

HEALING TOUCH

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WAYS TO GROUND

THE IMPORTANCE OF GROUNDING IN AN UNSETTLED TIME

Grounding means connecting your energy to the earth's energy, being "down to earth" in the best possible sense. In these unsettled times, grounding is especially important. Being grounded helps you feel more secure and stable, allows you to release excess energy to the earth and allows you to bring the earth's nourishing, stabilizing energy into your personal biofield.

When you are solidly connected to the earth, you can more easily be centered in your own body. You'll feel calmer, clearer and more energized. You'll be less likely to deplete your own energy, since you'll have access to the boundless energy of the earth.

The July/August issue of Energy Magazine examines the research behind Energy Medicine, including Healing Touch. In her article "Key Discoveries in Energy Healing" Dr. Shamini Jain discusses how the Consciousness and Healing Initiative (CHI) contributes to the science and practice of energy healing, emphasizing the growing body of knowledge. "We undertook this project because we are passionate about fostering a system of healthcare that puts evidence-based subtle energy and biofield healing approaches alongside conventional care in medicine." Dr. Jain is a scientist, psychologist, Assistant Professor in the Department of Psychiatry, UC San Diego, and CEO of the CHI, a non-profit. <http://www.shaminijain.com> www.energymagazineonline.com

The universe doesn't speak English. It speaks frequency.
—Nikola Tesla



Ways To Ground — from Nancy Hausauer, The Healing Site, www.the-energy-healing-site.com

There are many ways to plug into the earth's energy, and when you get used to it, you'll be able to do it just through intention. But in the meantime, here's a method to try.

- Sit somewhere comfortable, where you won't be disturbed, spine straight.
- Imagine roots extending down from the soles of your feet or your pelvis. Imagine them pressing into the earth and sinking deep into it. Let them grow as deep and wide as you want.
- Feel your connection to the earth--a strong, unshakeable connection. Remember that you aren't "on" the earth, you are part of the earth. Allow yourself some time to sense the earth's energy.
- Allow your roots to drain off excess or unwanted energy (such as fear, anxiety, or lingering bad feelings) into the earth, where these energies are neutral. Give this some time.
- Then allow the beautiful, calming and nourishing energy of the earth to flow up through the roots, through your legs, your pelvis, your torso, branching at your shoulders and running down your arms and out your fingertips.
- Allow the earth's energy to continue up through your neck, into your head and your face. You can either contain it and circulate it through your body, or allow it to stream out your fingers and the top of your head and fall back down to the ground. Allow it to nourish your body and help you feel revitalized, refreshed, and calm. Take a few moments to enjoy this feeling.
- When you're ready, open your eyes and return to the here and now.

There are quicker ways to ground, too, such as standing barefoot on the ground, widening the chakras on the soles of your feet to let in more earth energy, or just walking. You'll find your own preferred way.

Incorporate Deep Breathing as you practice Grounding. I enjoy music, too. <https://heartistrysoundbath.com>,

with Native American flute and Crystal Bowls enhances any relaxation experience.

“Informed by the cosmologies of indigenous traditions from which they emerged, biofield and subtle energy healing practices describe an interconnected world, using concepts of subtle energies such as Qi, Prana that bears strong resemblance with advances in contemporary science, biophysics, genomics, neuroscience, psychoneuroimmunology.”

David Muesham, www.energymagazineonline.com

David Muehsam is a biophysicist whose work focuses on the biophysical transduction mechanisms and therapeutic applications of electromagnetic fields (EMFs), the biophysical bases of yoga, meditation and mind-body therapies.

www.CHI.is