



## GETTING GROUNDED

“Grounding” is a method for releasing excess psychic energy and establishing a spiritual connection with the earth.<sup>1</sup> This “spiritual connection” is actually a two-way circuit—it allows you to both send and receive energy. It also helps you access the mystical wisdom inside nature and your own body.

Usually, you ground *after* a psychic exercise to release any excess energy and come back to reality. You can also ground *before* a psychic exercise to draw upon the earth’s vitality to power your psychic work. This duo combination of grounding strengthens and rejuvenates you so that you stay firmly anchored in the physical world. It also helps you avoid emotional and psychic depletion.

To be “grounded” means to be properly connected to the earth and your own body. It also means being reasonably connected with physical reality. When you’re not grounded, you will probably find yourself feeling cranky, nervous, exhausted or spaced-out. Or you might feel jittery, anxious, or hyper. Your relationships don’t work, money doesn’t flow, health deteriorates, and you just don’t know what to do with yourself when you’re not properly grounded.

Being properly “grounded” is essential for all students of psychic development. If you are not properly grounded when you begin your spiritual psychic development work, then it is likely that you will quickly “burn out” or experience some kind of uncomfortable “side effects” as a result of reaching into the higher realms. Getting—and staying—grounded will help you to lead a sane & healthy life while you continue to develop and open up your spiritual psychic abilities.

The more time you spend working in the non-physical dimensions with non-physical beings & energies, the more time you will also need to spend getting “grounded”, as otherwise it becomes very easy to lose track of yourself & your own physical life. Not only does grounding help you to release excess energy, but it also helps you to stay connected with your own reality and life.

Grounding is connected with the first three lower chakras: the root, sacral, and the solar plexus. All of these three chakras relate in some fashion to issues of physical survival, as well as your connection to Mother Earth. In addition to these three lower chakras (and the hypothetical “Earth Chakra”), there is also an etheric cord that comes out of the base of your spine and connects you to Mother Earth. I call this simply the “Earth Cord”.

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<sup>1</sup> Starhawk, *Spiral Dance: A rebirth of the ancient religion of the Great Goddess*, (San Francisco: HarperSanFrancisco, 1989), p.64.

When you are properly grounded, your three lower chakras will be healthy, open, and radiant. Furthermore, it will be easy for you to sense your etheric “Earth Cord”, and the connection between you & the Mother Earth will be strong. You will be vital, healthy, and strong. You will also be empowered to take care of yourself. You will know what you want in life, and you will go after it, without expecting too much from other people, because you will intuitively understand that you can draw upon the Source of all life for all that you need.

When you are properly grounded, you are also likely to feel calm and serene. At the very least, you will be accepting of life as it is, even if you wish to change things or move forward.

People who are properly grounded have a very strong sense of self and personal will. They know who they are, and they also know what they want. Generally, if you are “grounded”, you will probably not find yourself irrationally lashing out at others, or blaming them for your problems, as being “grounded” innately implies taking responsibility for self and for what you need. When you are grounded, you are deeply connected into Source, and do not need to look to others to give you love or approval. Instead, you *become* the Source of unconditional love & approval in the world.

Finally, when you are grounded, you are likely to be peaceful & relaxed. It will be easy for you to connect into Spirit, since the doorway into the realm of Spirit is through the heart of Mother Earth. Your physical being is part of Mother Earth, and as you connect with your own body, releasing any excess energy, you re-awaken this connection, and lay the foundation for your communication in the higher realms.

All of this, and more, is why it is important for you to get—and stay grounded—as you continue on your path of spiritual psychic development.

## **GETTING GROUNDED**

There are many different methods for getting grounded, but only two basic approaches. The first approach is to create a grounded lifestyle for oneself. This means incorporating daily practices that maintain an overall sense of groundedness. This is by far the better approach, since if your basic lifestyle incorporates practices & habits that are conducive to grounding, you probably aren’t going to have to worry that much about getting “grounded”.

The other approach to grounding is to work with specific meditation methods & techniques that foster a sense of groundedness. This approach works best when combined with an overall lifestyle that is conducive to grounding.

