

Grounding Ourselves

We often hear people telling us to ground ourselves, but we may not be sure what that means and how we might do it. Grounding ourselves is a way of bringing ourselves literally back to earth with all of our energy in the present moment. Some of us are more prone than others to leaving our bodies and not being firmly rooted in our bodies. Worry, (fear of the future), not letting go of the past and daydreaming are all ways in which we project our energy outside of ourselves. There is of course nothing terribly wrong with this, but while we are living on Earth it does make sense to stay grounded in the body. Being grounded helps with all sorts of things, especially for physical and mental health, as well as helping us to fulfil basic (and complicated) tasks more easily.

Reiki people, other sorts of healers and anybody who does energy work (even those who don't realise they are doing it) need to ground their energies on a regular basis. And everybody can feel the benefits of grounding by taking a few moments or minutes each day to be grounded.

There are many simple ways to ground ourselves

- Concentrate on the breath
- Pay attention to the body
- Walking in a mindful way
- Being in nature
- Eating healthy food

Anything that brings use back into our body is basically grounding but it's also smart to practice grounding exercises. First of all practice them with care and attention for a few minutes, but after a while you will be able to instantly ground, taking just a few moments or seconds.

Here are a few suggested exercises:

Exercise 1

- One of the easiest ways to ground ourselves is to bring our attention to our breath as it enters and leaves our bodies. After about 10 breaths, we will probably find that we feel much more connected to our physical selves. We might then bring our awareness to the sensations in our bodies, moving from our head down to our feet, exploring and inquiring. Just a few minutes of this can bring us home to bodies and to the earth, and this is what it means to ground ourselves.

Then imagine that we have roots growing out of the bottoms of our feet, connecting us to the earth. The roots flow with us so we can always move, but at the same time they keep us grounded. Imagine these roots connecting right down into the magnetic core of the Earth (or however you see the centre of the planet). Then feeling anchored to the centre of the planet, feel or see that energy

coming up into the base of the spine and then up into the heart area. If you want you can feel the grounding energy all the way up to the top of your head.

We receive powerful energy from the Earth just as we do from the forms of energy we associate with the Universe, and our body is a tool that brings these two energies together in union. When we are grounded, we essentially become a strong container in which our spirits can safely and productively dwell. This is why grounding ourselves every day, especially at the beginning of the day, is such a beneficial practice. Fortunately, it's as simple as bringing our conscious awareness to our bodies and the Earth on which we walk.

Grounding simply reconnects your body energy with the energy of the Earth. This is a good practice for non-healers as well, since it allows you to refresh your energy and feel the benefits in your health and everyday activities.

Exercise 2

- First of all ensure that you are sitting in a comfortable, relaxed position with your eyes closed and your feet flat on the floor.
- Focus on your breathing. Breathe in with your nose and breathe out through your mouth.
- Focus your attention on the bottom of your spine.
- Imagine that you are sending an anchor from your spine deep into the Earth on a very long rope or chain.
- Allowing it to drop deeper, you may feel as you are being pulled downwards or that your spine is being extended
- Now focus on your feet and imagine dropping an anchor from each foot on a very long rope or chain.
- Again allow them to drop deeper and deeper and you may feel as though your legs are pulling downwards.
- Your legs may feel heavy and your feet may feel as if they are stuck to the floor.
- You are now grounded: your body is heavy and relaxed.
- Imagine the energy of the Earth flowing up into your root chakra and feel that connection to the Earth permanent and stable.

There are many other grounding exercises. You might want to visualise your self as a tree, with roots going down deep into the Earth below you, with your legs and body as the trunk and your arms and head as the branches. Or a carrot, firmly grounded into the Earth with only your leaves showing above or anywhere else that your imagination may take you.