

## **GROUNDING MANUAL: HOW TO STAY CENTERED AND BALANCED DAY TO DAY**

### **1. WHAT IS GROUNDING?**

Grounding is an ability to stay centred and balanced regardless of circumstances, internal or external factors.

### **2. WHY DO WE NEED TO GROUND?**

Often when we start working with energy consciously, our perception sharpens and we might become more aware of when we are not fully centred. This might manifest in feeling lightheaded, physically off balance, anxious, absent, hard to focus and concentrate, overthinking and overwhelmed. Being ungrounded can manifest differently based on the circumstances and your personal energetic composition in the moment, therefore it is important to reflect and observe how that usually manifests for you, so you can recognise and deal with it sooner.

Many people who work with energy can feel ungrounded after working with energy or a client. For many the question of staying grounded becomes the question for their own safety. They might believe that their imbalance is based on them picking up or taking on other energies.

And although this is possible, it is also true that without a worm the fish won't bite, meaning that often others simply trigger the already existing imbalance in us. Remember, energy doesn't have the distinction of form as we do, therefore if I have an unresolved issue with anger and so does my client, the energetic vibration is the same regardless of which body it is present in.

This helps to recognise our own responsibility over our own energy!

It is nobody's fault when we feel unbalanced, it is simply life and our interaction with it. However, feeling unbalanced is not pleasant, therefore it is important to have a practise of grounding and when you work with energy, it is even more important to make it a daily routine. Feeling unbalanced is a natural way of interacting with life, staying unbalanced is a choice.

A grounding routine does not have to be complicated. It can take only a few minutes each day and it can be fun. Staying grounded is simply an ability to manage one's own energy, to bring it to place of balance on demand.

### **3. HOW DOES GROUNDING ALIGN WITH NON-DUALITY TEACHING?**

We are infinite beings, but we also have a human body. In that regard, we are a drop and an ocean and it is important to remember this. However, due to our upbringing it is often our default to identify with the drop and therefore it becomes easier to get unbalanced energetically. When we are in the space of the observer, embodying both – the ocean and the drop – we are whole. When we are whole, we are invincible, as we are freedom itself. In that space, karma, traumas, energetic imbalances have no hold on us. However, it can be tricky to be consciously present in this space all the time due to our lifestyles, therefore we need quick and simple grounding tools that can help us deal with imbalances 'on the go'.

An ideal scenario is that every time we feel unbalanced, we move from ego to observer and to infinity herself. This will recalibrate the energy and bring harmony. However, when we are unbalanced, we tend to identify closer with our physical body and the mind, which might create a lack of perspective and therefore some other tools might be more successful in getting to a state of balance.

It is also important to remember that grounding is an individual journey, so there is no solution that fits all. Explore different tools and techniques for yourself and see what works best for you and when.

#### **4. HOW TO GROUND**

There are multiple ways to ground and manage our own energy and different situations can ask for different tools. The key here is to have a daily routine, but the rest is up for grabs. Play with different methods and see how they affect you.

It is your personal choice for how long you do each exercise, but a recommendation is to do it a minimum of 3 minutes and incrementally increase the duration with practise.

Grounding can happen through meditation, movement, music and while connecting to nature; just to name the few.

##### **4.1. MEDITATION BASED GROUNDING**

Tools and techniques performed seated or standing, usually in stillness and silence using visualisation or breathing techniques.

