



HOW AND WHY TO GROUND OURSELVES

Grounding allows you to be more authentically in your body, and receive nourishing energy from mother earth. When you are grounded, you are in your soul power and you are present in your body. Being grounded helps you have a more clear mind, you can more easily recharge your energy and calm your emotions. The more rooted you are in your body, the less stress and anxiety you experience. Grounding is a similar concept to centering. It is also said to be a good way to protect oneself, especially wounded souls, sensitive people and empaths.

Grounding can be explained also in one word: presence. Being grounded means being present physically, mentally, and spiritually.

COMMON SIGNS YOU ARE NOT GROUNDED

- Get distracted easily
- Space out
- Over-think
- Engage in personal drama
- Experience anxiety and perpetual worrying
- Possessed by desire for material things
- Easily deceived by yourself or others
- Obsessed with your personal image
- Inflammation
- Poor sleep
- Excessive daydreaming
- Getting distracted from bigger plans or goals
- Chronic pain



- Fatigue
- Poor circulation
- Can't follow conversations

SOME COMMON BENEFITS OF BEING GROUNDED

- More centered
- Being more present
- Having clarity
- Having better boundaries
- Being more solid
- Being strong
- More Balanced
- Less tense
- Less stressed
- Improved mood
- Manifesting more easily
- More protected
- More overall Wellbeing
- More self confident

and more..



EXERCISES TO GROUND YOURSELF

1. When you feel ungrounded, place one **hand over the crown chakra** over your head. Close your eyes to avoid distractions, if you feel like it. Do so for 30 seconds to 1 minute
2. **Earthing:** Take your shoes off and walk barefoot in nature. Whether this means driving to a nearby park or just going out to your backyard, it is important for you to feel the earth. Feel the soil, sand, the grass, the plants between your toes; the wind on your skin.

(Many people who do this regularly report a significant increase in their wellbeing. There is a growing body of evidence that suggests that people who are earthing feel calmer, get sick less often, and even get better sleep than they used to).

3. **Take deep breaths:** Be intentional and mindful of your breathing in the moment.
4. **Place your hands in water:** Be mindful of the gradual changes in temperature. According to advocates for grounding, water may be used to ground in the same way as the physical earth.
5. **Go on a mindful walk:** Walk for 15 minutes or so and connect with your whole body every step you take.
6. **Work out, dance, exercise.** Use your body in a way that you usually don't use it. Do something new. Remember Einstein's definition of insanity: *doing the same thing over and over again and expecting different results*. Moving comes naturally to us as children, but for many adults, exercise becomes a thing of the past. We lose touch with our body, and we spend most of our time in our heads.



7. Use a **grounding meditation**, for example “[grounding yourself](#)”

Find a way to ground yourself everyday for optimal effect.

CREATING AN EARTH CANAL

Imagine you create an earth canal going from the bottom of your spine and down to mother earth.

When you want to let go of something, let's say it is a negative belief, sorrow or something that is just showing up again and again, you can visualize that you are letting go of this excessive energy through the earth canal that you have created and that the energy is going down into the crystal heart of mother earth. Mother earth will then transmute this energy, into something new. Imagine now a golden light filling the area where the previous energy that you just let go of used to reside.

*“Get yourself grounded and you can navigate
even the stormiest roads in peace.”*

— Steve Goodier