

Suggestions for Grounding

- Close your eyes and focus on your feet and their contact with the floor. Now imagine strong roots coming from the bottom of each foot and penetrating deep into the earth. Imagine these roots going right down to the centre of the earth until you reach the earth's core. Then let the roots twist together and wrap several times around a strong rock at the centre of the earth. Connecting with the earth in this way will also give you added strength and vitality if you bring some of the energy back up through the roots and into your body.
- You can also follow the above method but instead of connecting with the centre of the earth; wrap your roots around the roots of a strong tree which will also give you the strength and wisdom of the tree. See how you are guided but an ancient Oak tree works well for strength and stability or a Rowan tree is spiritually protective.
- If you are struggling to feel grounded after meditating you can stamp your feet and wiggle your fingers and toes. Drinking water or having a snack are also very grounding.
- Holding or wearing particular crystals can be very grounding. Try hematite or obsidian.
- Spending time in nature is grounding and particularly when you connect with trees or have your bare feet on the grass.
- If you are having difficulty grounding yourself or you find in a particular location or on a particular day you are struggling to stay grounded you may need some extra help. You can ask in your mind for your guides to help you to stay grounded. You can also ask Archangel Sandalphon to anchor your earth star chakra down to the centre of the earth and ask Archangel Michael for help protecting your energy.