



GROUNDING

Being grounded means being fully present. When we're grounded, we are fully present in our physical body (not our heads). We feel safe, and can easily connect with Mother Earth and her rhythms. In order to ground, we need to have an open root chakra.

Following are some techniques for grounding. I suggest you try each one for yourself, and see which one works for you. You may find that a combination of different techniques works for you, or you may use these as starting points for developing your own grounding technique. Remember, your energy system is your own, and no one knows it better than you.

Slow Descent Technique

I suggest this technique if you feel like you are highly ungrounded. In a highly ungrounded state, your energy is primarily in your head. This may feel like an inability to concentrate, a feeling of fear not related to what's happening in the current moment, a feeling of being overwhelmed, like you're over-thinking or like you can't stop your brain from racing. Being in a highly ungrounded state can cause headaches, eye strain and a feeling of anxiety, among other things.

To ground out of this state, begin by taking a few deep breaths, bringing your attention to your physical body. Bend your knees slightly. Feel where your feet are contacting the floor.

If your energy is primarily in your head, take another breath and place your attention at the top of your head. Simply pay attention to your crown (where the soft spot is on an infant) as you breathe slowly. How does it feel? Don't search for an answer to this question. Just feel. Keep breathing. You may get a sense of motion, of color, of tension or even emptiness. There is no right feeling. You may feel nothing at all. Just take note, trying to be as physically present as possible with this part of your body.

After spending a few moments at your crown, take another deep breath and bring your attention downward, into your skull, your brain, your eyes and ears. Again, simply feel into this part of yourself. Does it feel open? Is it quiet or active? Can you see the inside of your eyelids? Can you feel the inside of your skull?

After a few breaths, continue this process of slowly bringing your attention lower and lower....from your head to your shoulders. Stop at each point and breath and feel. Move downward, while breathing, into your chest, arms and hands. Don't rush. Feel each part individually. If it seems difficult to feel a particular area, you can slowly move that area, paying

attention to the sensation of movement (for example, roll your shoulders or clench your fingers and then release them).

Keep your attention slowly descending....into your abdomen, your waist and hips, upper legs, knees, lower legs, ankles and eventually feet. Be sure to sit for a few breaths with each part of your body. If you feel tension anywhere, breathe into it. Just bringing your attention to areas of tension allows the higher aspects of yourself to enter and do the soul work involved.

In this process, you may notice a point that seems impossible to get past (for many the hips or knees are challenging). It's OK – just take note of where the block is, breathing into it and allowing it to be as it is. The next time you practice, you may notice you get a little further, or the spot feels more expanded and open. Take as much time with this process as you need. There is no rush.

If fear arises, use the affirmation “I am safe. It is safe for me to be here now. It is safe for me to live my life and to be fully present on this planet now.”

When you reach the feet, take another deep breath and see if you can feel your whole body at once. Take note of what's changed since you started this process. Do you feel calmer? Warmer? Less scattered or fearful? Again, just take note. There is no correct feeling. Just be present with yourself, wherever you are, in this particular moment.

Gravity Technique

A simple technique that works for many people, especially if they are not highly ungrounded, is using the power of gravity. Begin by taking a few deep breaths. Close your eyes and feel the gravitational pull of the earth upon your body. Imagine that this force is surrounding and holding you, keeping you firmly on the ground where you are safe.

If you like, you can imagine opening the top of your head so that energy can flow in from the heavens. With one big out-breath, allow gravity to pull this beautiful, golden-white energy all the way through your body, from the top of your head to your feet. There is no forcing with this – just a surrendering to the pull and power of the Earth. This technique works well if you need to quickly get back to a centered, grounded state. You can do it almost anytime, anywhere.

Root Visualization

If you are a visual person, you can visualize yourself as a seed or as a tree, with roots spreading down from the bottom of your feet or from the root chakra at the base of your spine into the Earth. Let your roots go down as deeply as feels comfortable. This may be just a little at first or you might imagine going way down and wrapping your roots around a large rock that will keep you steady. With practice, your roots may go all the way down to the center of the Earth.

Cord Connecting

Imagine a cord of white light connecting from your root chakra at the base of your spine straight down into the magnetic iron core of the Earth. Use the affirmation "I ground myself into Mother Earth (or into the heart of Earth) now."

This can also be done from the heart level by allowing yourself to feel love for the Earth. Appreciate all that the Earth does for us. By simply allowing yourself to feel love for a person or thing, you connect energetically with that person or thing. You can use the cord visualization described above, this time allowing the cord to drop from your heart down your spine and into the Earth. Allow the love you feel for the Earth to flow down that cord. Feel how slowly the Earth moves. See if you can match your speed to hers. Feel her slow, steady, unconditional love radiating back to you.

Root Chakra Technique

If grounding feels like a challenge, it's likely that your root chakra is not open. The root chakra vibrates with the color red, and you can begin to connect with it just by imagining the color red or looking at something that is red and imagine breathing that color in. Imagine you are breathing right into your root chakra. When you breathe out, you may feel that a different color is coming out or you may feel nothing at all. Keep breathing in and breathing out. Just bringing your attention to your root chakra with the positive intention of grounding sets a process in motion, allowing your higher aspects and your guides to assist you.



Whatever technique you use, always try to stay as physically present as possible. Be aware of your breath and your physical body, particularly where you are contacting the ground. This will keep you "out of your head" and grounded in your physical body.

With any of these techniques, be aware of what feelings or thoughts arise for you. If you feel any fear or anxiety when trying to ground, stay with it. These are the emotions that are blocking the opening of your energy body, and you can clear them by simply staying present in them. When we run away from our negative emotions or experiences (through denial, by abandoning ourselves in the process, or by running from the emotion itself), the energy of that emotion gets "stuck." When we commit to staying with our experience, to allowing it to pass through us, we free ourselves from limiting beliefs and begin to heal forgotten, wounded aspects of ourselves.

Try as many of these techniques as you like until you find the combination that works for you. Remember that grounding takes practice. Most people have learned how to function in an ungrounded state. Rushing forward and living in your head are highly supported in most modern societies, so slowing down and becoming centered takes effort and clear intention. If you spend a few minutes practicing each day, you will begin to sense what a grounded state

feels like. In time, you may start to spontaneously notice when you're not grounded. You can then use whichever technique works for you to help you return to a centered, balanced state. This heals you, the Earth and anyone you happen to come in contact with.



Healing is a process of the soul.

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