



Grounding

Grounding is essential during spiritual expansion. Practices that help us to stay in our bodies and connect deeply with the earth and embodied experience support our spiritual growth. Below are a few pointers that can help you when you feel disoriented, an increase in physical symptoms such as headaches, body pains, an ethereal, floating feeling, vision shifts, disconnection, and even nausea, and they help us be fully spirit embodied. We want to stay fully connected to all of us during the process of expansion and some of the practices below may help to ground and orient you.

1. Breathing practices are a key way to bring energy down through the body and to ground ourselves into the earth. Take a deep breath through your nose down into the chest, down into the belly and let the air fill you completely. Then, very slowly release the air either through your mouth or nose and simultaneously feel the energy move down through your chest and torso, through your legs and down into the earth. Allow the breath energy to go deep into the ground below your feet and feel the anchoring, almost like steel holding your feet, as the earth provides tangible support. Repeat this breath exercise until you feel more present and grounded in your body.
2. Ground by touching the earth. The very ground beneath our feet is a support that holds us. Take your shoes off and walk on the ground, feeling the solid earth below you. Use the breathing exercise above to breathe your energy downward and feel your solidness. You may choose to sit next to a sturdy, tall tree and feel the strength of the trunk that holds you and the root system below you. Allow nature to be a support that helps to keep you solid and grounded while opening to your soulful fullness.
3. You can use your energy system to help ground you as well. If you draw a line with your hand from the top of your head down in front of your face, down your torso, to your pelvis and focus the energy into the ground it can help you to follow the natural energy movement of grounding within your energy system. You are welcoming and learning to follow subtle energy, inviting all of you to be embodied and fully present in your experiencing.
4. When you complete a meditation or following a session of expansion and clearing, practice checking for body awareness—wiggle your toes, blink your eyes, touch your skin and invite full presence in your bodied being. Place your feet on the ground and

actively acknowledge that you are fully present, in this moment, as you accept your greater spiritual connection with the soul.

5. Take time to rest and reflect. Walk around before you get in a car or try to do an activity. Drink water to ground the energy. Drink some warm water to feel the movement of the warm liquid. Sometimes warm water helps to ground in a more tangible way. Take a short walk outside feeling your feet on the ground and honor the opening that has happened while acknowledging that you are fully present. If you still feel ungrounded, sweep your hands from the edge of your energy field from your outstretched hands and move them inward toward the heart. Cross step lifting one knee and touching with the opposite hand and then do the other knee. Repeat this a few times and breathe deeply in and out. And, you can take a warm Epsom salts to keep the energy moving and allow the energy to move out what needs to clear, allowing your body to process what is ready to move.

There are plenty of other grounding practices that you may know of from other teachings and traditions. Do what supports you and know that energy typically moves for a few days and then settles. Even if you feel an increase that is uncomfortable, many of the mentioned practices will support and provide clearing as you continue to open to the spiritual fullness of what you truly are.

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