- **Drop your roots**
  - Close your eyes and imagine that roots or anchors extend from your feet and pelvic floor all the way into the ground.
  - See them drop deep down into the centre of the Earth.
  - Spend a few moments observing the roots/anchors deepen their connection with the centre of the Earth.
- **Root chakra balancing**
  - Connect to your base chakra. Observe where it is at, check that the flow is strongly projected into the ground.
  - If it is not, just gently rest your awareness on the root chakra until you feel the shift has happened and the chakra has opened up with the clear and strong flow down.
- **Sacral chakra balancing**
  - Connect to your second chakra. Observe what comes up, check the flow and vibrancy of the chakra.
  - Focus your attention on it feeling how it is balancing out.
- **Personal Power**
  - Seated, connect to your personal power. See what comes up for you.
  - Ask where the imbalance is... if it doesn't feel harmonious to you. Put your awareness there – whether that is an organ, chakra, story or an emotion, this doesn't matter, so do not judge and do not get involved in the drama of the mind, just simply be present, as an observer.
  - Spend time with it until you feel the harmonisation is taking place
- **Silent breathing**
  - Seated, start by observing your breath – what it is like, where it goes, where does it struggle to get through.
  - Breath in slowly and be gentle with every inhale, slowing down your breath.
  - Make it as silent and as long as you can on the inhale and exhale.

- **Life Force breathing**
  - Start by observing your breath. See the breath enter your body and witness it descend.
  - On the inhale, imagine that you are breathing into your heart chakra. On the exhale, imagine it pushing all the way down into The Earth.
  - Next inhale, imagine that you are pulling life energy from the depths of Mother Earth. On the exhale imagine that energy be released to the Father Sky through your Crown.
  - On next inhale, imagine you are pulling the life force from the Father sky into your body, entering through Crown chakra; on the exhale push it into the ground to the heart of the Earth.
  - Repeat for at least 3 minutes, slow, deep breathing, but remember it is also relaxed, so keep a check on your forehead and shoulders to ensure they are not tensed.
- **Limitless Being breathing**
  - Start by focusing on your breath and gently slowing it down. Do it for 3-5 breaths.
  - Then imagine that you are inhaling through your heart chakra feeling it with light, on the exhale imagine how you are radiating that light outwards.
  - With every inhale and exhale, imagine the light becoming bigger and brighter.
  - See how it touches your body, your aura, your surroundings, the Earth, Universe and ultimately the whole creation.
  - Witness yourself as a limitless radiance of light.
- **Chakra balancing**
  - Visualise each chakra, observe where it is at in the moment – how is the flow, vibrancy.
  - Visualise each of them radiating healthy vibrant light forward and back with root and crown chakra projecting that light down and up respectively.
  - Then visualise the connection from crown chakra to root chakra, with the energy arriving into crown chakra from the Sky travelling all the way into the Earth.

## 4.2. CONNECTION WITH NATURE

This is grounding techniques and tools that are done by using nature bodies as an anchor either face to face or through visualisation.

- **Intentional walk**
  - Decide where you can go for a walk.
  - Set an intent to harmonise and bring your energy into greater balance during this walk.
  - Before entering your walk, pause and take a deep breath in. Connect to the path you are about to walk. This can be simply done through acknowledgement or a gratitude or by simply saying 'may I please step into your field of energy'.
  - Set off and observe what comes on your way or what intuition tells you to do. You might walk the whole time or you might be drawn towards a tree or a rock to rest by. Everything that shows up on your way is there to provide you with an opportunity to balance deeper.
  - Try to follow the energy and not the mind. Let the walk reveal what is needed as a grounding tool for you in that moment. Once you return from your walk, thank the path and nature for supporting you and providing wisdom.
  - If you journal, it might be great to write down what came up for you and what drew your attention, you might find that new grounding tools have been revealed to you.
- **Walk with me**
  - This is a great tool if you are on the go, especially in the busy city or busy looking after children, without an opportunity to withdraw and meditate.
  - Rest your awareness on a nature body nearby – this can be a tree, rock, a flower, river – anything that reminds you of nature's harmony. It is important to have it physically present near you, so its presence focuses you. And if you find yourself in the environment with no nature around – there is always the sky above you.