Although grounding techniques & methods can be very helpful for releasing excess energy and enhancing your sense of connection to the earth, they are not a replacement for living a life that fosters a sense of peace and groundedness. Relying solely on grounding “techniques” to keep you grounded is a lot like relying only on vitamins & supplements for your nutrition, rather than eating food. Just as with vitamins, grounding “techniques” should be viewed as a

supplement to an overall healthy (and grounded) lifestyle, and not the sole source of your grounding.

The following are suggestions for practices to incorporate into your daily life so that you can create a more grounded lifestyle for yourself.

## **Suggestions for Creating a Well-Grounded Lifestyle**

### **1) Get outside in nature for at least 10-15 minutes a day when you can.....**

Our ancestors did not have to think much about grounding, because they spent so much time being out in nature in relationship to their basic survival. For most of history, humankind has engaged in some kind of outdoor activity, whether it was gathering, hunting, farming, gardening, exploring, or collecting firewood. In our current times, many of us have limited our “exploring” to going from one asphalt parking lot to another. However if you want to get truly grounded, you’re going to need to get out of the “concrete jungle” every now & then and spend some time in nature.

For our purposes here, “nature” means anywhere where there is grass, trees, flowers, other kinds of plants, stones, or natural water features. Getting out in nature doesn’t necessarily mean that you must go out into the wilderness or the country (although if you can occasionally, that is great). Even walking through a neighborhood with trees will suffice. It is also good to occasionally get away to the beach, desert, woods, or mountains when you can.

Being in nature helps to feed the etheric layer of your aura. This is the innermost layer of your aura that is closest to your physical body. The etheric layer connects your physical body with your astral body.

Unlike the astral body, it is possible for your etheric body to become quite depleted, especially if it is not given enough sunlight, fresh air, and exposure to plant life. Trees, in particular, seem to be helpful for creating a sense of grounding & strengthening the etheric body. This is likely to be due to the large output of negative ions by many kinds of trees.

I believe it is essential for all students of spiritual psychic development to spend ample time in nature to help revive the etheric body and release excess energy, especially if you are going to be developing as a medium or channeler. Whenever possible, spend some leisure time in outdoor activities. Hiking, camping, gardening, swimming, and even simply eating on your patio are all good ways to commune with Mother Earth and strengthen your etheric body.

I do know some mediums who do not get outside much. Most of them are either overweight or have bad health problems, or both. Regardless of other factors, it seems to me that they are probably suffering from depleted etheric bodies due to not getting enough fresh air and sunlight. You can help ensure that your physical body stays as healthy as possible by making sure that your *etheric body* gets all of the fresh air, sunshine, and nature that it needs to maintain its strength.

If you don’t get outside much, another tip I would share with you to help you stay grounded is to create a “grounding room” or corner inside your house. Take a room (or a corner)

and fill it with houseplants and maybe some crystals and stones as well. You can add a fountain too if you want. If you are good with animals, I might also suggest having an indoor pet, as caring for a pet and bonding with animals can also be very grounding.

## 2) **Exercise Regularly....**

Next to getting out in nature, regular exercise and movement is the most effective practice for creating an overall grounded lifestyle.

Walking is probably the best form of exercise for getting grounded, especially if it is done barefoot or more slowly, so that you can really merge with your environment. Walking has double grounding benefits, because it is usually done outside, and when done in a place with water, trees, or other plant life, it can help you get the nature connection that you need. For most people, walking just 15 or 20 minutes a day will do wonders for the etheric body. However, if you can walk 30 minutes (or more) a day, you will experience an even greater increase in your sense of groundedness & inner peace.

Next to walking, yoga, tai-chi, qigong, and any other practice that combines stretching with deep breathing are probably the most advantageous forms of exercise for getting grounded. However, *any* form of exercise that gets the body moving will help you to ground & release excess energy. If the exercise can be done outside, that is all the more better, although it does not necessarily have to be done in the out-of-doors to be beneficial.

Dancing can also be good for grounding, especially if you get the hips and other parts of the body around the lower chakras moving. Belly dancing is a particular grounding form of dance, as it helps to open up all of the lower chakra areas, as well as the chest (where the heart chakra is located).

