

GROUNDING

EASY EXERCISES TO GET YOU BACK ON THE PLANET!



THE ART OF GROUNDING



GROUNDING - WHAT IS IT?



We live in an increasingly busy and stressful world. We work on computers all day. We're often under pressure and have conflicting demands to meet. And, we socialise on our phones and tablets in the spaces in between. At the end of the day we're exhausted and out of sorts with ourselves and the world. It's hard to wind down and get to sleep. And, we do it all again the next day.

All this activity drives our energy upwards into our heads and shoulders, leaving us 'spacey' and disconnected from the present moment. We may have headaches, aching joints and stiff necks.

If you also have mental or emotional stresses from anxiety, depression and OCD for example, this increases the instability of your energetic systems.



Think for a moment about electricity and electrical appliances. They have a grounding wire so that excess energy can discharge safely. This is what it means to ground.

Learning to be truly grounded in who we are, in our bodies and our lives, will sometimes need professional help. Whether that is with a medical specialist or an alternative healing practitioner is down to you.

But, here I offer 10 methods that can be used every day, or in an emergency situation, when you simply need to quickly reconnect with yourself and the Earth.

WHAT DOES IT MEAN TO BE GROUNDED?



You're anchored in the present moment and connected with your body

Your life is stable – no drama!

When a crisis happens, you handle it calmly and can help others to cope

Practical matters are easy to organise and deal with

You make good decisions and do this easily

You are reliable - for yourself and others

You are confident and secure



SIGNS YOU ARE NOT GROUNDED



Feeling spaced out, 'floaty', and not connected to your body

Disorganised and unfocused

Overwhelmed by the practicalities of life – everything is just too much

Experiencing frequent mood swings

Feeling disconnected from the present moment - lost in daydreams and fantasies.

Accidents are happening around you. Light bulbs and electrical appliances are blowing fuses and stop working. Maybe you are even getting injured.

Feeling on edge



HOW TO COME BACK TO YOURSELF



There are many different methods available which will help you come back to earth.

Whatever situation you find yourself in - a family argument, a crazy day at work or after a challenging counselling session - there is always a technique you can use to quickly restore some balance.

To stay grounded, do these exercises often. Do them with attention and mindfulness. Eventually, you will be able to ground quickly and without too much thought or effort.

