

Grounding by Brad L. Surette, BA, RMT

Sit in a comfortable position with your hands on your lap.



Imagine a wire pulling you up from the base of your spine through the top of your head to ensure that your spine is straight.

This will allow energy to flow throughout the body more easily.

Close your eyes and through your nose, slowly take a deep breath to the count of five.



1..2..3..4..5

Pause. Imagine that you are about to expel any excess energy, anxiety, fear, or apprehension that you may have.

Now release your breath through your mouth to the count of five. This breath is for the body.

1..2..3..4..5



Through your nose slowly take another deep breath to the count of five. Pause. Now release your breath through your mouth again to the count of five. This breath is for the mind.

Through your nose slowly take another deep breath to the count of five. Pause. Now release your breath through your mouth again to the count of five. This breath is for the spirit.

Next visualize that you are a strong tree with roots extending from the soles of your feet. These roots go down through the floor and/or the space beneath us right into the earth, attaching to the earth's core.



Focus on moving any excess energy through this pathway. At the same time, feel this positively transmuted energy of Mother Earth traveling back up the roots healing you and anchoring you to the earth. You are now grounded. - Brad L. Surette, BA, RMT