

# Grounding

***Grounding helps to increase balance and stability, creates a bridge between spirit and physical body, a way to release energy.***

You know it is time to get grounded when:

- Experiencing difficulty in finding solutions.
- Feeling emotionally frazzled.
- Disorganization.
- Moodiness.
- Decreased focus and concentration.
- Being overwhelmed by details.

In an ungrounded state, we might experience cold skin, awkward movements, a strange unfamiliarity with our body, a sensation that we are floating outside of our body, a feeling of disassociation.

Grounding can be as simple as going outside with bare feet and connecting with the earth's healing energy.

## **A visual exercise you can use is:**

Picture golden beams or tree roots coming from the bottoms of your feet and from your tailbone, See these beams going through the floor, penetrating the ground all the way to the center of the earth (as if to plug in or recharge.)

Take a couple of deep breathes and feel you being nourished by the earth's energy.

Can you gain new insight or appreciation?

**Some benefits of grounding include:**

- Being more relaxed, mentally and emotionally.
- In an ungrounded state, we might experience nervousness, restlessness, stress, emotional irritability, anxiety, and insomnia.
- More physically relaxed.
- In an ungrounded state, we might experience headaches, temperature extremes (cold skin or hot skin), muscle spasms and trembling, excessive perspiration, difficulties with breathing or digestion, and abnormal heart rhythms.
- Mentally alert and increased concentration.
- In an ungrounded state, we might experience dreaminess and not be able to stay focused.
- A secure connection to the physical world.