



GROUNDING TECHNIQUES

Mindfulness

Focus on the experience of your senses and be a neutral (aka noncritical) observer of yourself.

Breathe

Deep slow breaths in through your nose and out through your mouth on a count of four.

Tree visualization

Focus on the bottoms of your feet, see strong tree roots extend from your feet into the golden energy at the very center of the earth and see that gold light coming up through those roots into your body, filling it like a glass and gathering in your heart.

See white light energy coming straight down from Source into the crown of your head and filling your body like a glass and gathering in your heart.

See the gold of the earth and the white of the Divine mixing at your heart center and expanding out of your heart, out of your body, out of the room, until it extends out from the planet and center back in to your heart.