

The Importance of Grounding

Grounding describes when our energy and awareness of self is fully in our body. Without it we can find ourselves anxious, unable to concentrate or easily affected by other people's energy.

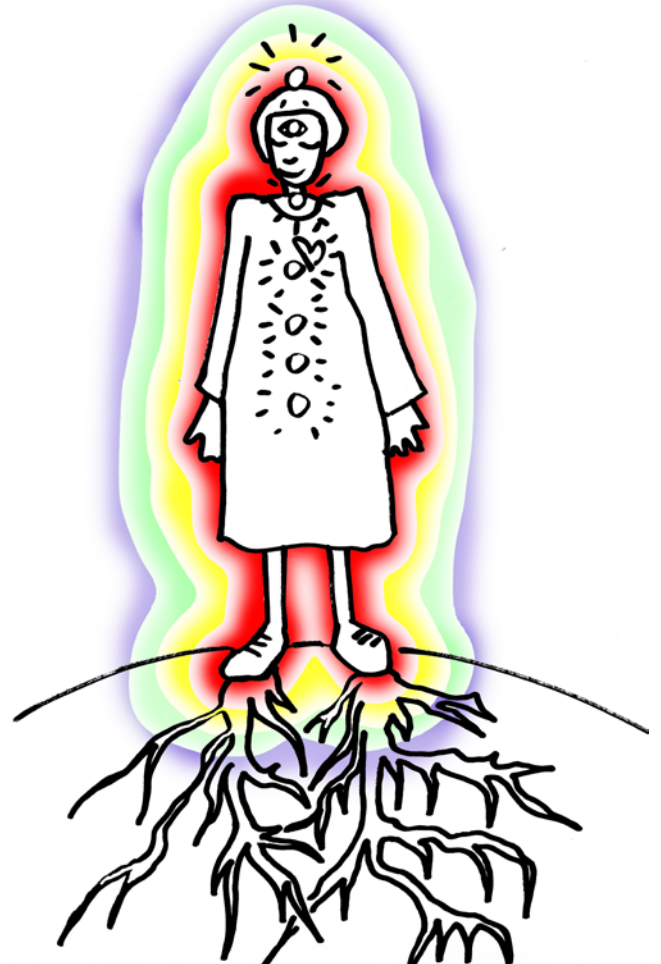
by Amber Garnet www.ambergarnet.co.uk

When a person is ungrounded, even though their physical body is connected to the earth, the rest of the energy may be up and out of the body. This can be caused by rushing around, having to think fast for long periods, stress, excitement and not feeling safe.

Throughout my life I found that it was easy for me to go 'up into my head' and disassociate from my body when faced with stressful situations or feelings. This is an effective temporary defence, but one that left me feeling depleted, lacking concentration, spaced-out and very affected by any situation I was dealing with. I also found that while meditating or doing intense exercise I would afterwards feel as though I was floating away. I often felt too affected by energy of people and picked up other people's emotions.

Since I have worked on increasing my grounding in daily life, my effectiveness as a healing channel has increased and I have reduced anxiety and more confidence. I now reap the benefits of feeling properly grounded to the earth.

Grounding is described as '*attraction of bodies towards the earth*' (Webster's Dictionary) and this sheet is a basic introduction.



Grounding roots into the earth...

The above diagram is a simplified illustration of the human energy field (aura) and the chakras (which pull in universal energy for processing through the physical body).

It shows a person visualising roots going down into the earth, like a tree. This is a useful exercise which can be done anywhere (e.g. supermarket, on the tube, at your desk etc).

Anchoring the root chakra...

The root chakra (shown in red, right) develops between 0-12 months but its development can be affected by the environment a baby is born into, birth trauma, the psychological state of the parents or a baby's unmet needs. A properly developed root chakra means a person feels safe and secure in the world. If poorly developed it can lead to a person compensating for their feelings of lack of safety by overdeveloping upper chakras, and then experiencing corresponding symptoms such as workaholism, driving ambition or dependency.

