

Grounding your energy

It's enormously helpful in managing stress & emotional upheavals if you can keep yourself **centred** and **present**. The more you can stay present within your own experience, no matter what you're going through, the more **self-awareness** you'll command and the quicker and easier you'll shift the energy blocks causing your life challenges.

The process of **grounding your energy** pulls your awareness *out* of your habitual unconscious thoughts & emotional responses, and directs it down through the centre of your being and into the earth. This strengthens your energy connection to the earth, and the energies in you that vibrate at the level of the base chakra. This vibration level strengthens your capacity to **simply be in the here & now**, accepting your current situation & releasing all other distractions, so you can **focus and act most appropriately for where you are now**.

There are many **tools & supports** which can help you. **Red or black crystals** will strengthen your grounding energy; eating **red or black foods or proteins** support it; wearing **red clothes** will strengthen it; doing a simple meditation where you **visualise breathing in clear red light** will help; and you can try the following simple **visualisation**.

Put your awareness in your **legs** and **feet**. Feel from the soles of your feet that **tree roots** are growing strongly & solidly out of your legs and feet and down into the earth under you. Feel them growing **deep down** into the earth, branching out and **deeply embedding** themselves into the soil, into the rocks in the earth. Hold your awareness in those tree roots that are deeply & solidly connected into the earth, feel how **strong & safe** they make you as you stand solidly on the ground, deeply connected into the centre of the earth. You might like to feel a **clear, deep red light** flow up through the tree roots from the earth into your feet, legs & up through your body. Feel it **warm, nourishing & supporting** you totally, keeping you **strong, centred & focussed totally in the present moment**. Allow the feeling to flow through your whole being, hold the intention that its grounding effect be integrated fully into you, & take a few deep breaths to bring yourself back, readjust to your surroundings & finish.

If you've got any questions about doing this exercise or keeping yourself grounded, give me a call on **0402 904 011** or email **ellie@elliepovey.com.au**.