



Relax Recharge Refocus

THE GROUNDING GUIDE

Laura Espin
Grounded by Nature



**What is Grounding?
How? When? Where? Why?**

The Grounding Guide.

**I invite you to explore simple techniques
to feel grounded...**



Let's Explore!

Grounding

Grounding is a word used to describe ways in which to feel stable, safe, secure & focused.

Taking part in therapeutic activities enhances our ability to feel grounded.

We're going to explore various techniques & options for you to try!

Grounding allows us to remain present, relieve stress, reduce anxiety & calm our busy mind.

Using your senses

Grounded by Nature

Do you notice the subtle shifts within your body as you explore nature?



Being outdoors in Nature is one of the best ways to get grounding! Our senses tune in far quicker than we may realise. I personally believe Nature is one of the best remedies for rebalancing, refocusing & relaxing. When we're experiencing times of worry, stress & emotional imbalance there's 5 simple steps to remember:

You can do the following exercise anywhere!

Following these simple steps you'll begin to feel 'Grounded by Nature'



5

Grounding Exercise

Notice 5 things you can see

4

4 things you can feel

3

3 things you can hear

2

2 things you can smell

1

1 thing you can taste

Benefits of Nature

Reduces stress, anxiety,
improves low mood &
physical health.

Improves sleep, reduces
inflammation & boosts our
immune system.

Nature relaxes, recharges & gives
us the space to refocus.

‘Feel yourself
as a part of
the Earth’



Grounding Meditation

Following on from the mindful grounding exercise you're hopefully feeling more calm & relaxed. Here we're going to deepen our self awareness with a grounding meditation:

You may want to visualise sitting at the base of a tree or even try sitting under your favourite tree!

Closing your eyes & bringing your awareness to your natural breath. Noticing the gentle rise & fall of your chest as you slowly relax into your body.

Repeating the mantra, I am calm, I am safe, I am relaxed. Returning to this should your mind begin to wander. Feeling the weight of your body upon the ground, feeling safe and supported. Bringing your awareness to your senses, (54321 exercise) & reconnecting back to your breath. Now as you further your relaxation I invite you to visualise soft, gentle roots growing from the base of your feet & expanding, exploring deeper into the ground. These roots delve deeper into the Earth, supporting you & grounding you until you feel as part of the Earth. Still, steady, calm & relaxed. When you feel happy with the growth of your roots & the calmness within your body try to enjoy the stillness, the peace & inner calm within you. Try to use this space to just be, for as long as you need. When you're ready gently bring your awareness back to your surroundings, taking a deep breath in & out, wiggling your fingers & toes. I am calm, I am safe, I am relaxed.

This meditation can be done
in the supermarket, at the
playground, in the office or at
home!

Earthing

Earthing is another term used also known as Grounding. It is also a grounding technique that brings us balance by exploring & experiencing Nature.

This technique is more hands on, shoes off! Walking barefoot or touching the Earth with your hands instantly connects you to the Earth's electromagnetic field that brings a greater sense of well-being.

Whether it's grass, the river, mud, sand or sea, earthing is a sure way of feeling grounded!

**Kick off your shoes
& give it a try!**

We can also visualise sending what we need to release down through our roots & bring back up the goodness from the Earth!

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Crystals & Essential Oils

Crystals & Essential Oils are natural healing products from the Earth that too bring Grounding properties.

Here's a list of some that can be recommended for grounding purposes:

Crystals

Black Tourmaline
Red Jasper
Garnet
Smoky Quartz
Hematite
Shungite

Crystals can be worn or placed on the body whilst meditating.

Essential Oils

Ylang Ylang
Pine
Blue Cypress
Bergamot
Juniper
Cedarwood

Oils can be diffused & bought as roller blends to use on the body.

The Root Chakra

Ways to work with your Root Chakra to support Grounding:

The Root Chakra also known as The Muladhara in Sanskrit is one of the 7 main energy centres within our subtle body. Our energy centres are often described as wheels or discs of energy that can become blocked when we're feeling unbalanced.

'Heal the root so the tree is stable'

Sit in Meditation & visualise a red ball of light at the base of your spine, keeping this light as a point of focus.

Repeat the mantra ' LAM'

Listen to the sound frequency
396Hz

Eat red fruits & vegetables

Repeat
Grounding affirmations

Grounding Affirmations

I am grounded

I am safe

I am secure

I am rooted in this present moment

I am anchored in my breath

I am where I need to be

I am stable

I trust myself

I feel as part of the Earth

I am whole

Grounding Breath Technique

Breathe in for 4 seconds....

Hold for 4 seconds....

Breathe out for 4 seconds....

REPEAT

Our breath is a powerful tool to aid our relaxation, it's often underestimated as it's something we can often take for granted. Our breath is our life force energy, it's the first & last unit of energy to enter our body. Breathing techniques calm the mind, relax our bodies & bring us to a place of 'just being'.

It's something we can do anywhere, anytime, as part of our Meditation practice or sitting on the bus!

Other ways to feel Grounded...

Exercise

Healthy Diet

Dancing

Good sleeping habits

Hobbies

Wholesome Lifestyle Choices

Mindfulness

Holistic health

Talking to friends &
family

Gratitude

Reiki & Reiki Drumming



**Relax Recharge Refocus
Realign with Reiki...**

**Bringing balance to our emotional, mental, physical &
spiritual well-being!**

Have you tried it yet?

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Find What Works For You!

There's no right or wrong way to
explore Grounding...

A journal is a great way
to check in with
ourselves on a daily or
weekly basis. Making
notes of what we've
done to support
ourselves & the ways
we did that can be
beneficial to look back
on. Notice a pattern
emerging, notice how
you feel & repeat what
feels good!



‘Heal the root so the tree is stable’

Grounded by Nature

The weightless feeling as you release and let go. To feel some inner calm, to feel at peace, to feel free to be all that you need to be.

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It's feeling the Earth beneath your feet, to have the world at your fingertips. It's becoming aware of your surroundings, the sights, the smells, the sounds. It's tuning into all of your senses and hearing your inner wisdom.

To be guided by Nature, guided by your inner knowing. Lose yourself in a moment and allow yourself to recharge.

It's bringing balance, clarity and nurturing your mind, body and spirit.

It's feeling safe, secure and stable within your mind body and spirit. Lose yourself in Nature, find yourself in Meditation.

Grounded by Nature

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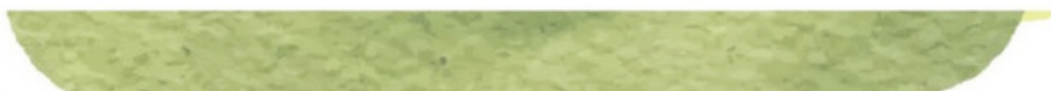


RELAX





RECHARGE





REFOCUS





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