

Grounding and Earthing

What does it mean to ground ourselves? Why is this important?

Grounding is connecting one's life energy to Earth's energy. The knowledge and practice of grounding is essential to everyone. It helps our energy flow smoothly and to access our inner resources in a more efficient and effortless way. Connecting ourselves with the earth is very important for our energy to flow, it helps our body's natural healing and general wellbeing.

Let's face it, nature intended for us to be grounded naturally. Sinking our feet into the grass, dirt, sand and water on the earth is said to allow our feet to come in contact with the negative charged electrons of the earth. The Earth's oscillating electrical circuitry comes in contact with our own and this connection stabilizes the bioelectric environment in our body. This helps create a positive environment for the normal functioning of our body's systems. If we can go out barefoot on the grass for 15 to 30 minutes every day, we soak up those electrons, and our body benefits greatly. In other words, the positive polarity of our feet connects with the negative polarity of the earth, and Voilà... we are connected.

Doing this on a continuous basis is ideal, but not easily doable in our modern society. Wearing shoes that allow the earth's energy to come through, such as having natural leather soles, can help in this process.

In her booklet titled [Energy Hygiene e-guide](#), Dr Christine Shaffner explains the benefits of grounding:

“Grounding neutralizes free radicals generated through inflammation, infection, cell damage, trauma, stress, and our toxic environments. An abundance of free radicals are responsible for some of our most threatening chronic conditions

such as cancer, cardiovascular disease, diabetes, chronic pain syndromes, and autoimmunity.” (p.11, 2019)

Grounding is a simple inexpensive means by which most of us can combat these destructive forces. The negative electrons absorbed from the earth quenches the free radicals and supports the immune system. Grounding also helps to establish a normal cortisol (stress hormone) level at night, which can help to improve sleep and alleviate pain and stress.

Unfortunately, most of us do not go about our day with our bare feet on the ground. We wear man-made materials in our shoes which disconnects us from the earth's grounding energy.

What can we do to ground ourselves?

With our imagination, we can root ourselves inside the earth which helps us to be stronger and more stable. You actually can test this out for yourself. Purposely intend to disconnect from the earth and ask a friend to come in front of you and physically push you back. See what happens. Secondly, ask your friend to do the same, with the same force after you have intentionally grounded yourself. You will find that you are much more able to maintain your stance without responding as much to the force of the push. Grounding literally makes us stronger and more stable.

Let's visualize. The energy that comes up from the earth is called telluric energy. Being grounded means we are connected, rooted into the earth. As we visualize this connection, we imagine welcoming the earth energy inside our body, coming in through the chakras of the feet, up our legs, to our first chakra. I also like the idea of allowing the earthing energy to fill my body and circulate. I usually request that the overflow of energy go back into the earth with the help of my grounding cord. This grounding and earthing process connects us with the electromagnetic field of the earth which enables us to access information about what is needed to be the best we can be. It also

gives us information about what it is like to be human at this point in time.

As stated previously, our grounding ability is enabled with the help of our first chakra, the root or base chakra, also called Muladhara. Its primary task is to continuously ground us with the earth. It is the source of life energy that roots us. Psychologically, our root chakra is associated with our sense of security and survival. Physically, it is associated with our basic needs.

Each chakra has its specific vibration or frequency and has colours associated with it. When something happens that troubles us, e.g. threats to our physical or financial security, emotional upheaval, disease, feelings of anger or rejection, etc, our chakra can shift from its primary vibration and experience difficulty. This very process can de-stabilize us and break our connection with the earth.

What happens if we are disconnected?

When disconnected from the earth we generally tend to feel “on our own.” We don’t feel “down to earth” as much and our sense of emotional balance can be shifty. We usually need to use more of our physical energy to bring a project to fruition therefore more effort to make things happen. We are usually more tired, constantly in need of recharging our batterie.

Thankfully, when we are grounded we have a better sense of who we are because we are “in our body”.

Strategies for grounding:

Grounding with the Lecher Antenna:

This requires emitting the (8,0) vibration at the root chakra. Because this frequency is the same for the root chakra, it is important to check

that the connection between the chakra and the earth is also there, so I check that there is a line between the root chakra and the earth.

Grounding Without the Lecher Antenna:

Ideally, by having our bare feet on the ground (earth, grass, stones) we can purposely ground. With intention and attention, we can visualize and do a grounding practice.

There are many imageries that help us ground ourselves, after all it is with our imagination we are doing so. Some will say that we can ground with just an intent, and it is sufficient. Others will use elongated processes with many steps that are time consuming.

Personally, I prefer a ritual that consciously brings me through the steps so I can visualize the grounding and earthing happening. This makes me feel like it is more real and that I can count on it to be there for me, more so than just having a grounding intention. It also can become a routine that enriches my ability to gradually “feel” more and more of the benefits. We are, after all, human beings and rituals tend to help us focus and deepen our connection.

It is important to ground every day. I like to do it in the morning, before I become too active with my daily tasks.

You can use one of the following versions or mix and match according to your preference.

Grounding exercise imageries:

Version number one:

1. While exhaling, imagine the flow of your energy travelling down your body through the soles of your feet all the way to the centre of the Earth.

2. With each inhale connect to the earthing energy system and absorb it.
3. This completes the energy circuit and we are grounded.

Version number two:

1. Imagine the energy from the Center of the Earth coming into your feet chakras, travelling upward, filling your legs, going through your knee chakras, and up to the root chakra.
2. Imagine the same energy, going down the Grounding Cord from the root chakra, back to the earth.
3. Imagine that as the earthing energy flows inside your body, it allows for cleansing, taking whatever you wish to let go with it down the grounding cord.

Version number three:

1. Tell yourself you are a light being in a physical body. Imagine your own light expanding from your solar plexus becoming bigger and bigger until it comes out of your body and creates a bubble of light energy surrounding your body.
2. Imagine yourself connecting with your angels/guides and request that they send you the light colour that you need for this day. Imagine it being sent to you and that it penetrates you from your crown chakra. Welcome this light as you request it. This will create a light prana in the middle of your body, and by doing so, it goes through every chakra so it can cleanse and balance each one of them. This process may take a few seconds. Once your prana light tube has done this, ask it to go down between your legs, and anchor you with the earth by penetrating it and going down as far as the

centre of the earth. Imagine it creating roots. Request that the center of the earth cleanse and balance your energies by welcoming the earth energy back into your body. Intend to stay connected all day as the earthing process continues. Feel grounded.

3. Remember that your intention to be grounded is the most important thing so visualizing yourself grounded is the most important step.

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