

Grounding Practice:

In May of 1998, my spiritual guides informed me that the vibration of the planet had changed, and therefore, we must change the way that we ground ourselves in order to process large amounts of light. Instead, we must ground through the two base chakras, rather than through the feet.

- Sit or stand comfortably. Take a few deep breaths into your belly (hara), expanding your belly with each inhalation, and relaxing with each exhalation.
- Focus your attention on your Root Chakra. As you inhale, contract the perineum (or pelvic floor muscles – those used to stop the flow of urine) and relax them as you exhale.
- Bring the energy from your Root (first) chakra to your ovaries (located in the second chakra); visualize a triangle of energy from the root chakra to the ovaries.
- To create this triangle, bring your two index fingers and thumbs together. The index fingers will connect with the top of the pubic bone - allow the fingers to separate as you make contact with either side of the bone. The thumbs will cover (connect with) the ovaries - the thumbs do not have to touch.

When the first and second chakras are connected in this way, it creates a powerful energetic force and a balance with the other chakras that allows us to ground, process, and integrate light faster and more easily. When we position our hands in this way, we connect with all of the major energy points in that area of the body, thus amplifying the energy. With this powerful grounding connection, energies such as anger, anxiety, fear, sadness and even love, joy, and happiness (etc) are transformed and purified.

- When an emotion comes up:
 - feel it,
 - bring it to the heart,
 - send love to the situation or person involved,
 - bless it,
 - then, bring it to the two base (first and second) chakras for it to be transformed and released.
- To help transform stagnant energy, move the left hand to either the solar plexus chakra or heart chakra while keeping the right hand on the second chakra (below the navel).

When we allow ourselves to flow gracefully with the Universal force that flows downward, we are in harmony with the downward flow of the first two chakras. Grounding enables you to feel stable in your body, to flush processed emotions, other people's energies, and dissolved energy blockages out of your system and Auric Field.

During the grounding practice, if you experience energy or a vibration above the solar plexus that is too high, intense or dense, then increase the energy in the first two chakras, and it will release and transform the energy above the solar plexus. It is not necessary to "force" the energy to flow in any direction.

Keep your energy light and playful as you maintain focus. It should not be hard "work". Practice grounding every day; it is preferable to begin and end each day with grounding. You can ground anytime and anywhere indoors (e.g. at work, in the bathroom, in the shower) or outdoors (e.g. leaning against a tree or in the sunlight). Sitting with the spine erect is preferable, but simply use any position that is comfortable.

Always ground before you begin meditating. Grounding is necessary with or without meditation in order to raise one's level of consciousness. After grounding, fifteen minutes of meditation is sufficient to start. Grounding is a life-long practice to maintain balance and optimal health.