

Grounding

Life may sometimes feel uncomfortable, unsettling, overwhelming or emotionally charged.

Add Transformation, and we may temporarily feel disoriented, agitated, awkward or ungrounded while we acquaint ourselves (and others) with the territory unfolding within us.

Consider these recommendations of Love & Care to remain balanced & centered in the process:

- ♥ It's no surprise the word for grounding is *Grounding*: **Earth & Nature**. Regularly immerse yourself in Nature. Absorb the comforting Presence, inspiration, beauty, benevolence & restorative power of the Earth & Heavens above. Bask in the Light of our Celestial Friends. Envelope yourself in natural waters. Lie beneath and exchange your breath with Trees, enjoying the sounds of Nature. Feel the textures and temperatures while inhaling Nature's diverse fragrances.
- ♥ Feeding your Mind, Body & Spirit nutritiously, supportively, purposefully and consciously is *paramount* for grounding. Honor the food's source soil while eating.
- ♥ Be consistent and generous with restorative relaxation and sleep. Transformation unfolds on many levels, requiring extra support on many levels, too.
- ♥ Maintain healthy and compassionate physical, mental, emotional & spiritual fitness routines that include breathing & postural Awareness and appropriate hydration.
- ♥ Be selective with what surrounds and infuses you while eating, sleeping & living: Positive Emotional Spiritual Energy feeds our Soul. Ambient Healing Sound is a wonderful, passive support system with which to surround yourself.
- ♥ Incorporate elements & components of Nature within your living & working spaces.
- ♥ Strategically place salt lamps or dishes of sea salt to absorb emissions from technology and the process of Transformation.
- ♥ Allow the Sun's rays to brighten your Energy Field and the Wind to clear it. Smudging, essential oils & Epsom salt baths are sweet tools, too.
- ♥ Massage and roll your feet upon stone spheres. Connect your bare feet to the Earth.
- ♥ Treat yourself with a favorite or new Healing Modality or Activity.
- ♥ Honor your feelings for more time alone, or more time with community.
- ♥ Nurture yourself by nurturing your relationship with your Higher Power.
- ♥ Meditate regularly with a style or practice that resonates with you.
- ♥ Monitor your thoughts and ask yourself, Are they assets or liabilities? Do they brighten or dim my Light? Do they take me from the Present moment into Regret of the past or Worry of the future? Journaling can be a helpful tool.
- ♥ Before *actual* bedtime, surrender the less desirable aspects and issues of your day to your Inner Knowing---without judgment, analysis, story or denial. Surrender the accompanying density, resistance, gravity, drama and precipitating emotions.... imagining Peace, Love & Compassion replacing all surrendered inventory.
- ♥ Punctuality grounds and stabilizes; respecting time commitments and those involved *feels* good and fosters solidarity.
- ♥ Connect with the Insight and Integrity of your Inner Knowing to help in choosing what optimizes your evolving Life Expression.

With Love & Gratitude~
Anne Marie

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