

Technique for Extra Grounding

By now you'll be aware that grounding is really important. It's very important because unless we are truly connected to the root chakra and anchored into Mother Earth we will be floating around in the atmosphere and prone to accidents, feeling unsafe and not receiving the negative charge of Mother Earth (which we all badly need).

You have already seen and practiced grounding on your clients and seen that we need to use a grounding stone during healing to help keep the client from energetically floating off and not returning - yes, it can happen! For many people, who easily experience the bliss of crystal healing and the wonderful realms it takes them into, it's easy to actually not wish to return fully into the physical body, to be grounded and present. There are many problems that humanity experiences caused by a lack of not wanting to be present, to escape reality and not FEEL GROUNDED.

Sometimes, especially if you have a very sensitive client, or you have done some really deep work which has involved a deep shift in energy for the client. Perhaps a lot of cleansing on the emotional levels in particular, a client may seem to take longer to come back into normal grounded presence. So here are my tips for EXTRA GROUNDED.

For this you will need a large smoky quartz wand, or palmstone - a crystal that comes to hand nicely. If you use a wand, make sure that you are using the shaft of the wand in the client's aura, and you are not using the point.

Have your Client stand up.

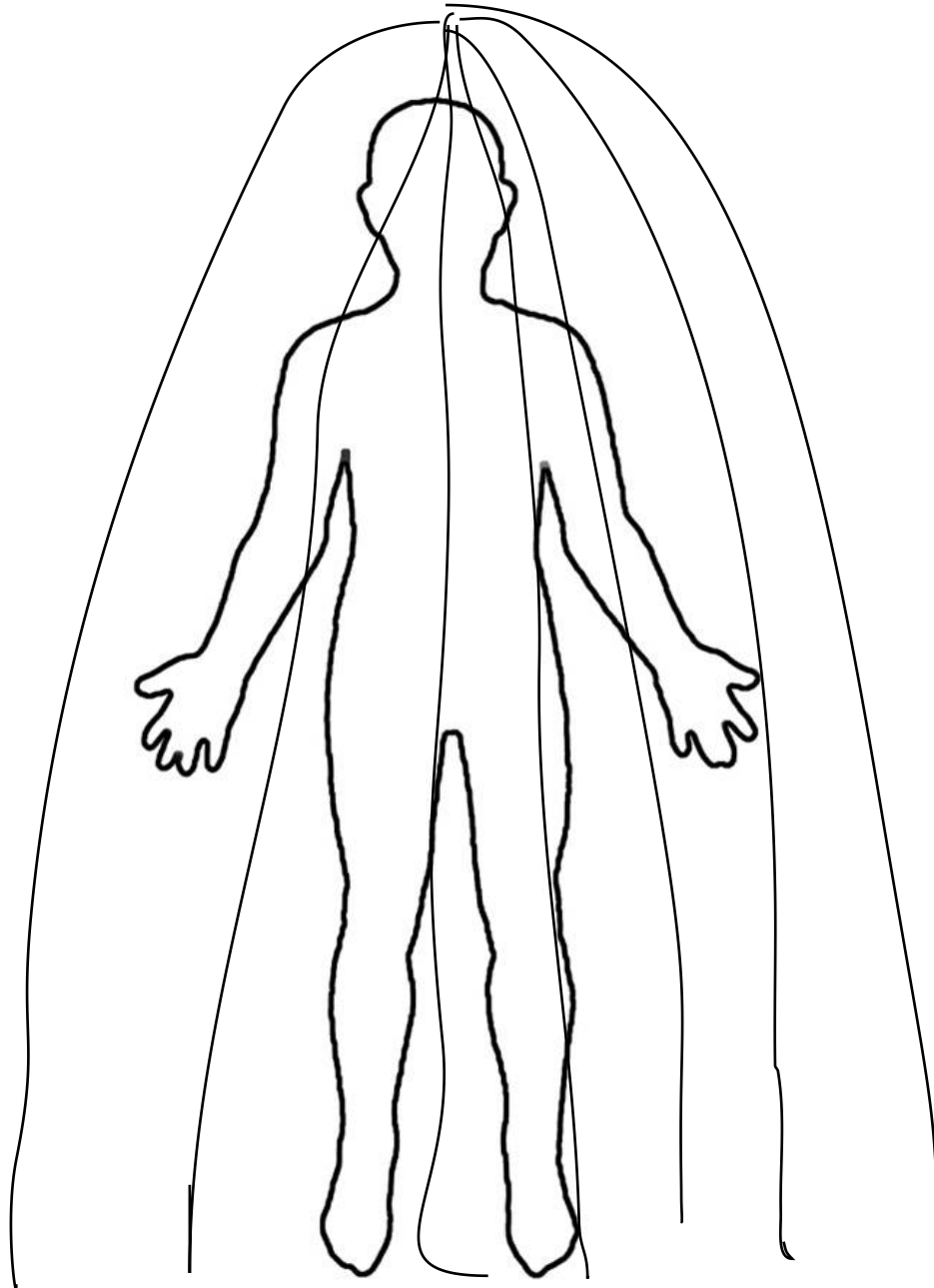
Draw your crystal from the top of the crown to the ground - touching the ground with the crystal.

Move round the body, each time starting from the crown but moving in a straight line from the crown to the floor with the crystal until you have energetically drawn a cage of 7 lines - you are encasing the body in smoky quartz energy from crown to ground.

This will draw their energy down literally. Smoky quartz is good to help people move from one state of being to another without shock or trauma.

By the way, I discovered this when my daughter was little and used to get out of bed and was still just not awake enough to function properly. I would stand her on a chair, and do these 7 movements through the whole aura around the whole body. She would immediately be fully awake and back in the world!

Please see the diagram overleaf.



Move your crystal through the aura from crown to the floor, make sure you touch the floor with the crystal to create a cage of energy around the client. Make sure that you move around their body so that you encompass the back of them as well.

Remember to be gentle through the aura - steady and slow.