

Mother Earth - Your Lightning Rod for Stress

Ever wondered how to rid yourself of stress? Well, Mother Earth is waiting for you to connect to her. She is your lightning rod into which you can divert your excess stress. (Lightning rods are pointed metal rods placed high on a building and grounded at the lower end to act as a conductor and divert lightning from the structure.) Being connected to Mother Earth simply means being grounded. Being grounded means being in your body. If you have difficulty focusing your thoughts, you are probably not in your body. When you are stressed and your adrenals are on overload, grounding is the best exercise you can do.

Not being grounded is like spinning yourself around and around. If you let yourself spin long enough, eventually, when you try to stop, you are off balance and feeling physically ill. Or, you may think of an ungrounded person like a tree with shallow roots - when a storm comes along the tree is blown over. If, however, the tree has deep roots, it will hold its own in a storm, bending and swaying with the wind. How wonderful to be able move with the energies swirling around you without being knocked off balance or uprooted! Grounding creates a feeling of safety because it keeps you from easily losing your balance due to negative thinking, your emotions, and/or activities around you.

Grounding, however, is more than just putting down roots. It also involves pulling up the Mother Earth energy into your body through your feet. Just as the roots of the tree are the vehicle for the transportation of nourishment to the tree, so too, must you visualize using your roots to bring in the nourishment of Mother Earth energy. Pulling up that energy allows healing to happen by helping to open the charkas, the energy centers of the body, and by helping to heal the aura. The energy, coming into the auric field and the charkas, feeds all the organs and glands, thus aiding the immune system. Even Monks, and others who spend their time in Spiritual pursuits, need assistance in living on the physical plane or they become out of balance leading to illness.

Grounding is a must for anyone doing healing work. It helps protect you from outside energies entering your field. It may also assist you in obtaining truth without interference or deception. In addition, if you want full access to your psychic skills, you need your lower charkas working which is more likely to happen if you are grounded. Grounding is THE best psychic exercise.

As you become more practiced at grounding and staying grounded, you will attain a calm, centered feeling that automatically directs your stress, like a lightning rod, into Mother Earth. Lewis Mehl-Madrona, M.D. in Coyote Medicine states: "If we have lost our connection to the earth, then we are not grounded, and we must endure without protection, the lightning bolts flung our way."

There are many ways to ground, including doing gardening. This is my favorite way to ground:

Grounding Exercise: This should be done as soon as possible after awakening and renewed any time you feel stressed or emotionally upset. The more you do it the more you will stay grounded.

Think, speak, set the intention and/or visualize sending down roots and breathing in Mother Earth energies through the bottoms of your feet. For the first two breaths, on the in breath, bring the energy up through your body. On the out breath, visualize it spraying out through the top of your head like a fountain. For the next four to six breaths, bring the energy up, filling the body. Hold the energy for a moment, and on the out breath, set the intention to let the energy settle in your body.

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