

# All About Grounding

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## benefits of grounding

- Improved health
- Less fatigue
- Reduced stress
- Cures insomnia
- Stay focused
- Reduces anxiety
- Reduces jet lag
- Freshness
- Better immunity
- Keeps you rooted
- Improved memory
- Relieves headache
- Reduces chronic pain
- Protection from EMF
- Improved metabolism
- Promotes calmness
- Reducing fear
- Fast manifestation
- Speeds up healing
- Improved blood flow
- Reduces snoring
- Hormone balance
- No restlessness
- Promotes positivity
- Being in the present moment
- Protection when healing others
- Connects you to the Earth energy
- Keeps entities away
- Communication with Higher-Self
- Keeps psychic vampires away
- Replenish your energy

## grounding crystals

Black Tourmaline, Carnelian, Sugilite, Ruby, Black Obsidian, Smoky Quartz, Fire Agate, Tigers Eye, Black Onyx, Clear Quartz, Red Jasper, Turquoise, Black and Blue Kyanite, Dalmation/ Dalmatian Jasper, Hematite

## ways to be grounded

- Tree meditation
- Rama symbol
- Dance
- Reiki foot chakra
- Walk/ Exercise
- Hug a tree
- Mountain meditation
- Grounding crystals
- Spend time in the garden
- Stand under shower
- Walk barefoot on the earth
- Sleep on the ground
- Sage/ incense stick cleansing

## grounding meditation

Step 1 - Relax and close your eyes.

Step 2 - Connect your tongue to the roof of your mouth.

Step 3 - Take three deep and relaxed breaths.

Step 4 - Breathe in. As you breathe in, imagine a white light from universal energy entering your Crown chakra, to your Heart chakra.

Step 5 - Hold your breath counting three.

Step 6 - Breathe out. Release the white light from your Heart chakra through your foot chakra

Step 7 - Hold your breath and count three.

Step 8 - Now reverse the whole procedure. Breathe in green earth energy through your foot chakra. Hold your breath counting three.

Step 9 - Breathe out. Release the green energy from your Heart chakra to the universal source through your Crown chakra.

Step 10 - Repeat three times.