

## **Grounding**

### **What does being grounded mean?**

A person is grounded when they are energetically in contact with their body. When this happens they will also be in better contact with the earth, hence the term. A grounded person will somehow look solid and fully present. It's hard to describe but easier to recognise once you've seen it. By contrast, an ungrounded person will appear disconnected from himself and the external world - nervous, anxious, quick-tempered, easily distressed, dreamy, flighty or prone to get things out of proportion.

### **What does it feel like to be grounded?**

The feeling is one of solidness, presence and increased awareness. There's also a relaxed quality, free of compulsion to do anything. There is a willingness to be with what is, without moving to fix it or change it.

Energetically, there is often a lowering of the energetic field from the head and shoulders to a space which encompasses the whole body in a more balanced way. The lowering of energy can mean that a person is more aware of the legs and feet, or that the feet feel less far away, or warmer, or the person feels shorter, or closer to the earth. There can be sensations in the feet or tailbone, like warmth or tingling.

### **Can I stay in a more grounded state?**

An energy healing session will often leave a client in a much more grounded state. This can last for several days even without attention, until old habits take over again. When attention is paid, however, a more grounded state can be sustained for longer. With increasing awareness (and practice) you can put yourself into a more grounded state any time you choose.

### **What helps me to stay grounded?**

For many people, any contact with nature (ocean, forest, mountains) helps to bring a grounded state, so it can be helpful to practice grounding exercises in places which you know support you.

The physical body can be used to gain access into the energy-consciousness system. This means that anything which physically improves your awareness of your body or your connectedness to the earth can help you to become more grounded. Body awareness can be enhanced by following the breath, which is drawn from outside the body to deep inside. Mindful attention to breathing is a classical aid to inner awareness. Eating and drinking can also be grounding for the same reason.

Practise bringing the breath deeper and deeper inside the body, watching for movement of the diaphragm, stomach and belly, then visualising the in-breath travelling down into pelvis, hips, legs and feet. Feel the breath move in and out like a tidal flow. Energy readily follows breath.

A useful breathing practice is to pay attention to the exhale. Most of us apply effort to the inhale, and then relax to exhale. This is an anxious or fear-invoked breathing pattern, as in a gasp of surprise. Instead, apply effort to the out-breath, and breathe out a little further than normal. Like a sigh. Perhaps with a 'haaaa' sound. Then relax and watch your breath flow back in effortlessly.

Grounding can be achieved by bringing attention to the legs and feet. Walking, dancing, running and jumping on a trampoline can all increase the sense of being connected to the earth, which is why people love these activities. Some aspects of yoga and Tai Chi also send energy down into the legs and feet, especially squats, kicks and even just changing your weight from one foot to another.

Working with the feet can be fun. Try walking barefoot on sand, mud, grass or any natural surface, while paying attention to what is being felt by the soles of the feet. For inside games, try picking up marbles with your toes, popping plastic bubble wrap, or placing feet alternately in warm and cold water.

Or, follow the example of Pooh Bear and sit quietly on a rock!