
GROUNDING

Grounding is a necessary part of life for everyone, the problem is no-one really seems to understand what it means apart from those that actually experience it. It is very important as a healer to be able to ground yourself as the energies we pick up on from other people during healing can create problems for you. You must always ground yourself at the beginning and end of a healing so that all the energies from the client go to the earth instead of creating an ungrounded feeling in yourself.

We know we are not grounded when we can feel;

- Drowsy
- light-headed
- nauseous
- increased pain
- a lack of concentration
- headaches
- dreamy
- a loss of energy
- over-sensitive to our environment
- over-emotional
- a lack of practicality within life in general, such as forgetting to feed the dog, being late for appointments for no reason, eating badly and generally missing all the details we need to pay attention to in everyday life.

For example, we have all said to someone “I don’t feel with it today”, this is feeling ungrounded but not knowing how to explain it. Being ungrounded for any length of time can result in physical dis-ease and dis-order.

When we are grounded we are;

- full of life and vitality
- fully present in the here and now
- have a firm sense of reality

We know what we need to achieve and how to get there. These are the days when we feel good about who we are and what we are doing, the days when you wake up and have a general good feeling about the day ahead.

We notice the benefits of being fully grounded when we experience every day for its uniqueness and enjoy every moment.

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When we are not grounded, every day seems like the one before and we get a sense of life passing us by, we have all asked someone before what day of the week it is and this is because we are not totally sure where and when we actually are.

There are many simple but effective ways of grounding yourself, which one is right for you will be your decision but try a few until you find the right one, although most people will find several different ways do the job, depending on your situation at the time.

There are many methods of grounding, here are just a few ideas for you to try.

Sitting or walking on the earth.

This connects us to the energy of the earth bringing us back to reality. Walking in nature is a good way to ground yourself after working all week if your work means you are indoors all day long.

Eating and drinking.

Having something to eat is a quick way of getting rid of the really noticeable effects from being ungrounded, such as nausea, dizziness, headaches and drowsiness. Eating or drinking something reminds us on a sub-conscious level that we are living beings and brings us back to full awareness of ourselves and our surroundings.

Crystals

Dark coloured crystals can be carried or worn to help us feel grounded all the time if we have trouble keeping our heads in what is real. Ideal ones are smoky quartz, black tourmaline and hematite. Crystals should be cleansed regularly by running them under cold water so they can get rid of the energy they absorb from you.

Colours

Using colour in the right ways can help you stay grounded. For example, browns, deep reds and black are all effective colours to have around you or to wear, even if its in the form of accessories, the energy of these colours brings us to earth.

Visualisation

Try this one: stand with your feet firmly on the floor, concentrate on your breathing and slow it down a little bit to as if you were watching the TV. Imagine that you have roots growing from your feet into the earth, feel them grow and secure themselves into the dirt. Allow your body to sway if it needs to until you feel sure of the ground beneath your feet.

Meditation

Meditation focuses our energy on the purpose we have in mind and so can be a very good way of bringing ourselves back to reality and normality.