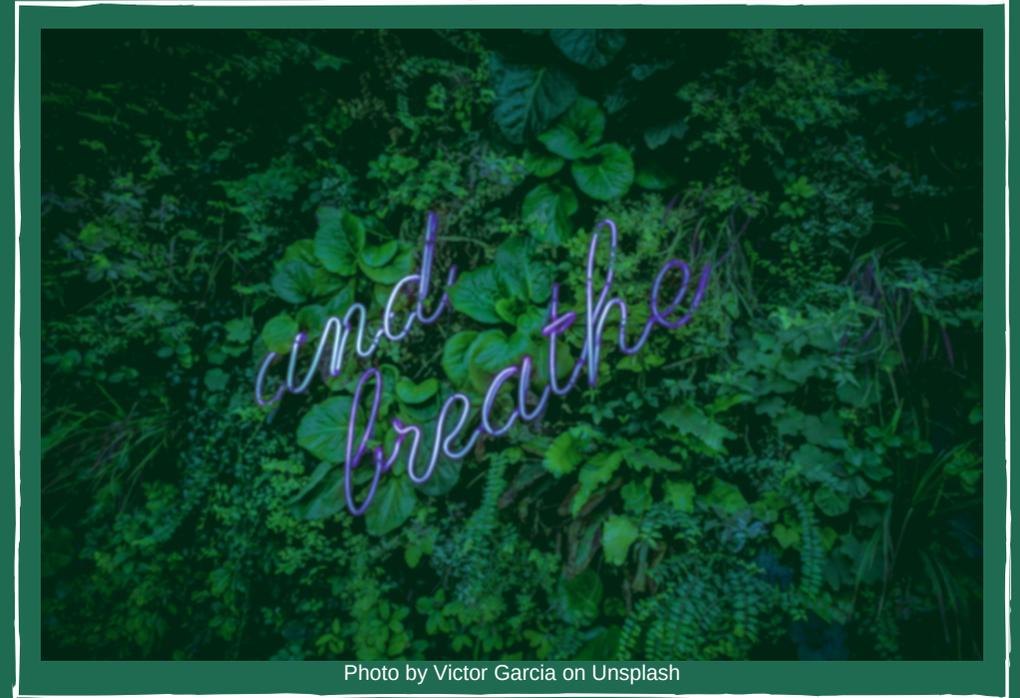


Photo by Victor Garcia on Unsplash



TOP TEN TECHNIQUES



1. Breathe

Connecting to the breath is the simplest way of restoring calm and getting back in touch with your body.

A few slow deep breaths can help, but try breathing out sharply from the diaphragm and exhaling fully. Repeat four times slowly.



Photo by Louis Reed on Unsplash

2. Get back on the planet

Go outside and walk barefoot. If you don't have a garden or back yard get out to your local park or beach. Turn your phone off.

Place all your attention on the sensations in your feet – where your skin meets the ground. Walk slowly and keep your mind on your feet. Feel the connection with the earth. If you're in the city and can't walk barefoot, just go for a walk in your shoes! Nature is still all around you; walk slowly and look. Remember the earth is still below the roads and pavements. Connect.





3. Connect to your hands

Even if it is just washing up the dishes, connecting with your hands helps bring you back to your body.

If you can do something creative even better – crafts, painting and DIY are all good activities.

4. Get physical

Any physical activity or sport will help you to ground but yoga, martial arts (particularly Tai Chi and Qi Gong) and dancing are especially good. Horse riding is great too.

5. Green fingers

Working directly with the earth is an obvious and great way to ground yourself. Get gardening and if you don't have a garden take some focused time to care for your houseplants and window boxes.

6. Get the rubber gloves on

Get out the mop and the vac and clean your home. Dust, tidy, organise those piles of possessions that are threatening to take over. Put away your clothes and do the ironing. Clean the oven. Pay the bills. If you're not grounded after all that I'd be surprised.





7. Stamp those feet

If you are at work you may need to get some privacy in the restroom for this one! Stand straight and place your hands on top of your head. Then stamp your feet on the ground for a couple of minutes. Jumping up and down also works. Feel your heels slapping hard against the floor. Feel your energy sinking downwards.



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8. Lie Down

Turn your phone off.

Lie on the floor on your back with your arms by your sides. Begin to breathe deeply and let go of tension. Relax.

Become aware of the places where your body meets the floor beneath you.

Allow the floor to support you – it always does.

Become heavy, and with each breath allow yourself to become heavier.

Stay this way for at least ten minutes.



9. Be like a tree

If you can visualise easily (if you're able to daydream you can do this) one of the fastest ways to ground is to see your roots and connect to them.

Stand or sit straight and imagine there are roots, like those of a tree, coming down from the bottom of your tailbone and the soles of your feet. See them going down into the earth. Notice their texture, their colour. Watch them sinking deeper and deeper, spreading out and anchoring you to the planet.

The first time you do this your roots may not go very deep. Don't worry – just imagine they are growing downwards and, with practice, they will. Make a connection through your roots to Earth and feel that support.

If you know yoga, try the Mountain Pose (Tadasana) and do the visualisation.



10. Time for tea and biscuits

After a deep meditation, or if you've been doing a lot of spiritual work of any kind, the simplest way to reconnect to the present and be anchored in your body is to have a hot drink and a snack. Take your time with it and enjoy!



FINAL WORDS



Whether you are a spiritual seeker or simply dealing with the pressures of daily life, grounding is an art that we all need to master.

I hope this information will be of use to you on your journey. Travel well.

If you would like to explore spritual coaching or want energic healing for yourself or an animal please contact me at the address below.

