

This information is intended to assist you in your spiritual development and to enhance, but not be substituted for, any care you should receive from your licensed healthcare or mental health professional.

Grounding - The Most Important Thing You Can Do

by Mary Ellen Flora

Grounding is the most important meditation technique you can learn. It is the foundation on which meditation is built. Everything is energy and grounding is an energy connector, similar to an electrical ground. It grounds the energy that is you to the energy that is planet Earth. Grounding is simple and powerful. You will discover that grounding creates a strong connection between you and your body, and you and the Earth. Grounding is essential to take control of your life.

Your grounding connection keeps you strong and in touch with your physical creations, including your body. If you are not grounded, you may feel spacey, out of touch, overly emotional, or afraid. Grounding gives you a strong presence in the physical world.

Grounding helps you be in control of your physical reality, including your intellect and emotions. Grounding gives you safety to create in the physical world. Grounding helps you focus on what you are doing so you are safer, just as you are safer when you drive a car if you are focused on driving.

Grounding can also be used to release energy. You can let go of unwanted or excess energy down your grounding cord. Everything is energy, and you can release energy down your grounding cord to remove it from your body. This release mechanism is helpful when you meditate because you stimulate a great deal of energy that you will want to release, and grounding provides an easy avenue to let go of the unwanted energy.

Grounding makes it possible to meditate in a safe, controlled manner. Practice grounding and you will have success with meditation. As you awaken, learn to ground, and you will enjoy your meditations much more. You will be in charge of what is happening in your universe.

- To ground, sit in a chair with your spine as straight as possible, your hands and feet separate, and your feet flat on the floor. Close your eyes, take a few deep breaths and relax. Be aware of the area near the base of your spine. An energy center is located here which deals with how you relate to the physical world.
- Allow a flow of energy to move from this energy center, near the base of your spine, to the center of the Earth. Be quiet with this flow of energy. Be sure that it is flowing from you all the way to the center of the Earth.
- Sit in this posture, with your grounding cord flowing to the center of the Earth. Allow time for your body to adjust to being grounded. Pay attention to your body's reaction to being grounded so you know what is happening in your physical world.

- Be still with your grounding cord for as long as you can. Practice grounding often to incorporate your grounding into your system.
- Be grounded at all times, and you will always have your firm foundation. Your breathing can help you relax and allow your grounding cord to flow.

Practice your grounding when you meditate and during your daily life. You can be grounded at all times. You never stop being creative, and grounding helps you create consciously and safely. Practice grounding regularly, and it will soon become part of your way of operating in the world.

Grounding makes it safe for your body when you meditate. Practice grounding whenever you meditate, and as often as you can, so you will be in control of your life.