

WHY GROUNDING?

We can easily become ungrounded due to the daily stresses of life. Being ungrounded can present as anxiety, restlessness, stress, feeling overwhelmed etc.

Grounding techniques allow your body to tap into the parasympathetic nervous system, which triggers the relaxation response. This calms your nervous system, helps you to feel more at ease, present & relaxed. It can also assist a restful sleep, reduce pain, stress.. and so much more!

WHY CLEARING?

As humans we give a lot of ourselves away. We tend to pick up emotions, energy & low vibrational frequencies through-out our day.

You may be absorbing the emotions of those around you. This can present as emotional disturbances, fatigue, sleep disturbances, headaches & burn out.

Clearing this at the end of your day, will help you to feel a sense of lightness & release.

WHY SHIELDING?

Shielding your energy is crucial to your mental & physical health. It allows you to experience ongoing energetic exchanges without running the risk of taking others' emotions into your energy field and feeling depleted. This will help you create a barrier between you and a burn out.

HOW TO GROUND YOUR ENERGY:

Option 1:

The most effective method is to place your bare feet on the earth, e.g. dirt, sand, grass.

Stay with this for as long as you need ~ 30 minutes is suggested for optimum results!

Option 2:

This process can be practiced inside.

- State out loud or in your head..

"My energy is grounded into my body & the earth."

Visualise tree roots from Mother Earth coming up the soles of your feet, through your entire body.

Taking deep breaths for 30 seconds.

Feel yourself becoming heavier & sinking to the ground beneath you.

HOW TO CLEAR YOUR ENERGY:

State out loud or in your head..

"Any thoughts, feelings, energy, emotions or low vibrational frequencies that don't belong to me, must leave my space now."

I prefer to do this during my shower before bed.

Visualising the shower water as white light, clearing all your chakras/energy field.

Visualise the negativity going down the drain (can be visualised as black or brown muck)

This process can be done outside of the shower, simply by visualising water pouring over your body.

HOW TO SHIELD YOUR ENERGY:

State out loud or in your head...

"My energy is my own. Nothing can enter my energetic field without my permission."

Visualise a white bubble of protection forming around you & hardening.

Stay in this bubble for as long as you feel.

Trust that this is happening for you!