

## Grounding Technique

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.

With both feet planted on the floor, take a deep breath and pull the energy from the core of the earth into both of your feet all the way into your Heart Chakra which is in the center of your chest. Hold for a few seconds, then breathe out from your Heart Chakra imagining gold light coming from your heart center straight out in front of you, creating a 360 degree circle around you. Do that two more times.

Now open your Crown Chakra which is located at the top of your head. Breathe in white/golden light from our Divine Creator through your Crown and into your Heart Chakra. Hold for a few seconds, then breathe out from your Heart Chakra imagining the white light coming from your heart center straight out in front of you, then encircling you 360 degrees. Do that 2 more times.

Lastly, you will do this exercise simultaneously. Meaning you will breathe in the energy from the core of the earth in through your feet and white light from our Divine creator through your Crown Chakra and bring both energies into your Heart Chakra. Hold for a few seconds then breathe out from your Heart Center the white light in front of you, then encircling you 360 degrees. Repeat one more time or as many times as you feel necessary.

Wonderful! Now you are connected to Pacha Mama (Mother Earth) and to our Divine Creator.

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