- Once you have found your nature body, take a deep breath and ask whether you might step into its energy and walk in its rhythm. Asking is enough to receive permission, this is done to foster respectful interaction. Observe how this changes your state of being.
- Once you notice you've lost connection, just gently ask to walk in their rhythm again. This also can be done by asking to breathe and think in their rhythm too.
- **Breathe with me**
  - Choose an object in nature (tree, rock, bush, lake, pond etc) and simply sit by it. Ask to step into its field of energy and to be harmonised.
  - Focus on your breathing, observe where it is at.
  - Start imagining that you are breathing together with the nature object in the circular motion.
- **Root with me**
  - Sit by a tree and imagine that trees routes become your own. Visualise them going deep down into the core of Mother Earth.
  - Pay attention to your breath, breathing in deeply and slowly – making your breath slower and more silent with every inhale and exhale.
  - Visualise your routes going deeper with every exhale and with every inhale, imagine that the pure energy of Mother Earth is coming up the routes to nourish and harmonise you.
- **Connect with Earth and Sky**
  - Visualise your own routes growing down out of your sacrum deep into Mother Earth, like a tree, and the sun connecting into your crown chakra.
  - Visualise a circle of energy from the Sky to Earth and back round again that makes you feel like an infinite being and at one with nature and as nature.
- **Bare feet**
  - Walking barefoot on soil, grass, seashore helps to ground.
  - If you cannot walk for whatever reason, you can just rest your bare feet on a patch of ground.

#### 4.3. MOVEMENT

Methods that bring harmonisation and grounding through physical movement. This is not about looking pretty but being honest in your embodied expression.

- **Qi Gong**
  - Explore subtle movement practise with powerful result.
  - You can join Yair's live Qi Gong classes (see his website for the timetable) or find short Qi Gong practises on YouTube.
- **Yoga**
  - As above
- **Moving with nature**
  - Connect to the energy of a nature body (tree, plant, fruit, rock etc.) and start moving with its energy. Switch the nature bodies, seeing how the movement affects you.
  - Connect with your own energy and move with it in between to witness how your energetic state changes.
- **Chakra dance**
  - Put some lovely music on and move to it, consciously engaging your chakras.
  - Move with your root, then second chakra, then third and so on.
- **Wake the tiger**
  - Engage with your inner power by connecting to your second chakra. First observe where it is at in the moment.
  - Then imagine that there is an inner tiger that lives there. Tiger that knows who it is and what it wants, tiger that is part of the jungle, the heart of it.
  - Start moving like that tiger, allowing your second chakra to lead – feel the movement arrive from there.
  - Use your hands, feet, your whole body, moving mindfully.

- **Shaking**

- Relax your body, bend your knees slightly and start shaking pushing from your feet up. You can start slowly and gently and then allow your body to shake the way it needs to – be it gentle or vigorous.
- Make sure your jaw is relaxed and open slightly, your shoulders and neck are dropped, with the head tilted slightly down.
- Shake it baby! Make noise!

#### **4.4. VOICE & MUSIC**

Singing and sound is such a powerful tool to help us ground. It does not need to be pretty or pitch perfect. After all, our task is so much bigger than getting a Grammy, we allow the sound to harmonise us.

- **Song of the moment**

- Singing is a powerful tool to ground. Seated or standing, set an intent to ground your energy. Take a breath and let the song arrive.
- This doesn't need to be a specific song you know and you also don't need to be a great singer. This is an authentic song of the moment! Even if it makes no sense, it doesn't matter, give it voice.
- The key here is to sing through your gut, feeling that you are pulling the sound from the root up, make sure you are not singing from your head.

- **432 Hz music**

- Find grounding music on YouTube or Spotify and listen to it.
- Great thing, if you are in a rush, you can have it playing in the background while you are doing other activities.

#### **4.5. OTHER**

Tools and techniques that help with harmonising in the moment without reliance on meditation, nature, movement and music.

- **Power object**

- You can have certain colour or object to represent harmony to you e.g. red underwear, a specific necklace, something that you can put on in the moment.
- This will play a trick on the mind, helping it to relax, however be weary not to have this as your main practise, as the mind might learn to associate this item only with a harmonious state, making you over dependent on it.
- Remember that it is your inner-infinite being that is harmony itself, the object is there just to remind you that.

Tools and techniques in this Grounding Manual are only a few suggestions. If you have other examples that you'd like to share with others, please send them to Olga to be included here.

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