

Grounding



What is Grounding?

Grounding is defined as a practice and a way to reinforce our connection to the Earth. When grounding, we are firmly planting our energies into the earth.

Why Ground?

Grounding...

Stabilizes energy and channels negative energy from the body

Restores balance to the body

To prepare ourselves and our space for productive magical workings

To shift us to a positive state of being and to draw up energy from the Earth

Aids in becoming aware of our external surroundings

Eases anxiety

When to Ground

- Before and after a ritual
- When Feeling anxious and mental exhausted
- When Experiencing intrusive thoughts/memories
- Anytime your body feels out of balance

Common Techniques

Meditation (Rooting)

While sitting or standing, visualize roots leaving your body from your root chakra, and going deep into the earth's core. Visualize all negativities flowing out from your body until you feel calm and focused.

Earthing

Walk barefoot and have your feet touch the earth. Practice deep, slow breathing and be present to directly connect with the earth. This can be combined with enhanced visualization.

5-4-3-2-1 Method

Take in the details of your surroundings using each of your senses.

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Other Methods

- Work with grounding crystals
- Take a walk in nature
- Diffuse essential oils
- Eat wholesome and plant-based
- Drumming- which reminds us of the heartbeat of Mother Earth