

Many of us weren't properly grounded into the Earth when we were born. As a result, we've lived in a life-long state of disconnection from the Earth's comforting presence and wisdom.

If you feel this is true for you, you can ground yourself now (or at any time you feel anxious, afraid, overwhelmed, unseen, or like you don't belong). Begin by placing your hand upon your heart and taking three deep, slow breaths. Imagine a cord of light extending up from your heart through the top of your head into the sky and the heavenly realms from where you've come. Imagine another cord of light extending down from your heart, through the base of your spine and into the center of the Earth. Picture or feel roots growing down from your feet into the soil. Allow the roots to go where they will, wrapping around rocks or travelling along underground riverbeds. Feel the energy of the Earth pulsing up through those roots.

Commit yourself now to living in harmony with the Earth. In doing so, you gain complete access to the Earth's wisdom and stabilizing energy. You are always connected. Vow to honor her wisdom. Say to yourself,

"I am safe. I belong. This is my home."