



The Missing Link BodyTalk Series

Bonus 3: Grounding for Health

Accept the Grounding Support of Mother Earth

So many of the healing practices that really work for those who are chronically exhausted are related to returning the body to the optimal state it was designed to be in. Often, this means introducing ways of being and environmental conditions that existed thousands of years ago and that we have lost touch with. This disconnection from deeply-held intuitive practices of balance has created illness and exhaustion in so many of us.

Grounding is one of these practices. These days we spend way more time indoors, on artificial surfaces (even when outdoors – think artificial grass and tarmac) and wearing shoes that do not allow the energy from the ground to be conducted into our feet. Many thousands of years ago our ancestors spent large portions of their time outdoors or standing on materials that were natural and if they wore shoes these were made from natural animal products and the grounding energy was conducted through the soles of the shoes. In addition, they were not surrounded by the EMF pollution that surrounds us no matter where we go on earth.

The health and functioning of our bodies depend on the conductivity of electrical impulses and therefore how well these impulses are being conducted. The functioning of the digestive system, how well the brain communicates with the gut via the Vagus nerve and other nerves, and how well nutrients are assimilated all depends on electrical impulses.

The earth is largely made up of negative ions while the human body is supposed to consist of a good balance of negative and positive ions. Unfortunately, life stress and EMFs cause oxidative stress, energy imbalance and poor conductivity in the body so that we build up an accumulation of positive ions which feeds into systemic inflammation, disease and more stress. Grounding is a wonderfully, simple way to absorb negative ions into the body and to re-establish balance and health.

Also, part of the tension and holding often present in the bodies of those who are chronically exhausted is a holding in the pelvis and shutting down of the root or base chakra (at the base of the spine and the perineum). This part of the body is deeply related to our sense of the degree to which we are supported, safe and held in the world and also being able to trust that we will receive security and abundance from life.

When we have had experiences that caused us to believe we are alone, not supported and not safe the base chakra shuts down. This means that we are no longer able to receive the vitality and life force that flows through the base chakra into the body (this is largely in the form of kundalini energy) and we remain shut off to receiving support, security and abundance. It is not possible to heal fully from chronic fatigue without softening and opening the base or root chakra and the pelvis. Grounding is a good way to become conscious of the holding in the base and softening and opening to the connection, vitality and support of Mother Earth.



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Exercise: Grounding

Stand or sit barefoot on a natural surface (indoors or outdoors – remember that concrete in your garage or other parts of your home is also a natural material) for at least 10 minutes a day. If you cannot do 10 minutes, then do what you can.

Some people make use of grounding mats and other grounding products plugged into the earth point of an electrical socket. Exercise caution using these when there is suspected adrenal depletion. They can be very effective at increasing the detoxification process and as many of you may have learned the hard way, when your body is exhausted and you detoxify too radically (or for some even a little) it can further deplete the body and result in a crash. Start off using the products for very small portions of time and perhaps on alternate days to see how you feel.

Grounding using the ground/natural surfaces is gentler.

Optional extra:

Imagine that you are a tree standing tall on the earth. As you relax your body and soften your pelvis begin to visualise roots growing from your pelvis and your feet deep down into the earth. First, the roots break through the soil and the top surface of earth. Then see them moving deeper between bigger rocks and even deeper down past even larger rocks until they become deeply rooted in the depth of the earth. Through these well-established roots receive the nourishment of the earth and the holding and support of her foundations. No matter how harsh the sun is or how strong the wind that whips your leaves and branches your deeply held and nourished roots will support you to be safe and OK in the world.

Practicing this visualisation regularly while grounding yourself can be very powerful and the visual can be used at any time when you are feeling ungrounded and unsupported – even when not standing on a natural surface.

Do You Want to Know More?

Laura Koniver (see www.intuition-physician.com) shares wonderful research on the benefits of grounding and is one of many who tout the benefits.