

Grounding Exercise

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Get comfortable in a chair with your feet placed flat on the ground and your back straight.

Begin to connect with your breathing and take several deep inhalations and exhalations.

With your focus at the base of your spine, come into alignment with your grounding cord and breathe into it.

Drop the grounding cord into the floor of the room and through the structure of the building.

Continue to drop the grounding cord into the crust of the Earth and through all of the layers of the Earth.

Arrive at the Earth's center – Mother Earth's core.

Connect your grounding cord securely to her core.

Ground and connect to the Earth as the Earth connects to you.

Give a message of thanksgiving and gratitude to the Earth.

Begin to breathe the Earth energy up through your grounding cord. What color is your cord, what texture?

Continue to bring the Earth energy up through the grounding cord and bring it into the base of your spine – your 1st chakra, up into your 2nd chakra (hips/genitals), continue to draw the Earth's energy up through your 3rd chakra (solar plexus), and into the base of your heart (4th chakra).

Run the energy of the Earth back down to the Earth's core and then back up through your first three charkas and into the base of your heart.

Continue this cyclic pattern by using your breath.

Call yourself in through the top of your head crown center (7th chakra) by using your full name.

Come fully in through your crown chakra drawing the energy of your soul into your 6th chakra (third eye), and down fully into your 5th chakra (throat, neck). The 5th chakra is your place of will and truth, grace and integrity.

Continue to draw yourself down through to the back of your heart (4th chakra). Allow the energy of the Earth and the heavens to mingle together in your heart chakra. Draw this energy all the way through your heart so that your heart is shining like the sun.

You are now connected to both the powerful and delicious grounding of the Earth and the essence of your soul through drawing your spirit in.