

Grounding & Centring Technique

~ For All Energy Work Preparation ~

Grounding

Being Grounded Means:

- Having a firm foundation from which to express yourself.
- Having a firm connection with the earth.
- Being and feeling secure.
- Feeling clear sighted - not feeling 'spaced out'.

Grounded-ness can be associated with the imagery of a tree with its root system. The tree can withstand the strongest storm and winds only because the root system is often larger and deeper than the span of the branches above. From a spiritual perspective, when we are grounded, we are more likely to receive divine inspiration from above and grounded healing will allow us to function in a physical body in this physical life.

There are many ways in which you can ground yourself and it's important to start noticing when you are feeling ungrounded so you can take action. The symptoms may be different for different people. For me, I feel scattered in my thoughts, unable to focus on the task at hand and light headed. Here are some ways you can ground yourself, experiment with them and find the ones that best work for you:

- Walking in nature (preferably bare foot on grass or the earth).
- Wearing grounding earthy colours.
- Eating root vegetables (a hearty winter vegetable soup).
- Listening to tribal music which has a strong drum beat.
- Carrying grounding stones with you in your pockets or bag. Boji stones are particularly effective.
- Wearing non rubber soled shoes so your connection with earth is improved.
- Sleeping on a grounding sheet (these can be bought online) and connect you with the ground through the earthing wires in your plug socket).
- Visualising roots growing through your feet into the layers of the earth.
- Grounding activities such as gardening, hiking, creating with clay and cooking.

Centring

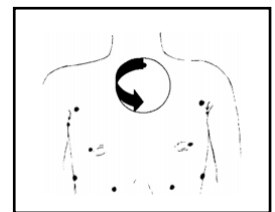
Being Centred Means:

- Being anchored in both spirit and mind, logic and emotion, physical reality and the ethereal world.
- Feeling able to be direct in actions/efficient decision making and having clarity of thought.
- Feeling focused as opposed to feeling 'scattered'.
- Being able to concentrate well.
- Being in a state of calm receptivity.
- Having appropriate energy for tasks and life in general.

Centred-ness is also an important element to incorporate in your daily routine and in preparation for dowsing. It's slightly different compared to feeling grounded, as for me, it's more about the different regions of my physical and mental body being aligned energetically. We all have energy centres or chakras in our body and these are linked by a series of energy circuits or meridians (a bit like motorways linking the cities in our country). If these meridian points are blocked, energy can't flow through easily and then the organs in the body associated with that area don't function

effectively (the cities become isolated). This then has a knock on effect on our daily functioning. We may simply feel 'off', clumsy or experience symptoms like 'brain fog'. There are some simple physical movements we can do to clear the meridians in our body, putting the energy flow back into motion. Many of them are ancient practises that were once used by many but now forgotten. You may like to look up the work of Donna Eden on Youtube as she is an expert in the field of energy management. I have used her energy routine for several months and now integrate elements of it in my own morning routine every day.

If you would like to watch my version of her energy routine please visit <https://mindfulneya.net/category/videos/> and select 'Morning Energy Routine'. You can also use the image prompt sheet within this pack as guidance. I would suggest putting aside 30 minutes one day and trying all the exercises on the sheet to ascertain which ones resonate with you and help you to feel most centred. I would particularly recommend using the 'Wayne Cook Hook Up' and 'Body Tapping' as these motions will help protect you from the energies around you, from other people and also ensure you do not pass on any stagnant energies to others. They are also very effective when used to manage shock, anxiety and emotional stress. The core of the body tapping technique is using the finger tips to tap around the Thymus area (top centre chest) in an anticlockwise direction as you look down. When you use this technique before a dowsing practice it will anchor your energies, thereby helping your dowsing to be more effective and accurate. Other ways to promote centred-ness are:



- The Wayne Cook Hook Up exercise (see video link above and prompt sheet).
- Meridian Tapping (see video link above and prompt sheet).
- Deep breathing 'box technique' where you breathe in for a number of counts, pause for the same number, then exhale for the same number and pause again for the same number, then repeat.
- Sounding certain music notes using a singing bowl can help align your senses.
- Any meditation practice or walking meditation practice will promote centred-ness.
- Active listening - sitting quietly and noticing all the subtle noises that often pass you by.
- Yoga and martial arts movements.

By taking the time to ground and centre yourself before any crystal practice, you are establishing a firm personal energy foundation. You are protecting your energies from others and also how your energy might affect others. By centring your energies, it also helps to remove your conscious mind from interfering in any perceived result. This is important because if your personal energies are disparate, then responses from a pendulum will tend to be unreliable.