Traveling into the other worlds of the non-physical dimensions can be quite taxing on the physical body. Regular movement and exercise can help replenish some of the energy that is taken through the process of mediumship, channeling, or other kinds of spirit world communion. In order to stay psychically, mentally, and spiritually grounded, it is NOT necessary to do overly-strenuous exercise. In fact, it may be preferable to stay with the more gentle forms of exercise, particularly if you are not accustomed to moving or exercising much.

I have known a few mediums who do not exercise at all and could not walk a mile to save their lives. Again, most of them are overweight or of bad health...or both. I would like to see you spared from this fate, or, if you are in this situation, I would like to see you *reverse* it. For it is much easier to develop spiritually & psychically when you are not carrying the burden of poor health. Moderate exercise can help you to get & stay on track with your physical health, AND it will also feed your etheric body, help you to release excess energy, and keep you grounded.

## 3) **Touch Frequently....**

Grounding is very much a physical phenomenon, and part of the process of being grounded is to touch and be touched frequently. Grounding “touch” is any kind of touch where there is tenderness, love, or caring exchanged. Touch does not necessarily have to be “sexual” to

facilitate grounding. In fact, it is better if at least some of the physical touch you experience is *not* sexual, so that you can experience a broader spectrum of energy interchange.

Hugging, holding, cuddling, kissing, caressing, and even a pat on the back or a handshake can all be good to help you connect with your physical body and release excess emotional energy. Giving or receiving a massage is also a wonderful way to get grounded. Hands-on healing also helps to facilitate a grounding experience.

There is no substitute for the human touch. In various studies, touch has been shown to boost immunity, increase endorphins, and decrease stress hormones. Energetically speaking, touch (when it occurs in a loving, consensual way) seems to simultaneously strengthen one's aura while helping to release negative or toxic energies. Who hasn't had the experience of feeling a positive change within oneself after being hugged or touched by a loved one?

Although *abstaining* from touch has been a long-held tradition in some spiritual sects (especially those that focus on celibacy and renunciation), it seems that touching can be a very spiritually transformative act, especially when it is done with great love and intention.

For the purposes of grounding, you do not have to limit your experience of touch to only human contact. You will probably also find touching trees, plants, animals, stones, and even the ground itself to be helpful in grounding. Many people also wear or carry grounding stones, which is a form of touch in and of itself. Dark-colored stones are said to be the best for grounding. However, I have found that almost any stone has some grounding properties, regardless of its color. (The only exception that I would make to this are the meteorite stones, as they tend to be better for connecting to other dimensions outside of the physical.) Some of my favorite grounding stones are hematite, garnet, and tiger-eye.

#### 4) **Eat plenty of natural, fresh foods.....**

Fresh fruits and vegetables, and grains and legumes are very good for getting grounded. So are nuts and seeds. Basically, food that is in the most natural state possible, with the least amount of processing, is best for helping you to get grounded. The "root" vegetables in particular (such as potato, carrot, and onion) have a particularly strong grounding effect. Also adding fresh herbs into the diet (by eating them in salads, brewing them into teas, or adding them into cooked dishes) can also facilitate grounding.

Many people also eat meat as a form of grounding. They say that the strong protein content in meat helps them to get grounded. I have found meat to be very grounding at times. However, I feel that this is probably due more to the residual emotional energy of the slaughtered animal left behind than the protein content. Still, any food with high protein does have a grounding effect, as it takes longer to digest, and pulls the consciousness down into the lower chakras.

If you can, eat at least a little raw fruits and vegetables each day. In particular, one large raw vegetable salad on most days will work wonders to help you keep connected to the earth. Raw fruits and veggies have the strongest life force of all, as they are being eaten in a state that is closest to their natural state. These foods carry the strongest etheric energy, and therefore are best for keeping you connected to Mother Earth. In contrast, flesh foods contain very little (if

any) etheric energy, as the soul of the animal has already departed by the time you are eating its flesh.

