

Grounding – a short course

Grounding is an essential tool for everyday life and a paramount tool for those dealing with any kind of activity, including paranormal and spirit activity.

What grounding is can be reckoned to the lightning rod that grounds that electricity down and into the earth where it cannot harm anyone, so are you allowing the subtle energies that surround all of us to travel down into the earth mother where she knows what to do with them and can dispel them properly.

We always ground before and after leaving an investigation or haunted place, a battlefield we are clearing or any other place we are releasing spirits.

To do this, imagine a cord (grounding cord) and when you think that you might think a small thin object but this need to be a little larger than yourself, about as large as your aura on both sides of you. I like to think of a tree (rooting) down into the earth. Some people imagine a rope or umbilical cord. Some a pipe. What object you wee in your mind is up to you. See this cord travel down from your root chakra, down into the ground through the earth. You can draw a picture of it if it helps the first time.

Allow it to travel through all the earths layers, dirt, stone, cold all the way into the hot mass that is the center of the earths being, her core. It will stop there, and then you bring it back up to yourself. Back up through all the layers –up through the earth, until you reach your root chakra again (that is at the base of your spine) and “lock” it there, you can use a hand motion like you are tying it there if that helps you. Allow now all the negativity from the day, the week, your work your mother-in-law to drain all away. All the worlds’ pain let it go down this cord and disappear into earth. For those especially sensitive (and others) fair warning that looking down ones cord can cause you to be very dizzy. It spins as it goes down to earth taking all that which we do not need in our own aura with it.

You can ground yourself, your workplace, your neighborhood, an angry person, your town. Make the cord large enough no matter what you apply it to.

You can feel your grounding cord if you walk around after you do this, it’s like a “tail.” I am always surprised to find energy workers that do not know of this technique.

Masseuses and chiropractors, doctors and nurses can benefit themselves and patients by doing this. We can all benefit each other and ourselves with grounding.

Remember, as human beings we muse evolve in the spirit realm if we are to survive.

Cleansing the spirit daily or many times daily with this simple grounding technique can help you and those you love to evolve in spirit.

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