

# Importance of Grounding

by Teri Ritchie

What is grounding? Have you heard people talk about grounding or the need of it before? Do you know what it is, why you would want to do it and what good would come from doing it?

Let me answer these questions for you and encourage you to consider "grounding" as life long good health awareness practice.

In electrical terms, grounding is a conducting connection between an electric circuit and the Earth or some other conducting bodies. In psychological terms, grounding means to establish a feeling of self-awareness, a foundation of the consciousness of one's own self. In energy terms, it means to establish a connecting awareness in the unity of body, mind, and spirit.

Grounding could be one of the most important and powerful personal awareness, health and healing practices for you to understand and apply in your daily life.

Being grounded and having unity in body, mind and spirit is the beginning of becoming present, being whole and complete and having a life you love. It calls first for intending this reality for yourself, then it calls for awareness. The process of waking up to yourself and your life is the process of becoming aware of what is really going on not just what your stories, judgments and opinions are, and paying attention to your senses and perceptions realizing the truth about your thoughts and thinking. You must be grounded to be aware. You must have unity of body, mind and spirit to be present, whole and complete and have a life you love. Being grounded is that important

## What it feels like to be grounded...

Calm  
Confident  
Physically coordinated  
Mental Clarity  
Reaching goals is easy  
Synchronicity enters your life  
Warm feet and legs, good circulation  
Strong low back and abdomen

## What it feels like to be ungrounded...

Anxious  
Unsure  
Bumping into things, stubbing toes, etc.  
Unable to concentrate  
Reaching goals is a struggle  
You seem to be in the wrong place at the wrong time  
Cold feet and legs, poor circulation  
Low back pain or soreness

**Who should learn and use grounding?** Sensitive people, artist, creatives, people who work with energy, people who work in healing and supportive professions with others; Drs, nurses, therapists, health practitioners, care givers, etc. People who are physically, emotionally, energetically, spiritually, relationally, and or financially distressed. People who feel overwhelmed by crowds and noise, or who are overwhelmed and or anxious by life's transitions, breakdowns or crisis either their own or close relationships. People experiencing any or all of the feelings of being ungrounded in the second list above and or would like to experience the feelings of being grounded as in the first list above.

There are probably as many ways and practices to experience grounding as there are people and they can be accomplished very, very simply through an affirmation or basic awareness exercise or deeply and profoundly through longer visual and meditative exercises - it's like a smorgasbord. Some people find it

easy and a life saver others find it harder to do and take longer to experience the benefits but the important thing is to do it and do it regularly like brushing your teeth and washing your face everyday.

### **Things that enhance grounding...**

Physical activities (running, biking, surfing)  
Being in nature  
Walking  
Massage, body work, etc.  
Being around grounded people  
Being with people who respect who you are  
A nutritional diet  
A fulfilling career  
Artistic expression  
Some forms of meditation

### **Things that weaken grounding...**

Sedentary activities (TV, movie, computers)  
Being inside for extended periods  
Driving  
Stress, Pain, Worry  
Being around ungrounded people  
Being with people who control or suppress or disrespect who you are  
Nutritionally deficient diet  
Working at a job you dislike  
Boredom  
Some forms of meditation

There are hundreds of fun, enjoyable and quick and easy ways to ground yourself.

### **Here are two basic grounding exercises that I use daily.**

#### **Morning Grounding**

First thing in the morning when you get up, sitting or standing, tap/stomp your feet on the ground several times to stimulate the bottoms of your feet and your legs and become aware of your body and its connection to the ground. Feel your energy connecting into the earth through your feet. Imagine and feel roots coming both from the center of your feet and extending from your spine through your tailbone into the earth. Feel the roots go deep into the earth connecting and sustaining you. Affirm to yourself or out loud that you are grounded, safe, sustained, whole and complete. Quietly feel this connection in your whole body before going about your day.

#### **Daily Awareness Practice**

As needed during the day pause to notice the state of your grounding. Use gravity by becoming conscious of it holding you down. Do visualizations seeing and feeling yourself grounded. Just by affirming "I am grounded" and imagining it you will be. To strengthen your grounding especially if you notice symptoms of being ungrounded as in the **What it feels like to be ungrounded** list above become aware of thoughts, feelings, activities, locations and people that tend to unground you. And become aware of thoughts, feelings, activities, locations and people that will enhance your grounding and make you feel good. Take whatever actions necessary to improve your groundedness.

Awareness and intention to experience the benefits of being grounded is what is most important. The activities mentioned in the **Things that enhance grounding...** list above are only a few things that will help you feel grounded and enhance the quality, health and vitality of your life. Find what works best for you and be sure to do it. Have fun with it.

Happy Grounding, Happy Life.