

# *Soul Essence*

## *Fact Sheet – Grounding*

When you are not grounded your energy field can be away from your body, and you feel overly sensitive.

When you are grounded your energy field will be evenly spread around your body.

### INDICATIONS OF NOT BEING GROUNDED

Spaced out / day dreamy

Clumsy / dropping things

Forgetful

Physically weak / tired

Anxious / nervous / frightened

Confused and can't make decisions

Faint / Dizzy or woozy

Unable to hold your own space.

### Grounding Exercise

1. Stand with feet slightly apart.
2. Let your attention come to your belly. Imagine and feel a golf ball size weight 3cm below your navel and in the centre of your body. This is your Tan Tien.
3. Gently and easily drop this ball in your belly down past your feet into the ground. Simply drop it and let gravity take it down deeper and deeper until you reach the molten core of the Earth.
4. In breath; draw energy up into your belly. Out breath; drop back down to the centre of the Earth. Repeat for 10 breaths
5. In breath; draw Earth energy up and into your heart. Out breath; run energy down arms and out of your palms. Repeat for 10 breaths
6. Move palms in and out a couple of inches as if squeezing a balloon. Notice what sensation you feel in your palms. Play with the Chi Ball if you wish, making it larger and smaller, or holding it from above and below. Then place the Chi Ball into the Tan Tien and rest a few moments
7. **Closing.** In breath; swing arms out to sides and upwards with palms up and bring over head. Out breath; bring your hands down the front of your body and store the energy gathered in your Tan Tien. Repeat 6-10 times

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