



clairessence  
meditations



From the Workshop Series  
MASTERING YOUR ENERGETICS  
By Manex Ibar

GROUNDING Definition:

To ground is to set a unique frequency for your body that supports harmonious function, helps you remain present and enables you to interact with energies that are in relation to you.

Grounding is a basic energy management skill that helps us be present in our bodies and creates a conscious connection with the Earth. It helps calm the nervous system, to calm us and help us feel secure in our bodies and on the earth.

When we ground, we activate a reciprocal relationship with the Earth. We access Earth energy to be physically in a nice, solid, playful space, releasing energy that no longer serves us for recycling and transmuting by sending it back into the ground.

As a fundamental first step in building the relationship with ourselves as energetic beings, grounding enables integration between the physical body and the energetic system. This in turn forms the foundation for our relationship to the larger beings (the Earth and the Cosmos) with whom we interact.

## Grounding - Clairessence Meditation 1

Sit in your meditation posture with your eyes closed, feet on the ground, and hands resting on your knees with the palms open toward the sky. Breathe deeply, inhaling and exhaling from your belly.

Imagine a spinning ball of green light in your first chakra – at the base of the spine for men, or between the ovaries for women. The ball is as wide as your hips. Notice the speed at which the ball is spinning. Observe how your body resonates with the green ball of energy. Feel it ignite and glow. This is the genesis of your grounding cord.

Let the green ball of energy double and allow the second spinning ball to drop from your first chakra. The ball effortlessly drops through the chair, through the floor, and into the rocky crust of the earth. It drops through the molten magma all the way to the core. Observe the cord of fresh green light connecting you to the Earth.

You will notice Mother Earth's greeting, acknowledgement and validation of your presence. She makes a connection with you, sending fresh green energy up your grounding cord and resetting your unique frequency so you may live, work and play safely in your body. Bring your attention back to your body and open your eyes, staying grounded into the Earth.