

Grounding Practices for Expansion

Spiritual awakening can open discomfort and disorientation as the ego state begins to shift. The following practices can assist in managing these symptoms but not bypassing the necessary process of moving through the desolation of spiritual expansion. Overall, remember that high vibrations of Divine love, acceptance and gratitude for all experience, even that which is challenging, will assist in transcending rather than bypassing the pain.

1. Get Outside

By getting outside and connecting with the Earth, you ground yourself quickly and remain centered as expansion takes place. Simply by breathing in fresh air and being in open, natural spaces, this gives room for your crown chakra and energy body to open and release the growing energy. By placing bare feet on the Earth, sitting on the ground, or touching a tree you can draw in grounding and healing energy from the Earth to neutralize the expansiveness. Sitting or walking in the sun also clears your energy body/aura with pure light. Also, sitting near bodies of water can help provide a cleansing affect to the soul, body and mind.

2. Eat Grounding Food and Drink Water

Eating grounding food like root vegetables, nuts, grains, and small amounts of meat can fuel your body with grounding and earthly energy. By blessing or praying over your food, this can help send positive and loving energy to the food that you eat. Try to stay away from sugar, processed foods, coffee and alcohol during times of expansiveness as these have less grounding energy and can lower your vibration. Drinking plenty of water also helps to keep your energy moving and cleansing the physical body from toxins that may be released.

3. Stretch, Move and Rest

Constantly stretch and move to keep your energy flowing. Simple movements like walking or swimming are helpful every day to ground yourself and to keep energy moving without a strenuous pull on your body. You may notice during your awakening your energy levels may vary and change. Listen to your body and take times of rest during moments of fatigue and gently release energy when you feel spurts of it come through. Taking a bath with bath salts helps to clear the physical body of toxins as well.

Stretching the legs, hips and back helps to keep the lower chakras clear so that you feel grounded and in your body during times of expansion. Certain yoga poses like child's pose, mountain pose, tree pose, and downward dog can help keep legs, hips and back open and clear.

Breathing techniques like alternate nostril breathing, four second square breaths, or slow cleansing breathes will help to keep you grounded. Pressing on your heart center or finding a connection with your wisdom center just below your navel can help find a center within your energy field.

4. Clearing and Cleansing

By clearing and cleansing your energy field, your chakras, your environment and any unwanted cords or entities from you, this will help keep your energy clear and you will feel centered.