

Ground



Commentary on Grounding

Grounding is such an important skill.

It is how we can stabilize our physical body, our reactive emotional states and mental confusion. We can check these uncomfortable symptoms.

An example of this: when I moved back from Canada to the United Kingdom, I could not find a place to live for six months; in effect it took me six months to finally land.

I could not get fully to my new destination because my linear mind was fearful of the future.

I had just completed a high-paying, long-term contract and intuited that I had to come back to the United Kingdom. I was following a higher imperative. But when I got to the United Kingdom and could not find a place to live, this seemed to confirm my fear and I questioned the higher guidance instead of trusting the intuition that had proved itself time and time again.

This in turn caused me to not be able to ground (literally live) in my new reality for some time. My thoughts had created a cycle of events that perpetuated the fear vibration of my linear mind (negative feedback loop), and this was reflected back in the physical reality. Immediately I moved through the fear by surrendering the need to know the outcome, I landed; *the very same evening*, the most beautiful and unexpected solution to my living arrangements occurred.

This practice is a key skill to help you navigate fearful thoughts and emotional reactions by connecting with the safety and support of the earth. In this practice you are grounding your energy into the earth to stabilize the bioenergy field. You are literally transferring excess electrons to the earth to stabilize your highly charged system. Practice as often as possible and use this technique whenever you feel highly charged emotions or mental confusion.

Ground Practice

- ❖ Stand tall, with a slight bend at the knees and feet just outside the hips, toes pointing slightly outward. Relax the upper body. Arms hang loose by your sides. Inhale and exhale deeply several times. Bring your conscious awareness to the feet and feel them firmly placed on the floor. Feel all four corners of the feet placed squarely on the ground. Feel each toe touching the floor. Stamp the feet, bend the knees, crouch, do whatever feels good to bring the energy down. Return to standing with knees slightly bent.
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- ❖ Bring your awareness to the tan-tien. This is located four finger widths below the navel. When you have found this location externally, bring the four fingers of your right hand to the thumb and place all fingers on the tan-tien.
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- ❖ Visualize a sphere of golden white light in the center of the body internally at the tan-tien; breathe deeply into this place. As you inhale see this light expanding and, on the exhale, send a line of energy from this sphere of light down into the crystalline core of the earth. Make this connection very strong.
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- ❖ Feel your feet firmly on the ground. Imagine lines of energy coming down the legs and right through the feet into the earth like roots. Continue breathing deeply.
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- ❖ Feel and see the energy in the lower body connecting with the earth below you. Feel the heaviness in your legs as you connect to the gravitational pull of the earth and her energy field

I am safe and supported by the earth at all times.