



Stay Strongly Grounded

**Be Strong, Stable & Centered
In A Chaotic World**

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What Does It Mean To Be Grounded

- Imagine a closet that is in total disarray. The shelves are filled with random things that lay in big piles and the floor is cluttered with stuff, when you open the door you have no idea where anything is or where to look for something specific.
- The above example is similar to being ungrounded or without a center. It is a state where you are lacking inner calm, you may feel disorganized, out of control and unable to connect with your needs and meet them.
- When you are not grounded, your internal environment is very much in disarray, just like that closet.
- In our modern chaotic and very busy world, we may often feel like there are just too many things vying for our attention and so we may often feel like we are being pulled in many directions at the same time.
- Work, traffic, family, financial stress, health concerns, finding time to exercise, chores, social media updates pinging, checking our email a hundred times a day can all contribute to our “losing it.”
- **Being grounded means being centered, or balanced instead of imbalanced and turbulent.**
- During times of stress and is when being grounded can serve us the most, as we can remain firmly rooted within our self to promote balance and stability, no matter the chaos that may be occurring around us. This makes us better able to handle anything that comes our way.
- No matter what situations we face in life or where we go, we take ourselves with us. It is our True Self (Soul) that will ultimately save us from the effects of the chaos around us and lead to a calmer internal environment.

Think about it, does stressing out, getting upset, or excessive worrying help any type of situation in your life? Of course not. They actually make it worse and likely will result in not being able to handle any of it.

Adverse situations can result in us feeling anxious or unstable, robbing us of precious energy, but being grounded preserves your life force energy.

When you are centered and grounded, you are better able to deal with adversity, challenges, and whatever other people throw at you.

Being grounded means maintaining our center.

The human mind loves to wander as we become stuck in dwelling on the past and worrying about the future.

When we are not in the present moment, we are not grounded, we are not centered, and we are distracted and unable to enjoy life with control, peace, and clarity.

When we are present in the moment, in the here and the now, we can actually feel and truly experience the present with equanimity.

Each moment of life is precious and finding and maintaining our center allows us to be truly connected to our environment and all that happens in our lives.

Losing your center means being more vulnerable to negativity and distractions that not only prevent us from thriving in the moment, but also causes undue stress.

- Being grounded allows the body and mind to be in touch with everything that is going on inside of us and outside in the external world.
- Being grounded provides a shield from the external chaos that so often leaves us feeling exhausted, despondent, unhappy, and unable to deal with life on life's terms.
- Being grounded allows us to listen, enjoy, and truly be present in each moment of the day.
- Being grounded maintains focus, and clarity. It promotes the utmost level of health in mind, body, and spirit.
- Being grounded and having a solid center means living a more joyful, calm, balanced, abundant, and content life.
- Being grounded helps prevent you from being affected by the negativity of others.
- Being grounded keeps you on purpose and better able to focus.
- Being grounded enhances the accuracy of your perceptions of the world around you.

Signs Of Being Ungrounded

- **Lack of focus and concentration**
- **Anxiety and depression**
- **Stressful situations causing you to “lose it”**
- **Inability to complete tasks**
- **Disorganization of the mind**
- **Feeling scattered or confused**
- **Feeling unconnected to your life or people in your life**
- **Lack of joy and happiness**
- **Difficulty with remembering**
- **Unexplained anger or rage**
- **Fumbling through the day without motivation or clarity**
- **Feeling drained in spirit**
- **Worry and fear about the future**
- **Difficulty making decisions or thinking clearly**
- **Feeling dizzy or lack of balance**
- **Being affected by other people’s negativity**
- **Difficulty focusing**
- **Feeling like you are not in your body**

Most people feel ungrounded at least some of the time.

Unexpected events, accidents, getting upset, and conflicts can often unground you and lead to any of the symptoms listed above.

9 Ways to Stay Grounded

- **1. Mindfulness And Staying Present**

The practice of mindfulness is one of the best tools in maintaining your center and staying grounded.

Mindfulness is defined as the psychological process of keeping your attention on the present moment.

Mindfulness means to focus on the present moment with intention, and also accepting it without judgment.

Take time throughout the day to just stop and observe your thoughts to make sure that you are really submerged in the moment and your current experience instead of thinking about yesterday or tomorrow.

You can practice being mindful in your daily life and also participate in more structured mindfulness meditation, which goes a long way towards honing this practice and supporting being grounded.

- **2. Slow Down**

If there is one word that adequately and sincerely describes the modern world, it's rush. We rush all day, from home to work, to chores to kids; we rush, rush, and rush again.

How often do you stop to simply “be” instead of running around on autopilot? How often do you stop and savor what is going on in the moment?

In all of this rushing, we often lose the present moment, and we simply miss the day and each and every moment that has passed us by without notice. Slowing down provides the opportunity to be present, to savor and to be grounded into each and every moment of the day and consequently ourselves.

- **3. Time Out**

Take a time out when too much stress is hitting you at once. Stress is something that can easily throw you off center, but stepping away allows you to take a deep breath and reground your mind.

- **4. Let Your Feet Touch The Ground**

What better way to get in touch with being grounded than by being on the ground. Walk barefoot on dirt, and allow yourself to actually feel the ground. Stop to really feel the earth under your feet and toes. Hold your arms up to the sky and balance yourself while standing still.

- **5. Sit In Silence**

The world is a noisy place and all the external stimuli interferes with your inner calm, peace and ultimately your ability to maintain your center and feel grounded.

Take the time to sit in complete silence, and just be. No distractions, no noise, no interruption, just 10 minutes of silence each day has numerous benefits for the brain, spirit and body.

- **6. Deep Breathing**

Take deep breaths. Take the time to take deep relaxing breaths throughout the day. Stop and notice your breathing.