Eating cooked vegetables, legumes, and grains can also have a grounding effect as well. Cooking may remove some nutrients from these foods, however, it does not necessarily destroy the etheric energy present. Just as boiling certain herbs can help to release the healing essence, so can cooking help to unlock the grounding energy in some foods. For example, a bowl of cooked oatmeal or other whole grain cereal is one of the most grounding foods of all.

In this day and age of busy comings and goings, it is very easy to find oneself eating only pre-prepared or processed foods. However, such food has little life force energy in it, and will not do much for helping you to nurture your connection to Mother Earth and get grounded within yourself.

Regardless of what kinds of food that you like to eat, one of the most effective ways to stay grounded is to prepare your food for yourself, or to participate in the meal making with the other members in your family. Food that is prepared by one's own hands (or by a conscientious friend or loved one) is probably going to have MUCH more life force energy in it than something that was just thrown together at a fast food joint or in a factory.

If you can, it is also helpful to grow some of your own food. I know that many of us live in cities now, so growing all of our own food is simply not an option for most of us. However, even people living in small apartments can probably grow a potted tomato plant or two. Many other veggies also do well in containers, not to mention most of the culinary herbs (such as mint, basil, thyme, oregano, and parsley).

Be aware of what you drink too. To stay grounded, you need to drink *plenty* of good clean water. Besides water, vegetable and fruit juices can also be good for strengthening the connection to Mother Earth. Many herbal teas also have grounding effect. Due to the fact that they come from the earth, coffee and black & green tea can also have a grounding effect. However, you must remember to drink these in moderation, as large amounts of caffeine tend to have the *opposite* effect of grounding.

## 5) **Get plenty of rest.....**

Adequate sleep plays a vital role in your body's natural grounding and centering process. During sleep, several systems in the physical body go into repair & detoxification mode. This allows the body to more efficiently heal any systems that have been disturbed, and also assists in releasing physical toxins that have stored up in the body throughout the day. This is why it is important to get plenty of sleep if only on the physical level, so that your physical body can maintain its health & equilibrium.

That being said, there is a much bigger picture operating here when you sleep. You don't just release physical toxins from your body when you sleep. You also release energetic and emotional toxins. In essence, when you sleep, your body naturally releases any excess energy that it does not need. This helps to naturally keep you grounded, and has a spiritually rejuvenating effect upon all levels of your being.



Different people need different amounts of sleep. Also, the amount of sleep you need will probably change from time to time. Generally speaking, most sleep research has shown that at least six hours of sleep a night is needed by most to maintain health. However, many of us seem to need eight hours (or more) of sleep a day. The best way to tell if you need more sleep is to tune into your body, and see if it feels like it needs more (or less) sleep.

In addition to sleep, it can also be helpful to just sit or lay down and rest for a few minutes sometime. A long time ago, I learned that a good “cure” for feeling ungrounded was to simply stop everything I was doing, and sit on the couch for five minutes or so. There is something about pausing one’s daily activities to just sit and “be” that seems to have a very grounding effect.

Regular meditation also has a very restful and rejuvenation effect upon the body. There is a kind of “rest” that happens in meditation that cannot take place in sleep. This is the kind of rest that can only take place when you are deeply relaxed but still conscious and awake. Although many people meditate so that they can more easily reach up into the higher realms, meditation can also have a profound grounding effect upon the mind, body, and emotions.

### ***Closing Thoughts***

I hope that you have enjoyed reading these suggestions on how to create a more grounded lifestyle for yourself. It may seem like a lot to do at first, however once you begin to implement these steps and experience their positive effects, you will wonder how you ever lived life any other way!

Remember that grounding is an ESSENTIAL aspect of spiritual psychic development. People who develop psychically or spiritually without getting grounded usually end up sick, overweight, or fraught with mental or emotional imbalance. In fact, even ungrounded people who are NOT developing their spiritual psychic abilities can still have these same problems as a result of not getting properly grounded.

Once you start on the path of spiritual psychic development, any weaknesses that you have in the area of grounding will tend to be amplified, because you are now spending so much time reaching up into the “higher realms”. Don’t forget to nurture your connection to Mother Earth and your own physical reality even as you reach up into the realm of Spirit!

