

# How to Ground Yourself

## Aligning Your Energy and Physical Bodies

**By Mary Kurus**

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### **Are You Ungrounded:**

Are you often spaced out, out of touch with reality, arrive somewhere without remembering how you got there, living in your head with your thoughts rather than seeing yourself as you are in this present moment, living in an imaginary world rather than your present world, having difficulty connecting with others? Then you are definitely ungrounded.

When you are ungrounded your aura has shifted away from your physical body. It can slip out anywhere from 25% - 100%. And you can still appear to be functioning somewhat normally to those around you even when you are ungrounded. But you are not present to yourself or to others. You are not connecting with your own thoughts, feelings or behaviour. You might appear to be listening to others but you are not hearing them, you are not seeing how they feel about things, you are disconnected from the present moment.

People shift their auras away from their physical bodies because they find the present moment too frightening, unpleasant, boring, or hurtful. When someone faces a situation or emotion they find difficult, they partially slip out of their physical bodies. When they do this, they stop feeling the emotion that was causing the fear etc., it is an automatic defensive or protective mechanism. This why people often cannot remember what has happened to them, they really were not there.

Or perhaps individuals have experienced traumas and painful experiences in the past, have gone out of body to a degree, and never come back.

### **What Does It Mean to Be Grounded:**

Being grounded equals awareness. It often is associated with being very present with Mother Earth being consciously connected to our planet, it's trees, earth, sand, etc. It

normally involves bringing together the energy of Mother Earth your energy. But the energy must be energy of the earth, and not the stars, sky etc.

When I use the term “grounded” I mean that someone is fully aware of themselves, others, their environment and behaviour at that very moment. They see, hear and feel the physical, emotional, energetic, intellectual, and spiritual aspects of their own person, their environment, and others around them. They are able to focus, to concentrate, and to be fully present with themselves, others, and the environment they are in at any given moment. To be fully present means that they are aware of their thoughts and feelings and that they are feeling their feelings.

Humans have a physical body and they are surrounded by an energy body, called the auras and extended energy field. When we are grounded, the physical and energy bodies are coordinated and in harmony with each other and the resonance of Mother Earth and the Cosmos surrounding Mother Earth. When we are ungrounded, our physical and energy bodies have separated, to a degree.

### **What Are Some Symptoms of Being Ungrounded:**

People who are ungrounded can experience many of the following symptoms:

- Feeling spaced out
- Out of touch with reality
- Emotional numbness
- Not knowing how others feel
- Living in your head
- Daydreaming excessively and living in those daydreams
- Imagination is in overdrive
- Obsessed with the past or the future
- Rushing around, being in a constant hurry
- Getting lost easily
- Difficulty concentrating or paying attention
- Easily distracted, trying to do three things at once
- Having difficulty staying on topic in a conversation
- Losing time, finding yourself somewhere and wondering how you got there
- Difficulty completing tasks
- Feeling out of control
- Being accident prone
- Foggy thinking
- Feeling rootless
- Anxious or lethargic for no reason

### **Why and How Do We Become Ungrounded:**

People go out of body to stop feeling. The following list is certainly not exhaustive, but you will notice that fear is a key emotion causing people to become ungrounded.

People avoid being present in the moment to avoid feeling unpleasant emotions and body sensations that are difficult for them to deal with. It protects them. This can include the following situations: when someone is angry with you and this frightens you; when you are expected to have sex when you really don't want to; when you are sad, hurt, or afraid; when you have physical pain; when sensations are confusing; when you watch something that frightens you or causes you sadness; when you don't want to say what you really think; when someone wants to discuss something that frightens you. There are many different situations and feelings which can cause a person to go out of body.

We live in an imaginary world, we paint imaginary relationships, we see ourselves and others in a fairy tale manner. We live in our imaginations which has little connection to who we really are and to those around us. We live in a fantasy world which bears little resemblance to our present lives.

When growing up, we often split off from our feelings and sensations as a coping skill. It helps children and adults to survive difficult situations in life. We learn this behaviour and use it as adults to help us cope with life. At times this coping skill has helped children and adults to life through very difficult situations.

Memories of past situations can cause individuals to space out or to go out of body in the same manner as a situation which happens in the present. The emotions of painful memories are buried in the physical and energy fields and when someone remembers a painful experience, the emotions are as real as if that situation was happening in the present moment. This causes the individual to space out again, and again.

To learn how to release buried emotions, we need to own them, hold them, and to stop being afraid of them. It is only by owning them and re-feeling them with full awareness that they will transmute and leave us completely. A scar always remains, but the wound closes.

### **Examples of How I Used to Become Ungrounded:**

They are many ways for spacing out and going out of body. People can vary the amount they go out of body ranging from 25% to 100%. The degree of spaciness will be in direct proportion to the need to stop feeling, hearing etc.

