



**What does it actually mean to be GROUNDED?  
How do you know when your battery is low and you need  
to be nourished?**

**Symptoms of being ungrounded include:** cold extremities, stress & anxiety, over excitement or exaggerated emotions, forgetfulness, multi-tasking too many projects, misplacing everyday objects, taking on the emotions of others (extreme sensitivities to surroundings and people), susceptibility to low level entities and possession.

### **Easy daily grounding practices:**

- \*Put your bare feet on the ground for a minimum of 20 minutes/day
- \*Focus on your breath, gently slowing down each inhale and toning vowel sounds with each exhalation, especially the OOOH and OH sound for 5 to 10 breaths each.
- \*Observe silence for 5 minutes a day. Notice the subtle energy in your body and where you can feel it.
- \*Find someone or something that represents grounded energy to you. Notice the subtle energy in your body when you focus on this person or thing and where you can feel grounded energy.
- \*Use your breath and intention to draw your energy down into your extremities, taking time to direct the energy into your body while deep breathing.
- \*Take advantage of simple activities such as eating a meal or brushing your teeth to practice mindfulness. Only focus on one project at a time to enhance mindful presence in the moment.
- \*Wear natural fiber clothing whenever possible and use natural materials in your home for flooring, bedding, etc.
- \*Utilize sound healing tools, gemstones, color therapy, flower essences and essential oils to support your grounding process.
- \*Wear the color red and enhance your space with intentional color.

### **Healing tools to help you ground:**

- C Note crystal bowls, tuning forks calibrated to the earth frequency, didgeridoo instrument, earth frequency music
- Keep dark healing stones such as obsidian, black tourmaline or onyx in your pocket, by your bed, in your car, on the couch or at your desk for a little extra support.

-Inhale frankincense oil or place a drop of oil on each sole of the feet.

-Inhale essential oils that make you feel calm and centered.

**Grounding Affirmations:** My energy is centered, grounded and focused. I am nourished by the earth. I am safe in my body. All is well in my world. I am clear and strong. My body is healthy.

