

EVERYTHING GROUNDING

GROUND TO FEEL AT HOME WITHIN YOURSELF



XFORM



Grounding,
The BEST tool

ILLUMINATION WITHIN

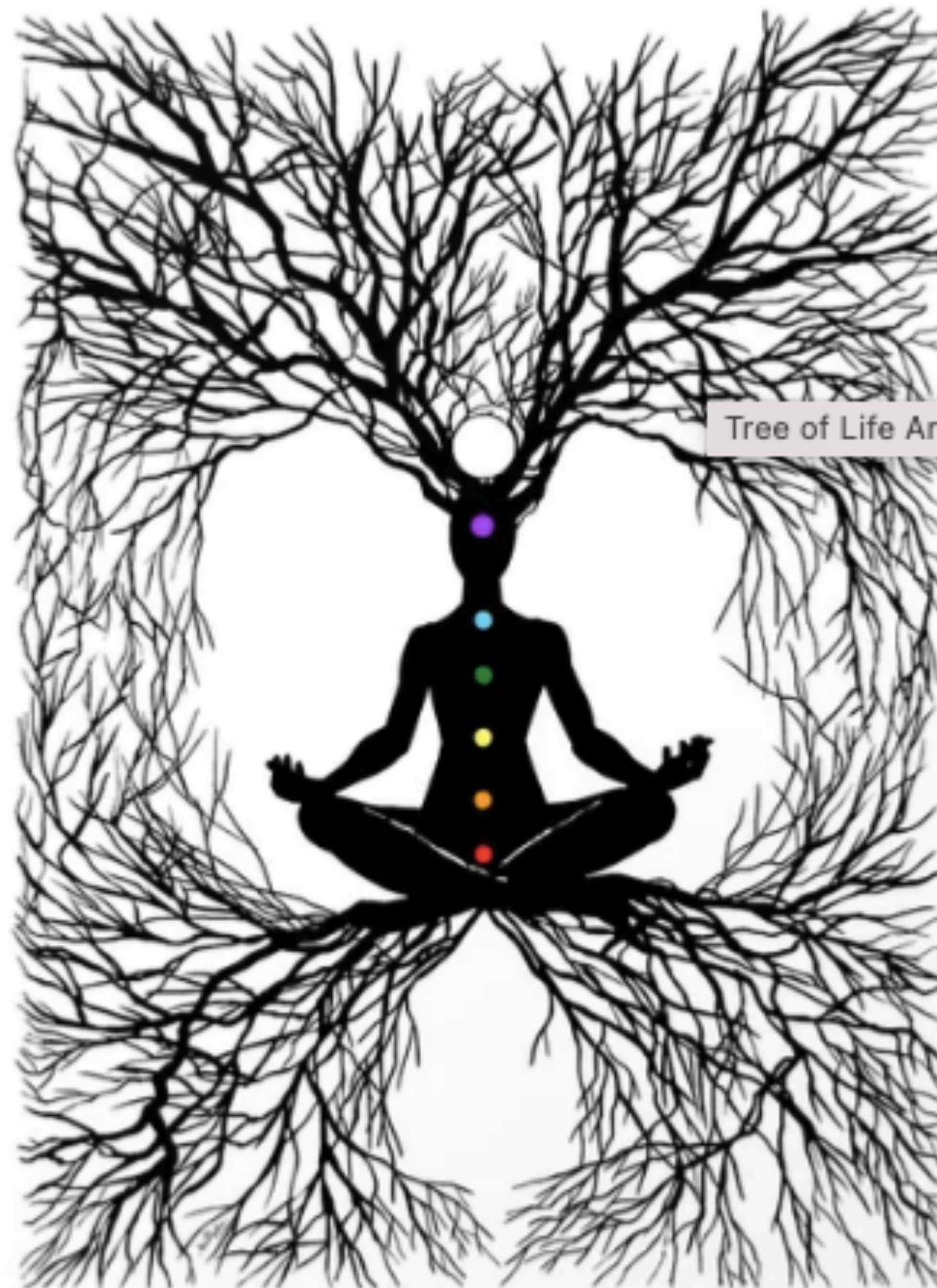
TREE OF LIFE

FLOW THE ENERGY AND CONNECTIVITY



GROUND

FEELING AT HOME



WHAT DO YOU USE TO GROUND?

Visualization

Sensation

Sound

EXAMPLES FOR VISUALIZATION

VISUALIZATION IS THE STRONGEST

A redwood tree

a mountain

a ship's anchor

Beams of lights

Chord

Waterfall

Pyramid

Rainbow

ACTIVITIES THAT ENHANCE YOUR GROUNDING

Physical activity like walking, running, biking

Being in nature

massage, bodywork

being around grounded people

being around people who respect you

nutritious diet

satisfying career

grounding meditation

Artistic expression

Pressing your feet and hands on the earth

Opening your feet chakras

Humor and Joy

ACTIVITIES WEAKEN GROUNDING

Sedentary activities

Watching too especially news

Being indoor for extended period

Driving in heavy traffic

Stress and pain

LACK OF SLEEP

Being around ungrounded and unstable people

People who controls you

Nutritional deficient diet,alcohol, cigarettes and sugar

Working at a job you dislike

AFFIRMATION

EXPERIENCE

I know my higher self

I respect my body

I bring my body and higher self together often in loving relationship

I walk with my feet on the ground

I trust insights and sensitivities

I know myself

I walk through the world with ease and grace

I practice the art of spiritual integrity