

GROUNDING MEDITATION

Sit comfortably in a chair with your feet planted on the floor and your hands hanging down loosely by your sides. Take a deep breath and exhale slowly. Take another deep, slow breath. Imagine your body is filled with a gray liquid. This liquid is energy you no longer need—the energy of others or your out-dated energy. Open two imaginary holes in the bottoms of your feet and the tips of your index fingers to drain this energy.

See the gray liquid drain out of your head and neck. See it drain out of your arms and hands. It is now leaving your upper chest and heart area. Then it drains out of your stomach and lower abdominal area. Finally the gray liquid leaves your upper legs, lower legs, ankles and feet. Now close these holes in your feet and fingers. Move your hands to your thighs with palms up.

Now imagine that from the bottoms of your feet there are roots going down into the earth to connect you to the core, the center, the bedrock. Clean, clear fresh energy is coming up from the deepest parts of the earth and moving through the soil and the building and into your feet. It moves slowly through your feet and into your ankles. Then moving to your lower legs. How do your legs feel with this energy moving up to fill your body? The earth energy moves into your upper legs and pelvic area. It moves into the lower abdominal and finally the stomach area. Then it comes to rest in your heart. Take a deep breath and feel the grounding connection in your body.

Now from above comes a wonderful white or yellow energy down into your Crown at the top of your head. This energy begins to fill your upper body with brilliant, radiant energy. It fills your head and neck. The light energy moves down each arm all the way to your fingertips. Then it fills the upper chest and comes to rest in the heart.

Here in your heart, the two energies mix and form your unique energy on the planet. This unique combination of earth and sky energy is the light you bring to the planet—individual and special. Feel this energy fill your body and the aura surrounding you. Breathe and notice the new sensations in your body now that you are grounded and centered and your energy has been cleared. Set a goal that these energies will run all day long.

When you are ready, wiggle your fingers and toes and come back into the room. You will want to bend over and shake your hands to remove any excess energy.