- **7. Practice Grounding Meditation**

The most effective method I have found for grounding is to use a visualization and intention technique in which you form a grounding column from the base of your spine to the center of the Earth and anchor it there. You can use the image of a tree trunk with many roots in the center of the Earth. I recommend making the grounding column at least one foot in diameter; even more if you feel particularly ungrounded. I'll give you more details on page 10.

8. Clear The Root Chakra

The Root chakra (Muladhara) is the first chakra and it is located at the base of the spine on the pelvic floor and is believed to be responsible for your general, safety, and security.

The Root chakra is made up of anything that grounds you to stability in life, and may include shelter, water, food, and emotions that result in the loss of our center, such as fear. Just as fear makes us worry, letting go of that fear brings feelings of peace and safety.

The Root chakra can be viewed as the foundation of a house or any structure. In order for a house to be stable and not fall over, it needs to have the proper foundation.

When the Root chakra is healthy, clear, and open it creates a stable inner space. Conversely, when the Root chakra is blocked, it can cause you to feel insecure and ungrounded.

- **How To Open The Root Chakra**

- Meditation helps to ground you and balance the Root chakra to keep you anchored in your own body.
- Mantras
- Yoga can really help, and these poses specifically are known to open and align the Root chakra:
- Pavanamuktasana, which is the knee to chest pose
- Janu Sirsanasana, which is the head to knee Pose
- Padmasana, which is the lotus flexion
- Malasana, which is the squatting pose
- Bandha yoga works by tightening certain areas of the body, which brings energy to the Root chakra.
- **Run Energy**. Do this sitting upright. Ground yourself first. Pull your aura in to 18 inches. Check to be sure it is an even 18" all the way around you. Put a 2" layer of gold light on the outer edge, and then put a 6" layer of violet light around that. Next, visualize bringing 15% earth energy up through your feet; up the center channels of your legs to your first chakra and then down your grounding column. Next bring a stream of liquid golden light flowing through from the top of your head, through your head, down your spine to the first chakra where it mixes with earth energy and begins filling your body like filling an empty container. Let some light flow out each of the chakras. Hold the intention that the golden light washes out everything whose frequency is less than gold and especially negative energy, blocks, limitations, and lack. Run this for at least several minutes. When feeling negative you can run energy for an hour or more until you feel clear and relieved.

• **9. Be Grateful**

Worrying about what we don't have, or what is missing in our lives creates worry, anxiety and fear that can throw us off center. When we concentrate on the things we do have, and make a conscious effort to be grateful for all that we have, we become calm, open, and centered.

Simply reminding yourself to be grateful for being on earth and having another day to find joy is as good as it gets.

Gratitude is the Best Attitude

Many people go through life on autopilot and never stop to consider...

- Who am I really?
- What do I need?
- What do I want?
- What fulfills me?
- Why do I behave in certain ways?
- Why do I attract negativity into my life?

• Wash it Off

A shower has a magical way of releasing negative energy and tension, both of which are often culprits in not being grounded and losing our center.

Water does more than just clean your body, if you apply intention to release any disturbance or negative energy into the water, you will find it helps clear your aura and thereby grounds you.

The method I prefer is to imagine the shower as golden light dissolving and washing away any negativity or other people's energy which may be on you.

If you prefer a bath, you can state your intention to release all negativity as you exit the bath. (You don't want to remain in the water after you release negative energy into it.)

- **Visualization**

Visualization exercises can be especially helpful during times of high stress, when the tension, worry, and anxiety of any situation begin to take a toll on your mental and emotional stability.

Stop, go somewhere quiet, close your eyes, and visualize all that stress, worry, and anxiety literally flying off and out of your body and mind.

Imagine these things in some physical form, whether you see these negative emotions as thunderbolts or red dots, or anything that is significant to you, picture them floating away.

This is something that you can actually do nightly to get rid of the negative energy that might have built up during the day, which will support your staying grounded and maintaining your center on a regular basis.

- **How to Do Strong Grounding:** DO THIS SITTING UP. Use the image of a tree stump going to the center of the Earth. Make the “tree stump” at least 1 foot in diameter, or if you really want strong ground use triple grounding. That is one grounding column inside of the other. The outer diameter 3’, and then a 2’ diameter column inside of that one, and a 1’ grounding column inside the others. Make them earth-tone colors such as light tan. The color of wood works well. Put thousands of roots on the base of each column and anchor them firmly to the energetic center of the Earth. Be specific and deliberate when you anchor the grounding columns strongly into your first chakra at the base of the spine and bind the roots into the core of the Earth. Move your lips and describe to yourself what you are doing while you are doing it. Release negative energy and other people’s energy on you down the grounding column and deep into the Earth. Be sure the grounding stays the same diameter all the way down and clean it with a golden ball of light or golden scrub brushes if you sense it is clogged up. Grounding needs to be done daily. I suggest doing it when you first get up--sitting on the side of your bed.

Final Thoughts

- A major part of being well physically, emotionally, mentally, and spiritually is being well centered and grounded.
- While you may not have control over what happens in life, you do have control over how well you are prepared to deal with it.
- Being grounded ultimately allows you to confront any challenges you face from a place of calm and clarity. The calm, peace, and ability to better deal with life every day comes from being grounded is well worth the few minutes it takes to do it.
- My audio program, [*Subtle Energy Neutralizer*](#), guides you through the grounding process I described in this e-book plus an effective way to stay centered, and clear negative reactions and energies. You'll find it here:

www.jonathanparker.org/product/mp3-programs/spirituality-enlightenment/subtle-energy-neutralizer

Or, log on to my website www.JonathanParker.org, and look under the tab for Spirituality & Enlightenment