



Grounding eBook



Joanne Mullins

Vitality Therapy 10 Dark Lane, Harpenden, Hertfordshire. UK AL5 1QA

Introduction

For a large part of my life, I was ungrounded and never realised it. I didn't know what grounding was, why it would be beneficial to me or even how to do it. I was basically ignorant about grounding.

During my 20's and 30's as I read spiritual books and got involved in personal development, the term grounding came up again and again but I still didn't fully understand or how to do it. So I am basically writing this guide on how to ground

What is "being grounded"?

I define being grounded as being connected to mother earth or Gaia. Being grounded is a scale, some people are naturally very grounded and other less so. In my case, in my 20's and 30's I was not very grounded.

Ten grounding exercises

1. The Classic – Standing on Grass

- a. Find a natural environment, like a garden, park, nature trail, a beach or a grassy area
- b. Remove your shoes and socks and find a comfortable place to stand.
- c. Ensure you stand with your feet parallel at least shoulder's width apart. Keep your spine straight and your head directly above your spine. Rest your hands at your side.
- d. Sense the texture of the earth against your feet. Feel the contact with your heels, arches, toes, and spaces in between.
- e. Relax and let your breath become slow and regular.

This is what I would consider one of the most classical grounding exercises. One variation, I have personally found to be helpful is to stand with your spine against a tree. Another variation is to lie on the grass or sand so your spine is against the earth.

2. Mindful walking

- a. Find a natural environment, like a garden, park, nature trail, a beach or a grassy area
- b. Remove your shoes and socks and find a comfortable place to stand.
- c. Sense the texture of the earth against your feet. Feel the contact with your heels, arches, toes, and spaces in between.
- d. Relax and let your breath become slow and regular.
- e. When you are ready, step forward with one foot and slowly move your weight onto it.
- f. Walk slowly, noticing the sensations in your feet. This is about calming your body, not exercise.
- g. Breathe in time with each step. For example, breathe in with your left stride, breath out with the right.

3. Tree Roots

This is what I would describe as another of the classic grounding exercises. Imagine tree roots growing out of both the soles of your feet into other earth, through mother earth and wrapping around the core of the earth.

4. Describe your shoes or feet.

You simply take a few minutes to look at your shoes or feet and describe them.

5. Exercise

Any physical exercise including Tai Chi, Qi Gong and dancing can assist you to ground.

6. Take a cold shower

This one that I haven't personally tried as it has never appealed to me, but I included it as has a number of health benefits and some people may find it beneficial to do something physical that isn't exercise. There is evidence that

cold exposure increases immunity, reduces fat and elevates mood by triggering dopamine (“the happy or feel good hormone”) production. If you are not accustomed to cold showers, at the end of your hot shower, make the water warm/cool for 30 seconds. Over the course of the next three weeks, make the water slightly cooler and stay under it for longer. By the end of the three weeks, your body will get used to the cold temperature.

Note: This is not recommended for anyone with high blood pressure.

7. Gardening

As you would expect, immersing your hands in soil helps you ground especially if you have your feet firmly planted on mother earth too!

8. Crystals

Holding or wearing certain crystals can assist you to ground especially Haematite, Black Obsidian and Black Tourmaline.

9. Jumping or Stamping

Jumping up and down or stamping your feet repetitively.

10. Eating

Eating may assist you to ground, especially red meat, chocolate, root vegetables e.g. carrots, parsnips, beetroot.

I have personally found that sometimes I crave chocolate when I need to ground.

My daily grounding routine

I personally find that I need to ground myself each morning as I frequently wake up feeling ungrounded. The degree to which I feel ungrounded varies and sometimes I surprise myself by being virtually fully grounded when I wake up. Those occasions are quite rare.

When I first started to ground, I started with Tree Roots exercise and I found this helpful. As I became more energetically sensitive, I felt the need to ground my whole body and hence moved to the exercise below.

This routine, is a variation of Sandra Sweetman's Four Tent Pegs grounding exercise.

- a. I fully ground myself to the here and the now.
- b. I then ground myself to the current date e.g. Wednesday 17th February 2021.
- c. I then ground myself to all that is.
- d. I then imagine a beam of energy coming from my crown chakra (just above the crown of your head), down through my chakras (or down through your spine) at your hips the energy beam splits into 4. One beam goes down through your right leg, through the sole of your right foot, into the earth and wraps around the earth's core.
- e. The second beam does down through your left leg, through the sole of your left foot, into the earth and wraps around the earth's core.
- f. The third beam come out of your pelvis at the front and goes down in an arc shape until it hits ground, through the earth and wraps around the earth's core.
- g. The fourth and final beam comes out from the back of your pelvis through your tail bone, goes down in an arc shape until it hits the ground, through the earth and wraps around the earth's core.