

GROUND + CONNECT

● Connect at Crown

GROUND YOUR ENERGY

In order to ground and connect you most consciously call your personal energy into your body. Invite your energy to move down through the root chakra and into the earth. Then invite your energy to move up through the crown chakra to connect with Spirit. This creates a dynamic flow within the entire chakra system that will greatly support your work with pendulums.

PRACTICE

This may take some practice. If you struggle with remaining grounded, making physical contact with the earth and keeping earth elements (crystals!) on your body or in your pockets can be helpful to start.



● Ground at Root