**Ground the Body…Uplift the Mind**

Are you finding it hard to focus? Is your mind constantly shifting into several directions at once? Do you find yourself feeling like you’re all over the place physically? All of these are sure signs that you are in need of grounding.

**What is Grounding?**

Grounding is simply connecting yourself with the earth in order to bring balance to your physical and mental body which ultimately strengthens your spiritual wellbeing.

If you were to take a small flag and stick it into the ground just below the soil level on a windy day it be tossed back and forth with the shifting wind until it worked its way out of the ground. It would surely be blown away from where it once stood. However, if you took that same flag and stuck into the ground, only this time much deeper in to the soil it would stand firm and secure and would not be over taken by the wind. The same holds true for yourself. When you are grounded firmly to the earth you are much less likely to get tossed about by the various thoughts, feelings, emotions, or events that happen in our day to day lives, giving you the balance, you need to ride along the winds of change.

Grounding yourself is simple and can be done in many ways. Here are just a few ways that you ground yourself today.

DID YOU know…

salt cleanses the energetic body of unwanted energy picked up throughout your day. when you’re in need of an energetic cleanse you may find yourself craving the beach. If you can’t get to the beach, opt for a salt bath instead.

* Touch the earth.
	+ Gardening is a great way to ground yourself.
	+ Take your shoes off and walk on the ground.

This can be grass, rocks, sand, dirt, or even mud.

* + Take a swim in a river, lake, pond, or the ocean.
	+ Sit outside for a while.
	+ Go for a walk or a hike in nature. Touch, read under or maybe even hug a tree.
* Meditate.
	+ Take a moment with your feet planted on the ground and think about your body and how it feels to be connected to the earth below. Allow that feeling to travel up your entire body to the crown of your head.
	+ It’s definitely best to be outside, however; if you’re stuck in the office don’t allow that to stop you. This same mediation can be practiced inside as well.
* Breath & Observe Your surroundings.
	+ Take a few deep breaths focusing your attention to the sensations you feel while doing so.
	+ Observe what is around you. You may even what to find 5 things that you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

Grounding connects you to the earth and helps to bring the mind, body and soul into the present moment. Leaving you feeling focused, driven, and more confident. Below is a guided mediation that can also be used to ground yourself.

**Guided Meditation for Grounding**

Below is a guided meditation for grounding. If you are new to mediating, I would like to make a few suggestions before you begin, however; please know there is no right or wrong way to meditate. These are only suggestions, find what works for you and do it.

**TIP: Record the mediation and play it back to yourself for a self-guided meditation.**

**­­­­­­­­­­­­­­­­­­­­­­­­­**Find a nice quiet and comfortable place where you won’t be disturbed. This may be in a chair or the floor or perhaps you would prefer to lay down on a bed or couch. Whatever is most comfortable to you. If you are seated it is best to sit with your feet either planted on the ground or seated in a cross-leg position with your knees positioned below the hips. You may also find it helpful or more comfortable to sit on a blanket. It is best if the spine is straight in whatever position you chose. Your shoulders should be gently pulled back and relaxed down with your hands resting on your legs, cradled in your lap or by your side.

Begin by closing or softening the eyes as you becoming aware of your breath. Noticing the exchange of each inhale and each exhale.

Know that if at any time during this meditation your mind starts to wonder, just acknowledge it and bring your attention back to your breath.

Becoming aware of the feeling of your lungs as they expand on your inhale; pushing the stomach out as they fill with air and then relax back down on the exhale.

Not trying to change anything just listening and feeling your breath, simply observing it.

Just be with your breath for a moment, knowing that in this moment, you are exactly where you are meant to be.

 Doing exactly what you are meant to be doing.

There’s no one wanting or needing anything from you at this time.

This is your time. You deserve this time for yourself.

Now bring your attention to your body.

Noticing any feelings, sensations or even tension that you may be experiencing.

Again, not trying to change anything, just observing it.

Bring your attention now to any places that is connecting your body to the ground. This maybe the chair, bed, couch or ground that you are sitting or lying on.

Whatever it is that’s connecting you, just feel it now.

Feel as your body it is being held and supported by the earth with no force or effort on your part.

Now imagine these areas connecting you to the ground begin to grow roots like a tree.

Watch as these roots begin to grow penetrating through the surface of the earth.

Traveling deeper and deeper and expanding wider and wider as they interlace with the soil from the ground.

Releasing you from all unwanted thoughts, feelings, or emotions that you no longer need.

Releasing you from any attachments to people, places or fear that no longer serve you.

Strengthening you through this connection as you begin to now absorb all that you need.

Know that as they grow deeper you are growing stronger, calmer and more at peace than you’ve been in a long time.

Allow these feelings to now expand from your roots and move up your spine to the crown of your head.

Feel this connection strengthening and nurturing you as it fills your entire body with all that it needs.

 Just be with this experience for a moment as you embody the powerful connection you have with the Earth.

Now slowly begin to bring your attention back to your breath once more noticing the changes that you’ve cultivated in your body and your breath.

And when you are ready open your eyes, feeling stronger, more focused and grounded.