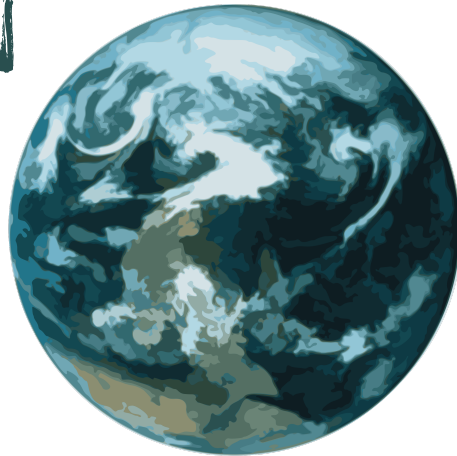


"GET YOURSELF
GROUNDED
AND YOU CAN
NAVIGATE EVEN
THE STORMIEST
ROADS IN
PEACE."

- STEVE
GOODIER



GET Grounded

I am so excited to share this grounding technique that I learned over 20 years ago while I was in college.

This exercise is the perfect way to start your day. Also, you can do this on the fly on those days when you feel like you are running to the next thing. It is a great technique to ground you in the present moment when life feels overwhelming, or your head is in the clouds.

Find a comfortable place to sit to do this exercise. On the days you forget, you can do it on the go.

Imagine a root or cord connected to the base of your spine. As you take deep breaths, imagine this root/cord getting longer and longer. Imagine it going through the floor below you, then the grass, and dirt. Imagine it going deep into the center of the earth. With each breath, imagine it going deeper until it reaches the earth's core.

Imagine it encompassing or planting itself in the earth's core. You can imagine the core as a root ball or crystal or ball of energy. Feel a gentle yet firm pull on the base of your spine.

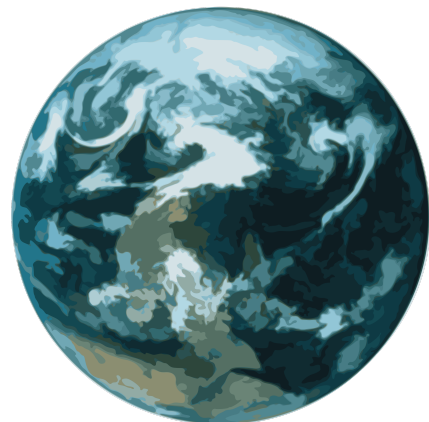
Know that you are connected to the earth's energy right now.

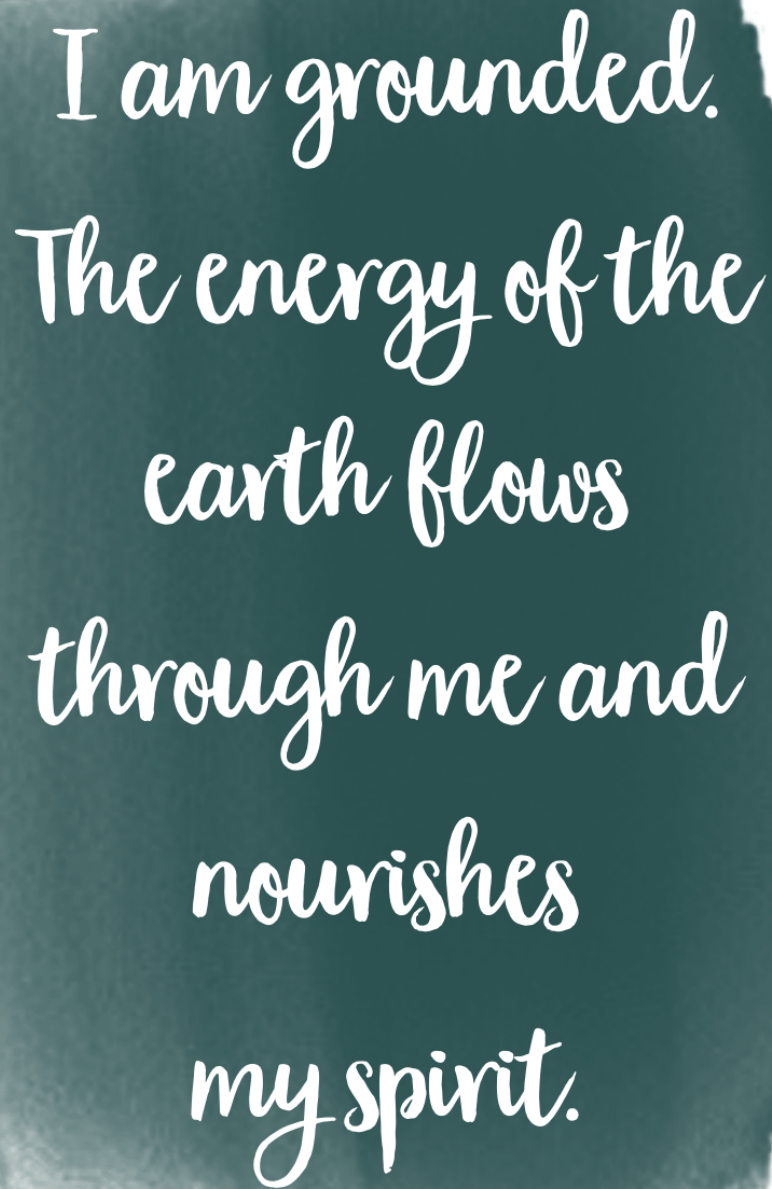
Imagine anything that you feel like you need from the earth like energy, stability, comfort, resources, or mothering is drawing up the root/cord and flowing through you.

If you imagine a root, imagine offshoots of the root spreading through the earth to help you feel even more connected and rooted.

Notice how grounded you feel.

Anytime you lose this feeling, imagine that root connecting you to the energy of the earth and breathe.





I am grounded.
The energy of the
earth flows
through me and
nourishes
my spirit.