

Grounding Exercise:

1. Prepare and Get Ready to Ground Yourself

Turn off all electronic gadgets: cell phones, televisions, etc.

Find a nice, quiet place where you can be alone for about 15 - 20 minutes. If you can do this meditation outside with your bare feet in the earth (on the beach, in the grass, etc.) it will enhance your experience, but is not required.

Sit upright in a comfortable chair with your feet planted on the ground. Make sure you do not cross your legs - you want energy to flow through you.

Let your arms hang comfortably at your sides or rest your hands on your lap. Take a moment and make sure your body is comfortable.

2. Breathe

Close your eyes and focus on your breathing.

Breathe in through your nose, slowly and deeply. Feel your stomach expand as you breathe in. Exhale and feel your stomach relax.

Focus on breathing this way for a couple of minutes until it becomes rhythmic and effortless. I like to breathe in for 8 seconds, hold it for 8 seconds and release for 8 seconds. Do what feels right to you.

Take a few moments and allow your body to completely relax. Tension is being released from all your muscles. Notice how good you feel. Any time you start to drift off in your thoughts you can come back to your breath.

3. Begin the Visualization

Picture the earth. Imagine the earth's shape and color

Now picture yourself standing above the earth so that your feet touching the earth. Feel what that feels like. Are you on grass, water, earth?

Imagine, as you see yourself above the earth that there is a line: A cord that connects from your first chakra to and through the center of the earth. (That can be anything you want from a pencil to a tree trunk.) We are going to call that a grounding cord.

Now let's visualize your aura, all the way around your whole body (Above your head, below your feet, behind you and in front of your body) Put your arms straight out to your side your aura should be at your finger tips all the way around.

Let's give your aura and your body a color. Any color you want. (The color represents energy.)

Set your grounding cord to release and imagine that the color drains from our aura down our grounding cord. (Feel it drain from around head, shoulders, out from around your arms. Feel it fall away from your torso, down your legs and toes.)

Visualize the energy color inside your body going down the grounding cord. The color falls away from your head and shoulders. Out from the fingers and up the arm, down the torso. Out from around the hips, the legs, and the toes.) Pay extra attention to your joints. Energy tends to stick there.

Now let the ground cord fall to the center of the earth. Allowing all those energies to go to wherever, or whomever, they belong.

Now we can see ourselves in our perfect body of glass, our aura of glass.(this is just what I call it because it is clear) Take a look around above, below, behind, and in front of you. Do you see any cracks or holes? If you do just imagine yourself repairing the area so you have a perfect, pristine aura.

While you're free of color look around on your back see if there is anything corded to your back. If there is simply cut it and allow that energy to go back the owner. The only cords that are acceptable are to your heart. Those should only belong to your children of 18 or younger. Cutting cords does NOT cut relationships with those you care about, it only sets proper boundaries in place.

4. Now the Fun Begins!

Now let's make a fresh new grounding cord to, and through, the center of the earth. This time let's make it as wide as your aura.

At the same time imagine a golden sun above your head. This is where we are going to collect all of your energy from wherever you may have left it. Feel the warmth as it gets bigger and bigger. When you feel the time is right allow the gold sun to pour into your crown chakra on top of your head. Feel the energy as it fills up your body. Filling the tips of the toes, around the knees, though the torso, up the chest and down into the arms and into the fingertips. Feel it as it goes up your neck and out the top of your head and into your aura.

Imagine the golden personal energy filling up your aura starting with the space below your feet, going up around your legs, around your torso, up around your arms, neck and head. Fill the space up over your head till you hit the very top. You may imagine other bright protective colors flowing through as well. Be sure to fill yourself with fresh light.

Now you are grounded and surrounded by your personal energy... Just one more step

5. Protection

Have you ever seen a disco ball? It is round with mirrors all around it. The mirrors are facing out.

Imagine that you are in your aura... step into in the disco ball. This allows you to be around people and when they want to throw energy at you it reflects back to them.

This is how to do the exercise. With practice it only takes about 10 seconds and can be done every time you walk through a door way. The first few times, you'll want to spend more time on it, but it will soon become second nature! **Now have a great day!**