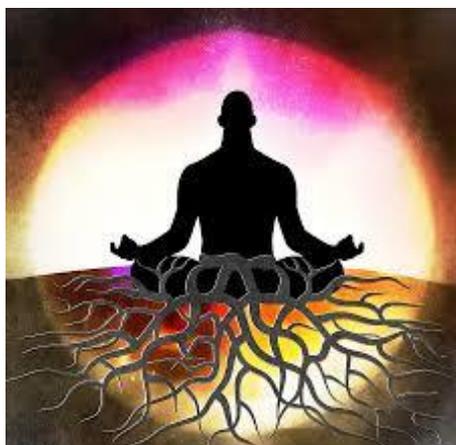


GROUNDING

GYP-Module 4

WHY GROUND?

The following are some techniques for maintaining balance and for staying grounded in the physical world while working with the inner world.



GET STARTED RIGHT AWAY

To connect with our Intuition/Higher Self in a balanced, grounded manner our attitude becomes critical. If we approach our Intuition/Higher self with common sense and respect, we'll succeed in cultivating a healthy relationship with it.

Contact with the non-physical states and realms tends to draw our attention away from this 3D, physical world. We are humans in physical bodies and we must stay grounded as such. We use our connection to our Intuition/Higher Self to enhance our physical life.

In accessing our Intuition/Higher Self we learn to focus our attention from the outer world to the inner. We must balance this out with a grounding and focusing on the outer while not 'connected'. Allow me to expound...we are 'connected' all of the time. As you are developing though, intentionally connecting, and grounding whether intentionally connected or not, is imperative to a clearer connection.

Different Ways to Ground

Begin with the physical body.

Appropriate diet, movement/exercise, nature & fresh air, rest and water are key to our physical body grounding.

Simplify your life and slow down.

Find the ability to be present in as many moments in your day as possible. This level of mindfulness offers consistent grounding to your day.

Doing any physical activity

Running, jumping, walking, dancing, touching nature and the earth, standing barefoot on the grass or dirt will serve to ground you as well.

Continue with meditation and relaxation.

The more at ease we are, the easier it is to connect with our Intuition/Higher Self. Progressive relaxation is a great form to work with. Practice sending warm, soothing feelings of love, light and pleasant energy to every part of our body. Also, alternatingly tense and relax each major muscle/muscle group. These exercises help to alleviate stress. Picturing stress energy being moved out of your body as you do these and filled with pink, love energy is advisable as well.

After meditation and Intuition/Higher Self contact drink something and eat something light. This kicks in the digestive system and the metabolism which will help ground you in your body. Avoid heavy meals. Some

psychics/mediums are heavy because of this 'overly grounding' habit.

The Conscious Psychic Program (CPP) ©2012 Angela Bixby

Breathing

Furthermore, do rhythmic breathing. Try inhaling for a count of four. Then hold or suspend the breath for a few second and breathe out to the count of four. Breathe in relaxation and breathe out tensions.

Visualizations

Do visualizations to raise your vibration and to facilitate Intuition/Higher Self contact. Maintain focus on highest intentions and see yourself as white light and love. Now picture a dial that runs from 1 to 10. As you turn up the dial, your entire energy field increases becoming brighter and stronger, illuminating all of your subtle energy body enabling you to connect with the non-physical realms. At the end picture turning the dial back down as if turning off the lights behind you. It serves to close the connection doors and re-ground you.