I'd like to share with you a few stories of my own experiences of going out of body. I was relatively new on my healing journey and I was receiving energy treatments from an experienced energy worker, someone who taught at the Barbara Ann Brennan School of Healing in New York City. I had deep and complex issues with my father. The energy worker told me to hit the massage table with both of my fists strongly saying I hate you, I hate you, and I did that. About four hours later I became conscious that I was floating close to the ceiling of this energy worker's living room, and I slowly came down and

entered back into my body. I knew where I was but I could not remember where I had parked my car, or what color it was. After a while, I found my car and drove home, and I felt normal about two hours after returning home. This entire experience lasted for about 5 hours. I was 100% out of body during this experience.

At another time I was talking with a therapist and he asked me how I felt about something that had happened. I had been describing the situation in detail, intellectually analysing what had occurred. As soon as I stopped the analysis and tried to identify the emotion I was feeling, which was very deep hurt, I could feel myself slipping out of my physical body in that moment. At this time in my healing journey I was aware of how I often coped by going out of body so I was able to stop the process. I did this by touching and feeling a wooden desk and deciding to stay in the present and feel the emotion regardless of how it felt. I had developed a habit of going out of body when I became uncomfortable with my emotions, and it took conscious intent to ensure I stayed in my body when I wanted to. This habit took me about 50% out of body.

Many people just slide out of their bodies in a split second without realizing what they are doing. You can speak with them and they seem present, but they are not. Other people space out with compulsive eating, compulsive shopping, compulsive sex, working excessively, excessive exercise, any type of compulsive and excessive behaviour.

## **7 Ways to Ground Yourself:**

- A simple exercise that will help you to ground yourself is a visualization exercise. Sit in a chair and make sure that your feet are firmly planted on the floor (it's even better if you can do this exercise outside and plant your feet on grass, sand, or earth.) Imagine that you have roots growing out of the bottom of your feet, and run these roots into the centre of the earth. Keep your feet roots at the centre for about seven minutes, and then slowly bring them back into your feet.
- You can do the exercise I just described in #1 but instead of running your roots from your feet, run these roots from the bottom of your root chakra. You should only do this exercise from the chakras if you are experienced in working with chakras.
- Another simple exercise to help you ground yourself is to go outside and sit with your feet firmly planted on the earth, sand or grass. It's very important to have a deep focus on your feet and their connection with Mother Earth. Begin some deep breathing exercises, breathing slowly and deeply from your diaphragm, breathing in and filling your belly as deeply as you can and then breathing out slowly and completely. As you do this exercise, keep your focus on your breathing until it becomes regular, and then switch your focus to your feet and their connection with Mother Earth. Do this exercise for as long as you can.
- Walking slowly with a deep awareness of planting your feet on Mother Earth can be very grounding. As you walk, with each step, send energy

into the ground – the key is to keep your awareness on the connection of your feet and Mother Earth.

- Diet, sleep, and a healthy lifestyle are important elements in staying grounded. It's difficult to remain grounded when you are tired, on a sugar high, living on adrenalin, eating many refined foods, living beyond your means, or other unhealthy elements of living.
- Recreational drugs used on a regular basis will keep a person ungrounded, spaced out. Drugs leave a mucous type of substance in the energy field. If you want to be fully grounded you will have to eliminate the use of drugs and you will need to clear your auras of substances left by drug use. Even if you don't use drugs yourself, but are around people who smoke up a great deal, the mucous from their auras will seep into your aura.
- The two bottom chakras are essential to becoming grounded and remaining grounded. Many people today have chakras that are quite underactive. The Five Tibetan Rites are five energy yoga type exercises that will accelerate your chakras which will in turn create healing in your physical systems.
- Being in nature, gardening, walking in nature, swimming in rivers or lakes, all activities in nature tend to be grounding. The degree of grounding will be enhanced if you do these activities with awareness of connecting with Mother Earth.
- Get physical exercise.
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- **Get physical exercise. Feel your body as you are doing these exercises**
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- **Cleanse and Re-Energize Everything:**

7. **Swimming in a River or Lake:** If you live where you have access to good clear well water that is guaranteed to be free of chemicals, or running water from a creek or river that you know is not polluted, place your crystals and gems in a small container, and let the water run over them, preferably for at least two hours. This will cleanse and re-energize your gems and crystals. Please do not use tap water, since it is full of chemicals. Be careful though because certain stones will actually dissolve in water, e.g. Red Selenite.

## **Do These Recommended Methods Cleanse and Re-Energize Everything:**

**Contact Information:** Mary Kurus is a Canadian Vibrational Consultant who conducts detailed Vibrational Assessments that identify the physical, energetic and emotional areas that are affecting your health today. Mary also makes vibrational medicines called Choming Vibrational Essences and Choming Herbal Tinctures that can change your energy so that you feel vital and healthy again. Mary has written many articles about vibrational healing which can be found on her Website at [www.mkprojects.com](http://www.mkprojects.com) . **You can contact Mary for a Vibrational Assessment at (613) 733-2856 or e-mail her at [mary@mkprojects.com](mailto:mary@mkprojects.com).**

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