

GROUNDING

Grounding is a technique that helps you to stay in the present moment.

“When walking, walk. When eating, eat.”

Zen proverb

WHAT DOES IT MEAN TO BE GROUNDED?

It means that you are present in your body each moment, connected with the Earth, aware of your surroundings, feeling centred, balanced and calm no matter what's going on around you.

Over time we have lost our connection with the Earth and how to draw in healing energy from the Earth itself.

Grounding is an exercise that connects you energetically to the Earth. It allows you to be more authentically in your body, in the present moment, and receive nourishing energy.



TECHNIQUES FOR GROUNDING YOURSELF:

- Whenever possible, walk with bare feet on the Earth.
- Visualise beautiful strong healthy roots coming out of your feet, penetrating deep, at least a metre into the Earth, anchoring you, keeping you firm and solid on the surface of the Earth.
- Stamp your feet on the ground a couple times. It brings you back into your body instantly.
- Walk, imagining your feet up to your calves are submerged into the Earth, knowing you are able to walk freely with your lower legs in the Earth, because they just slide effortlessly through the Earth as you are walking.
- Envisage a thick rope connected to your Root Chakra which is located at the base of the spine and controls the energy for kinaesthetic feeling and movement. The Root Chakra is the foundation of physical energy and spiritual energy for the body. On the other end of your rope is a heavy anchor. Imagine this anchor sinking through all the layers of earth until it comes to rest in the centre of the Earth's core. Once the anchor has settled you can feel the firmness of the rope which is keeping you grounded and present in your body.
- Dancing is a great way of rebalancing and grounding yourself plus it is fun. So put on happy, energising music, just let go and dance.

GROUNDING CALMS YOUR NERVOUS SYSTEM

Grounding calms your sympathetic nervous system, which supports your heart rate variability. When you support heart rate variability, you promote homeostasis and balance, in your autonomic nervous system.

Ancient cultures knew the importance of grounding. Many Gothic cathedrals are built on energy hotspots around the world, and are actually designed to channel Earth's energy to flow strategically through them.

The surface of the Earth holds subtle health-boosting energy. In the documentary film *The Grounded*, produced by Earthing Original you can see how connecting to Earth energy transforms the lives of people who have been struggling with health issues (<https://youtu.be/cRW0XO2xWn4>). Grounding or Earthing as it is sometimes called is a natural act that every living creature does instinctively.

YOUR BODY NEEDS ITS CONNECTION TO THE EARTH

By walking barefoot on the Earth you transfer free electrons from the Earth's surface into your body that spread throughout your tissues.

The effect is sufficient to maintain your body at the same negatively charged electrical potential as the Earth. This simple process is called 'grounding,' and its effect is one of the most potent antioxidants we know of. Grounding has been shown to relieve pain, reduce inflammation, improve sleep, enhance well-being and much more.

Every time you take a breath of air or a drink of water, or absorb the ultraviolet light from the sun, you are connecting to the Earth and using it for your very survival. Grounding is really one more extension of this; one more way that your body is intelligently designed to co-exist as a part of nature.

RUBBER AND PLASTIC SHOES DISCONNECT YOU FROM THE EARTH'S ENERGY FLOW

Chances are it's been awhile since you've experienced the benefits of grounding, as most people spend most of their waking hours wearing shoes with rubber or plastic soles. These materials are very effective insulators, which is precisely why they're used to insulate electrical wires. They also effectively disconnect you from the Earth's natural electron flow.

Leather-soled shoes will allow you to stay grounded with the Earth. Walking barefoot is one of the easiest and best ways to stay grounded, but you'll need to do so on the proper surface.

Good grounding surfaces include:

- Sand (beach)
- Grass (preferably moist)
- Bare soil
- Concrete and brick (as long as it's not painted or sealed)
- Ceramic tile

The following surfaces will NOT ground you:

- Asphalt
- Wood
- Rubber and plastic
- Vinyl
- Tar or tarmac

Free radical stress from exposure to mercury pollution, cigarettes, insecticides, pesticides, trans fats, and radiation, just to name a few, continually deplete your body of electrons.

Simply by getting outside, barefoot, touching the Earth, and allowing the excess charge in your body to discharge into the Earth, you can alleviate some of the stress continually put on your system. For example, walking barefoot can help ameliorate the constant assault of electromagnetic fields and other types of radiation from cell phones, computers and Wi-Fi.

GROUNDING IS AN ANTI-INFLAMMATORY AND HELPS THIN YOUR BLOOD

One of the primary health benefits of grounding is its antioxidant effect. It helps alleviate inflammation throughout your body. The film, *The Grounded* shows examples of inflammation, demonstrated via thermography, that is significantly reduced through grounding.

This in itself is ground breaking, since inflammation is at the root of most diseases, including heart disease. According to Dr. Sinatra, inflammation thrives when your blood is thick, you have a lot of free radical stress and a lot of positive charges in your body. Grounding effectively alleviates inflammation because it thins your blood and infuses you with negatively charged ions through the soles of your feet.

Grounding helps thin your blood by improving its zeta potential, which means it improves the energy between your red blood cells. Research has demonstrated it takes about 80 minutes for the free electrons from the Earth to reach your bloodstream and transform your blood.

Hypercoagulable (thick, slow-moving) blood contributes to chronic inflammation, because when your blood does not flow well, oxygen can't get to your tissues.

THIS ISN'T JUST 'NEW-AGE NONSENSE'

It's a simple concept—to some it may appear too simple. As you can see in the film this isn't something to brush off as 'new-age nonsense.' It's supported and backed by prominent medical doctors, scientists including Dr. David Suzuki, NASA astronauts, and, of course, it was used by ancient civilizations who placed strong value on their relationship to the Earth.

The Tarahumara people of north-western Mexico are one of the few modern-day cultures that still embrace barefoot living and, famously, barefoot running. The tribes are among the most skilled runners in the world, running up to 320 kilometres over a two-day period. Notably, they run barefoot and this has been suggested as the reason for their remarkable athletic prowess.

But even if that doesn't impress you, the anecdotal accounts of residents of Haines, Alaska featured in the film are hard to ignore. These are people like you and me, who took a leap of faith and tried grounding. Why don't you try it? Doing so is free and you have nothing to lose.

TIPS FOR STAYING GROUNDED OUTSIDE OR INSIDE

Grounding is not a “treatment” or a “cure” for any disease or disorder. Instead, it can be said without any equivocation that the human body evolved in contact with the Earth and needs to maintain this natural contact in order to function properly. Like eating right, exercising and sleeping, grounding can be described as yet another lifestyle habit that supports optimal health.

Exercising barefoot outdoors is one of the most wonderful, inexpensive and powerful ways of incorporating grounding into your daily life. You can also simply take off your shoes as much as you can when you're outdoors to take advantage of these natural grounding opportunities.

When indoors, using a grounding pad or sheet is an excellent way to stay grounded while you're working or sleeping.

VIDEO ON GROUNTING

The Grounded produced by Earthing Original

<https://youtu.be/cRW0XO2xWn4>