitate in this grounding. It may be helpful to refer to the chakra chart in *figure 1* to get familiar with the 7 chakras we all possess.

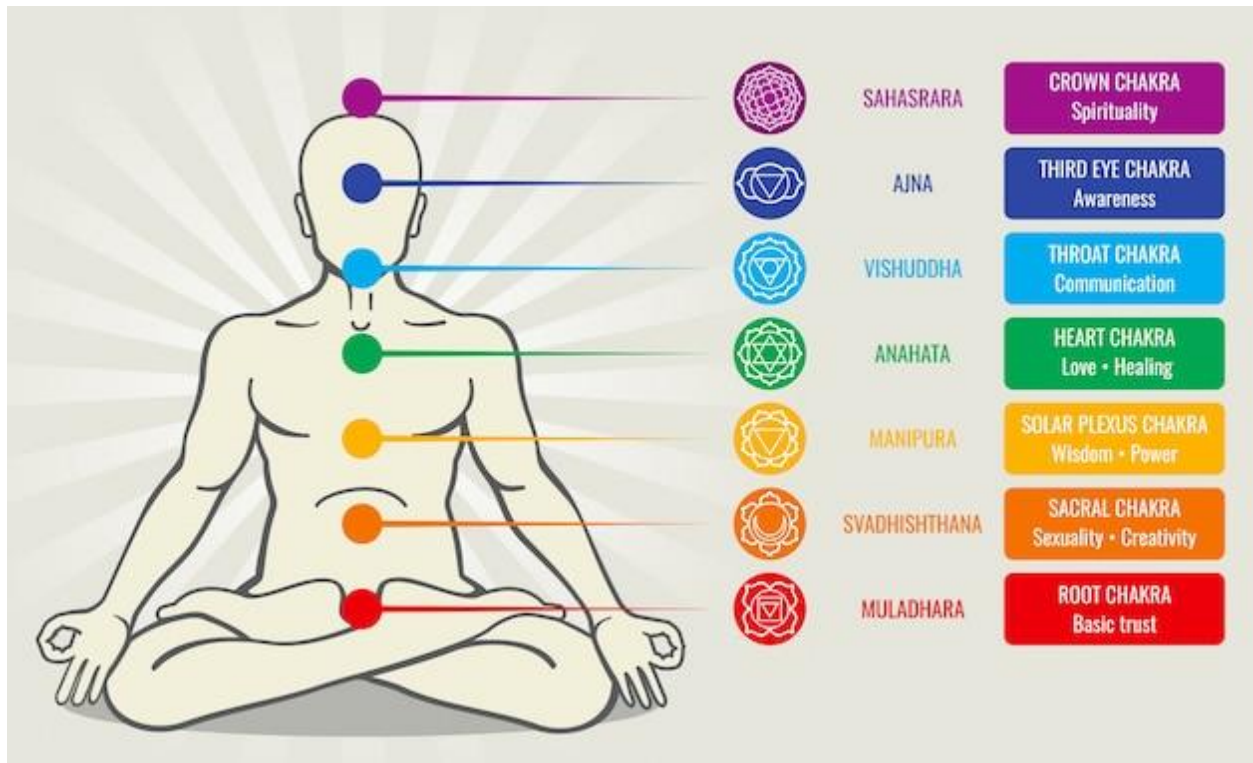


Figure 1.



We will also clear the auric field of energies that do not belong to us. I highly recommend using a Palo Santo or Smudging technique during, as this goes a long way in assisting in the clearing.

Part 1: Clearing Your Energetic & Auric Fields

NOTE: You can use any **mantras** or **affirmations** you wish, these are simply what I use. Over time, you may find parts of this meditation that work for you and parts that may not. Please feel free to ***make it your own*** unique practice that makes sense to **YOU!** I am simply sharing my way. I recommend this technique be used daily for best results.

1. Set an intention by saying aloud,

“I set the intention to clear my auric field from all energies that do not belong to me or are not for my highest good. And so, it is.”

2. While taking your time, close your eyes and breath ***IN*** slowly and ***OUT*** slowly while visualizing the following colors coming into and swirling around your **heart** (*I usually add sparks or shimmers to the energy to aid in the visualization*):

- Gold Energy
- Silver Energy
- Emerald Green Energy
- Pastel Pink Energy
- Ruby Red Energy
- Royal Blue Energy

3. Now visualize the colors coming out of your **heart** and encompassing your auric field. Imagine your field expanding as you exhale! You may sit with this visualization for as long as you like. Notice the energies moving and any sensations in the body at this time.

Part 2: Grounding

1. Set the intention to ground into the Earth by repeating the following mantra,

“I set the intention to connect to and merge with Earth’s **brown flame** grounding energy to balance and come fully back into my body.”

2. With your eyes closed and both feet on the ground, visualize energetic cords growing out from the bottoms of your feet all the way down through the many layers of the Earth finally reaching the core. Imagine wrapping your roots around Earth’s strongest crystal. Visualize the **brown flame** energy traveling all the way up and gathering at the bottom of your feet.
3. Imagine the **brown flame** energy coming from the earth and into both ankles.
 - a. Now up your **shins** and **calves**.
 - b. Into your **kneecaps**.
 - c. Up your **thighs** and into your **hips** where the energy unites in the **root** chakra near the base of the spine.
 - d. Imagine **brown flame** energy moving upwards into and through all of your energy centers.
 1. **Sacral chakra**
 2. into the **solar plexus chakra**
 3. into the **heart chakra**
 4. into the **throat chakra**
 5. into the **third eye chakra**
 6. and finally, into the **crown chakra**
4. From the **crown chakra**, bring the energy up a foot and a half above your head (just over your auric field) and allow it to spiral all the way down around your auric field grounding, sealing, healing, and protecting as you are now firmly grounded into the Earth. Send any unbalanced energies

down to be released recycled and transmuted into higher energies for the greater good.

5. Lastly, give gratitude to Earth for assistance in grounding our energy.

You may now feel a sense of *ease* and *calmness* within. A more relaxed version of yourself is now present. I like to use positive **"I AM"** affirmations to draw in positive energies and set the space. You can use whatever you feel suits you best.

A few I like to use are:

"I am grateful for..."

"I am receiving support and guidance from the universe in every now moment".

"I am calm." – "I am peace." – "I am joy." – "I am consistently bringing abundance into my life from all directions."

-Happy Healings!