

Grounding Exercise

Grounding is a much discussed topic within Yoga and Energy Healing. You can't start talking about Energy flow without someone bringing up the 'grounding' issue. What exactly is grounding? There are many different interpretations. It can be a sense of being here and now, without worrying about the future or mulling over the past. It can be a sense of solidness in your body. It can be a sense of confidence, or an easy way of letting life flow. From an Energy standpoint, grounding is about being very connected with the Energy of the Earth, so that you are in constant exchange of energy with it. When you are well grounded in this way, your stresses and tensions, your Energy blocks flow down into the Earth, relieving you of your Energy 'garbage'. In return, Energy can flow up from the Earth and revitalize you. The result is that you feel more centered, more at peace and more at home in your body, more able to take on the demands of your day.

Here's a great way to achieve that state of mind.

1. **Go into any pose you like.** However, this exercise works best with stretches that aren't twisting your body. It works really well with the Sun Salutation.
2. **When you are ready, start doing Ojai Breathing.**
Once you've settled into the Ojai Breathing, stay with it for the whole exercise.
3. **Now, add to that, Core Breathing,** as if you are a fountain. The base of this fountain is deep inside the Earth, coming up through any part of your body that is in contact with the ground. If the posture shifts, the base shifts to run through whatever parts are touching the ground.
4. **As you do each pose:**
 - a. **Imagine** the water for *The Fountain* is coming from deep inside the Earth.
 - b. **Each time you breathe in**
 - i. the water travels up from the Earth, into your body and out the topmost part of your body.
 - c. **As you breathe out**
 - i. the water tumbles back all around you. Some of it falls down into your body. Imagine the water exits into the earth through the parts of your body that are in touch with the ground.

For example: In the Downward Dog, the water might come up into your feet, rise toward your head and exit through your hands.

Play with the visualization to see what feels most natural for you in any given pose.