

## HOW TO GROUND :

take a hot bath before bed  
call on God & Godforce to ground your energies  
request a four body balancing so there is equal energy in all bodies  
request a Chakra balancing so there is equal energy in all Chakras  
request a nutritional infusion of vitamins & minerals  
request extra protection at night while you sleep  
request healing of physical body  
grounding in feet & legs  
visualize growing roots out of your feet Chakras into the Earth  
channel both Mother Earth & Heavenly Father  
physical fitness, working in the garden, doing Earthly things

## GROUNDING

EnerGy  
Roots  
COrd  
GroUnd  
CeNter  
Deep  
Light  
ChaNnel  
AnchorinG

### The Great Esoteric Secret of How to Properly Ground Your Energy on a Daily Basis

**POSSIBLE CAUSES FOR BEING UNGROUNDED:** \*too top heavy, \*too heavenly focused, \*too mental, \*too emotional; \*Angelic types, \*etheric types, \*not liking Earth and wanting to escape or thinking the Earthly world has less value than the Spiritual world; \*not grounding one's Spiritual mission; \*inability to quiet the mind & emotions; \*over-identification with Higher Chakras & neglect of lower Chakras; \*the more one evolves the I. more the greater part of their consciousness lives in the Spiritual world, ...

**IDEAL: during day & night = energy should be balanced in all parts of your body** including legs, feet, arms & hands; many people have cold feet or hands because more of their energy is in the Higher Chakras or bodies; II. some people are not in their bodies at all

**AS YOU ADVANCE IN YOUR EVOLUTION MORE AND MORE OF YOUR CONSCIOUSNESS WILL BE WORKING IN THE HEAVENLY WORLD:** and more and more of your Lightbodies & Integrated Lightbody Split-Off III. Selves will be serving all over the universe