

GROUNDING

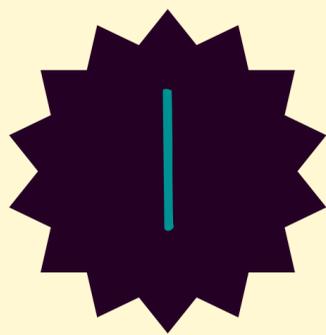
THE WHAT'S, WHY'S AND HOW'S



*Written By:
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What is Grounding?

Grounding is the act of connecting your energy to the energy of the core of Mother Earth. It's anchoring your soul to the earth, to your physical body. When you ground you pull up energy from Mother Earth into your physical body, and allow any excess/negative energy to flow to her and be transmuted.



Why is Grounding Important?

Grounding is important for all of us. It allows us to feel safe and secure. It helps to calm us down during the middle of a hectic day. It can help clear the mental fuzziness and allow for clarity in decision making. It is also essential in any type of spiritual work. When we do our spiritual work, we raise our vibration and pick up a lot energetically so it's important to be able to have an anchor to hold us so that we can "come back" to our bodies/to the earth. It helps bring us back to the here and now, to the physical world.



How Do You Know If You're Ungrounded?

The symptoms of being ungrounded could include:

- Feeling Dizzy
- Feeling "Spaced Out"
- Feeling Lightheaded
- Being unable to focus
- Misplacing or losing things
- Forgetting important things
- Feeling overstimulated
- Feeling Clumsy
- Feeling overly sensitive to light and noise
- Being emotional or over-reactive



How Do You Know If You're Ungrounded?

- Feeling anxious with no cause
- Feeling cranky or out of sorts for no reason
- Feeling as though you keep losing track of what you're saying
- Being unable to carry on a normal conversation because you keep losing your focus.
- General feelings of being unwell
- Lacking energy

How Do You Know If You're Ungrounded?

- Feeling tired or drained despite adequate rest
- Craving sugary/junk foods
- Being hungry but finding that food doesn't satisfy your hunger

[***Keep in mind that these could signify other medical issues as well. I am not a medical doctor. Use your own judgement when discerning whether you're ungrounded or have a medical issue.***]



How to Ground Yourself

Crystals are great for helping you to ground your energy. In general, most black crystals are grounding.

Grounding crystals include:
[but are not limited to]

Hematite

Black Tourmaline

Smokey Quartz

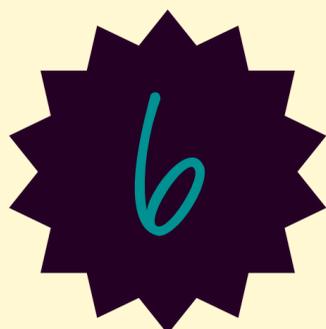
Black Obsidian

Onyx

Black Kyanite

Apache Tears

Magnetite



How to Ground Yourself

Other crystals that you can use are ones associated with your root chakra. These include [but again, are not limited to]

Bloodstone

Jasper

Fire Agate

Tiger's Eye

Galena

Tourmalinated Quartz

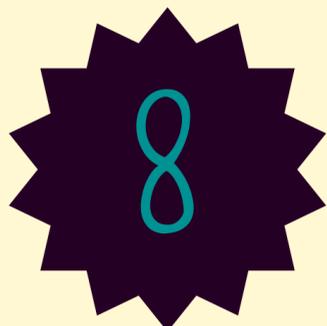
Brown Spinel

Unakite



How to Ground Yourself

Another great grounding method is to get outside, in nature. Going out into nature and listening to the sounds, watching the birds, sitting under a tree, or simply walking in the yard barefoot. "Earthing" is another word for grounding, and requires nothing more than to be barefoot on the earth; not on the cement or asphalt, but in the grass/dirt/rocks. Going to the beach and burying your feet in the sand is a GREAT grounding tool and also very relaxing!



How to Ground Yourself

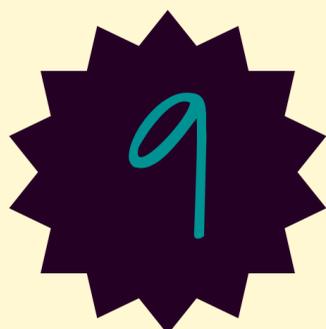
There are many guided grounding meditations available to you as well. You can find a lot of them simply by googling or by looking on youtube.

Or you can simply use this visualisation:

A quick grounding visualization for when you may not have a lot of time to actually sit and meditate

is to take a few deep cleansing breaths, with your eyes closed and visualise a big steel cable/cord coming from the base of your spine, your root chakra, dropping through the earth, through all of the layers of dirt, sand, soil and rock, right into the centre core of the earth and attaching to the core of the earth, which you can visualize as a big ball of light/energy.

This will help ground you quickly, if you find yourself feeling ungrounded in a crowd, at work, or even during a party or gathering of some sort.

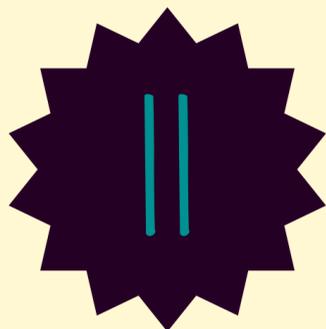


How to Ground Yourself

Another, longer, version of this is to get yourself into a meditative state by either laying or sitting down, closing your eyes and doing some deep breathing while relaxing your whole body. Then imagine roots growing out of the bottoms of your feet, growing all the way down to the centre core of Mother Earth and attaching to her energy. Then imagine pulling up earth energy through these roots, all the way back up, into your body, up one side and back down and out the other.

How to Ground Yourself

Visualize it catching all of the "stuff" that doesn't belong in your energy field, to be brought back down and transmuted into loving Mother Earth energy. Take some time to let this energy work through you, and help anchor me to the earth. Once you feel as though you're good and grounded, slowly start to bring yourself back to awareness, start by wiggling your fingers and toes, take a few deeper breaths, and then slowly open your eyes.



How to Ground Yourself

Another thing that can help with grounding is to eat "grounding" foods. These can include:

Foods grown in the earth like
potatoes
radishes
beets
parsnips
other root vegetables



How to Ground Yourself

Foods grown close to the ground

lettuce

spinach,

kale

beans

legumes

squash of all kinds

wild rice

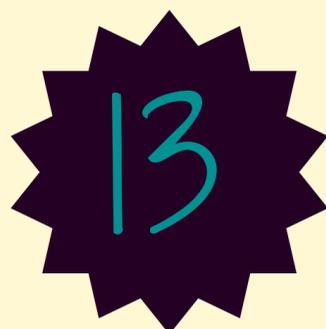
quinoa

steel cut oats

salt

raw chocolate [cacao]

berries of any kind



Those are the basics of grounding.
I hope that this book has served and
supported you in some way.
Should you have any further questions or
require any further support I invite you to
please reach out to me.

You can find me on Facebook at

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