

How to Ground, Centre and Protect Yourself

Listen to the mp3 for this.

Its essential that before ANY healing practice or before ATTUNING and MEDITATING with crystals that you ground and centre.

Grounding means:

Your energies are connected to the Earth's magnetic field which is a negative force (yin energy) - we are mostly unaware that we are constantly drawing up energy from the Earth and when we are NOT GROUNDED we may experience:

Lightheadedness

Inability to get on with things

Feeling disorganised and easily distracted

Inflammation in the physical body

Falling over!

EXERCISE: Go out into your garden, take off your shoes and socks and stand barefoot on the grass for at least 10 minutes. Or sit on the grass - allow yourself to feel the Earth energy - do you now feel more grounded? Write a note for yourself about this experience.

Feeling Centred means that you are connected to the Earth's energy field and the energy of spirit above and that you have centred those two energies within your heart space and you are feeling BALANCED.

Ways of Grounding Fast.

Sit on the ground/earth

Stamp your feet

Dance

Eat or drink something

Place your hands and feet on the ground

Yoga posture - The Child

Ways of Centring

Sounding with your voice and singing

Smudging with white sage or other sacred smoke

Listening to singing bowl or tingsha bell sounds