

Grounding



by Becky Walsh

Grounding seems to be a bit of a buzz word among psychic and spiritual circles with people telling us that we are 'not grounded'. For those of us that quite like having our head in the clouds in a world of our imagination, being 'grounded' sounds like a bird that can't take flight. So what's so good about it?

Grounding is that feeling of connectedness to the earth, our bodies and to the present moment. We are our consciousness, and we are wherever our thoughts are, or to rephrase that, we are where our attention is. A lot of the time, our thoughts are not "grounded" in the present. We go off on long flights of fancy. Our attention travels to the past, to the future, to different places and people. We find ourselves daydreaming and saying things like "sorry, I was miles away then." You literally were. My school report always made comment about looking out of the window and not paying attention. If we spend a lot of the day doing this then we can become disconnected from our bodies. We don't listen to the signals our body is sending us. Sometimes it is necessary to bring your attention back to where your physical body is.

Activities that naturally do this are said to be grounding: Dancing, cooking, cleaning, gardening, eating, making love, massage, bathing and grooming, walking in nature and playing with a pet are all activities that naturally ground us. We ground ourselves all the time, usually several times a day. If you have ever surrendered to that wonderful un-knotting of your muscles in a hot bath at the end of a long day, or enjoyed a great meal with friends then you have grounded yourself.

From an energy point of view, grounding can be likened to the earth

wire in an electric circuit. Through this earth wire, any potentially destructive or negative energy, or any surges of energy can be dealt with, harmlessly directing the negativity away from you and back into the earth's energy field where it can be transmuted into usable positive energy again. It has the positive effect of re-balancing us, putting us back into our bodies, and into the present. Grounding is important for any psychic work, when we open ourselves up to high vibration energy that is required to tune in, it can make us feel a little sick and dizzy if we are reaching out up and beyond our own body.

If, for some reason, we forget to ground, or have a personality which likes to live in our minds instead of our bodies, then we may experience a lack of clarity and focus, increased stress levels and decreased ability to cope with that stress. This in turn may lead us to worry more, and live more in fear, becoming more controlling as a reaction. If this sounds like you, you might want to do this exercise to bring you back to planet you.

Becky gives audio correspondence courses in *Psychic development*. Visit Becky for appointments at *Buddha on a Bicycle 27 Endell Street Covent Garden London*. See www.lightofspirit.co.uk Also see www.helpinhand.info for spiritual empowerment pod casts.



Exercise - Grounding

Sit with your back straight on a suitable chair with your feet flat on the floor. Rest your hands lightly on your lap, thighs or knees with your palms up if that's comfortable. If you prefer to stand for this exercise, stand with your feet a little more than shoulder width apart and parallel to one another. Soften the knees so they are over your toes and slightly push your heels apart until you feel an openness in your hip joints. Where is your centre of gravity? It should be around the centre of your pelvic girdle, about 4 fingers-widths down from your navel.

Close your eyes, if you wish, although it is not essential for this exercise.

Turn your attention to your breath. Allow your breathing to slow down, as you breathe, slowly and deeply feeling the air fill you...

Become aware of your base chakra, that powerful wheel of red energy that is always open at the base of your spine.

We are now going to create your grounding cord. Imagine a cord or beam of energy flowing straight out of your root chakra. Some people prefer this cord to go directly down through the chair/floor. Others prefer to take the energy down through the soles of the feet. Whichever feels most comfortable to you is fine. Visualise this cord travelling down through the floor, through the foundations of the building, through the soil and rock and clay, down into the earth reaching all the way to the centre of the planet. Some people like to visualise an anchor at the end of their cord, or see their grounding cord like the roots of a mighty tree, with the body as the trunk. What matters is you know the cord is in place and isn't going anywhere. Try not to "follow" your cord into the earth's core with your awareness. Remain in your body if you can, with a simultaneous awareness of where your cord is.

Remember, this is your energy. You are in control of it, and you are responsible for it. To prove this to yourself, thank your grounding cord, then get rid of it and make another. Your cord can be any colour you choose, but red works particularly well, as it matches the root chakra.

Feel any negativity that may be in your aura or your body flowing away down your cord. As you continue to breathe, we are going to draw some positive earth energies up through your grounding cord.

With each slow intake of breath, draw up energy from the earth up your cord. Imagine your body is hollow, like a bellows and as you fill with air, visualise yourself filling with a wonderful energy. With each exhalation, feel any lingering negativity draining away down your cord.

Know that your cord will help protect you and keep you connected to the energies of the earth. Leaving your cord in place, bring your attention back to the room. Open your eyes, if they were closed.

Notice any differences. How does your body feel now? How are your energy levels?

