

## **Grounding and Running your Energy**

Grounding is one of the most important things we can do in our spiritual practice. Many people today are only interested in experiencing the spiritual planes and totally ignore the physical. We are in the physical plane as long as we are on Earth, whether we like that fact or not. We have to experience the physical plane in order to be able to fully experience the spiritual. We need to be grounded especially when driving. Grounding your energy is important to do before any healing, clearing or cord cutting ceremony.

If we are not grounded, we will be flighty and spacey. We will not feel safe. Our aura will be weak and unbalanced. When our aura is weak, we have the potential for lower vibrational energies and beings to attach to us. Do this exercise standing up or sitting, do not lie down. No matter if you are on the 5<sup>th</sup> floor of a building or an airplane, you may do this exercise. Both feet must be firmly planted on the ground or floor.

### **STEPS**

Imagine an extension cord that is 12 – 18 inches in diameter that is gold in color. Because this cord has a thick protective barrier around it, it is not able to absorb unwanted and or negative surface energies. Imagine this cord going deep into the Earth, all the way to the pure energies at the core of the Earth. Imagine this cord plugging into a socket at the center of the Earth.

Now, imagine energy from the Earth entering your Root Chakra which is located at the base of your spine, your Sacral Chakra which is 2 inches below navel button, your Solar Plexus Chakra which is 3 inches below your sternum, your Heart Chakra at the center of your chest, your Throat Chakra in your throat, your Third Eye Chakra which is on your forehead between your eyes, your Crown Chakra at the top of your head, and through all your upper Chakras, all the way to our Divine Creator.

Imagine energy from the Creator coming down through your all of your chakras. Your Crown Chakra, your Third Eye Chakra, your Throat Chakra, your Heart Chakra, your Solar Plexus Chakra, your Sacral Chakra, your Root Chakra and down to the center of the Earth. Repeat this exercise as many times as you feel you need to as you “run” your energy from Earth, to our Divine Creator and back down to Earth.

It is very important to have energy flowing from both the Earth and our Creator. This allows us to access our psychic senses while being fully grounded. When we are grounded we are in a much better position to handle our outside circumstances.

