

10 Awesome Grounding Techniques

...to connect your mind, body and spirit with this magnificent planet of ours, and to bring you back to the now moment.

When you have escalating negative thoughts, you feel anxious, emotionally overwhelmed or spacey, these will help to bring you back to the present moment and ground you in the energies of our magnificent planet.



My suggestion to my clients is to practice grounding techniques every day to increase your overall resilience and to stay connected.

Here are my favourites:

1. Walk barefoot on the earth

There's nothing more grounding than this exercise. Take your shoes off; walk on the lawn, on the wet sand at the beach, on the forest floor.

Walking in nature itself is very grounding. Taking your shoes off allows your body to exchange negative charge with the earth.

2. Spend time in nature

Make time to sit or walk in nature. The coherence of the energy in a natural setting will energise you and invigorate you, and at the same time calm your nervous system and bring you gently into the now moment.

I take my work down to our close-by rainforest and often work there for the whole day. I call it my rainforest office.

3. Dance

Put on your favourite music and dance. Dance! Let your hair down, move your booty and enjoy the rhythm of your body.

4. Do manual work

Clean the house, scrub the deck, mow the lawn, plant a tree – doing some manual work focuses your attention to the job at hand, moves your body and helps to release tension. It also rests your mind. I find this a great way to release my brain from too much online time.

5. Dig your hands in the soil

Gardening with your hands in the soil is another great way to stay connected with the earth and to ground yourself. It's also being shown that the organisms in soil are very beneficial to us as they contribute to our own microbiome, which is vital for our health and well-being.

6. Send your awareness into the earth

When in meditation, imagine your awareness travelling through your midline, through your base chakra and into the earth. Allow it to go as far as it wants to. Hold and breathe. Feel into it for a few breaths. In time you may be able to reach the earth's center with your projected awareness.

7. Breathe

Take some time out to consciously breathe. What I mean by that is to sit and take 10 deep slow breaths. Feel the air enter your lungs, filling them from the base to the top. Feel your chest expand and your shoulders rise.

Slow breaths in and out, focusing on the sensations that you are experiencing in your body.

8. Connect with an animal

Spend time with your pet, walk with your dog, cuddle your cat, talk to your goldfish, spend time with a horse. Horses are the most magnificent creatures.

9. Engage all 5 senses

Spend some time in your favourite environment and engage your 5 senses: sight, hearing, taste, touch and smell.

Slowly work through each one and explore what you are experiencing through each sense. I love to do this when I am spending time in nature.

10. Prepare food

Prepare a meal for yourself and your family. Take time to choose quality ingredients that you have carefully selected for your nourishment. Prepare with attention and love, knowing that this too will nourish you.

... and a couple of bonus ones

11. Bring out your craft

Focus some time on a creative pursuit. It could be painting, or drawing, scrapbooking, sewing or photography. It doesn't matter. Immerse yourself in your favourite creative pursuit.



12. Do the next thing

Ask yourself, what's the next thing I need to do, then do that. Especially good if you are overwhelmed with choices or workload or just out of your depth.

What's the next thing? Trust your intuition and do that next thing. It will never fail you.

Have fun, stay connected.

If you feel you would like some help, [contact me](#). Make a time to have a "no obligation" chat.

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