

Grounding for Beginners

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This year our lives have been turned upside down and stress has increased. The advice of many experts has been to spend time outdoors. In fact, there is a movement called Ecotherapy that addresses both physical and mental health with exercise in or exposure to nature as a part of psychotherapy. Many of us can recognize that we feel better when we spend time in nature and there is plenty of scientific research to back this up. Studies have shown that time outdoors reduces levels of the stress hormone cortisol. Published in a March 2017 Scientific report, one study showed that when researchers played nature sounds to subjects, their attention was diverted outward away from just themselves. Whereas when subjects were listening to artificial sounds their attention was directed inwards and focused on their problems. In every walk in, with nature one receives more than one seeks. - John Muir "Father of National Parks" and a founder of the Sierra Club

Looking at this phenomenon from a spiritual perspective, we would talk about grounding. To be grounded means to be fully present and to be connected with the Earth (ground). It also means that you are more aware, more conscious, more available and more able to be authentic. The opposite of being grounded is to be spacey, flighty, closed down and more reactive. There are many reasons why we can become ungrounded. Stress, emotional pain and physical pain are the three main ones. The more stressed we are the more likely we are to check out as a way to cope. This ends up creating a circular pattern as being ungrounded leaves one with less resources to deal with triggering incidences.

Being outdoors in nature is one of the quickest ways to get grounded. What else can you do if that option is not available to you? Exercise is beneficial, particularly things like yoga. Paying attention to your breath, guided visualizations, mindfulness sessions (in which your attention is on all the sights, sounds and smells around you) are all helpful. Also helpful are treatments like Reiki sessions and believe it or not, a good pedicure. Our feet are what connects us to the Earth. Having a pedicure with the accompanying touch brings our attention downwards in our bodies. And let's face it, they are very relaxing. Needing some grounding? Make that appointment for a Reiki session or pedicure with us today!

Go where you feel most alive - unknown

The Earth has music for those who listen - George Santayana

And into the forest I go, to lose my mind and find my soul -
unknown

Adopt the pace of nature, her secret is patience - Ralph Waldo
Emerson