You can help to increase a sense of peace, safety and confidence by doing the following exercise:

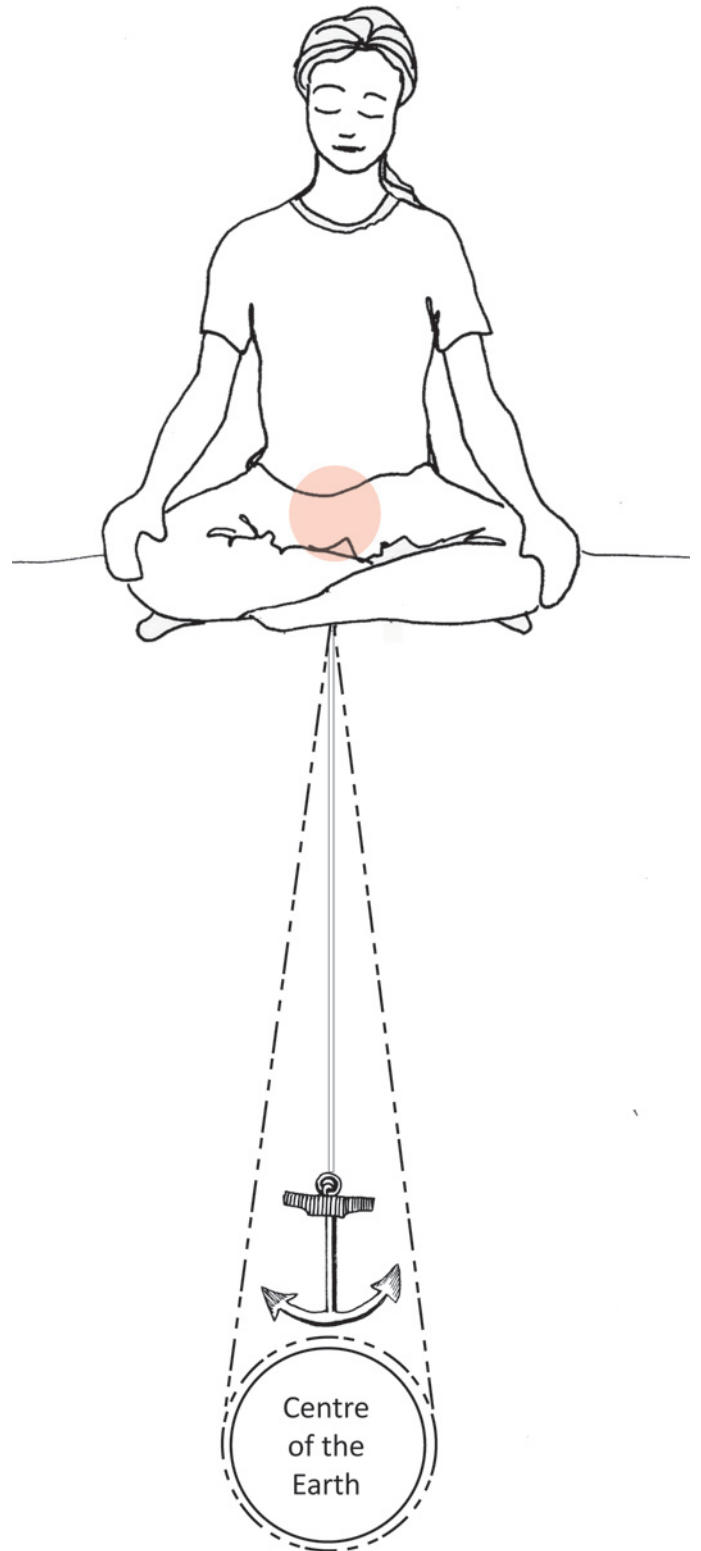
Grounding visualisation:

Step 1: Close your eyes and visualise the colour red coming up from the centre of the earth and in to your body from the root chakra (also red).

Step 2: Visualise your energy merging with the earth energy and create a triangular wedge below your body which holds you to the centre of the earth.

Step 3: Then secure the root chakra to centre of the earth by visualising an anchor and set the intent to remain grounded.

Pay attention to how you feel after 5 minutes and do this exercise anytime you can.



The End..