



The why & how of grounding

I expect that you have probably heard of being grounded or perhaps even been told you are ungrounded.

What does this mean?

Essentially being grounded means being fully present in your body and energetically connected to the earth, as you may know, you are a spiritual being having a physical experience. This embodiment and connection to Mother Earth allows you to be balanced and centred in yourself regardless of what is happening around you.

One of the reasons this is good for you is because your excess energy when you are feeling angry, panicked, confused or overwhelmed, is expelled. Hence, the ability to feel balanced.

So what are some signs of being ungrounded?

Apart from what I've already mentioned, feeling a bit spaced out, being forgetful, feelings of dizziness or repeatedly day dreaming can be because you are not grounded. Being grounded is especially important for people in healing practices, empaths and intuitives.

Here are some easy ways to get more grounded;

1. Walk barefoot on the earth or lay or sit on the ground. Have full contact with the soles of your feet or the palms of your hands and breathe in deeply. Visualise the earth energy rising through your body. As you exhale, feel the energy moving down through your hands or feet and back into the earth. You only need to do this for a short time regularly to feel the effects and it's simple but powerful.
2. Crystals! Now, who doesn't love crystals right? You can carry or wear certain crystals which are very earthy. The beauty of doing this is something we call entrainment. And what this means is when the resonance or vibration of one being is raised to meet the higher vibration of another, in this case the crystal.

Some gorgeous crystals you could try are black tourmaline, smoky quartz, garnet or hematite.

3. If you are more of an essential oil kinda person then you could make up your own grounding spray. The important things to remember with this are;

Make sure your spray bottle will block light so an amber or cobalt blue bottle is ideal. You can pop a piece of crystal in if you like. I love to use black tourmaline for this.

Here is a fave recipe of mine for a gorgeous grounding spray.

100 ml spring water

12 drops Bergamot

10 drops Vetiver

7 drops Lavender

7 drops Cedarwood

Shake and voila! Spray around your aura when you feel ungrounded and take three slow, deep breaths.

4. Affirmations are a lovely way to remind ourselves of the important things.



I'd love to hear how you go with these practices or any others that you use to get yourself grounded. You can get in touch at hello@whitesagewellbeing.com.

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