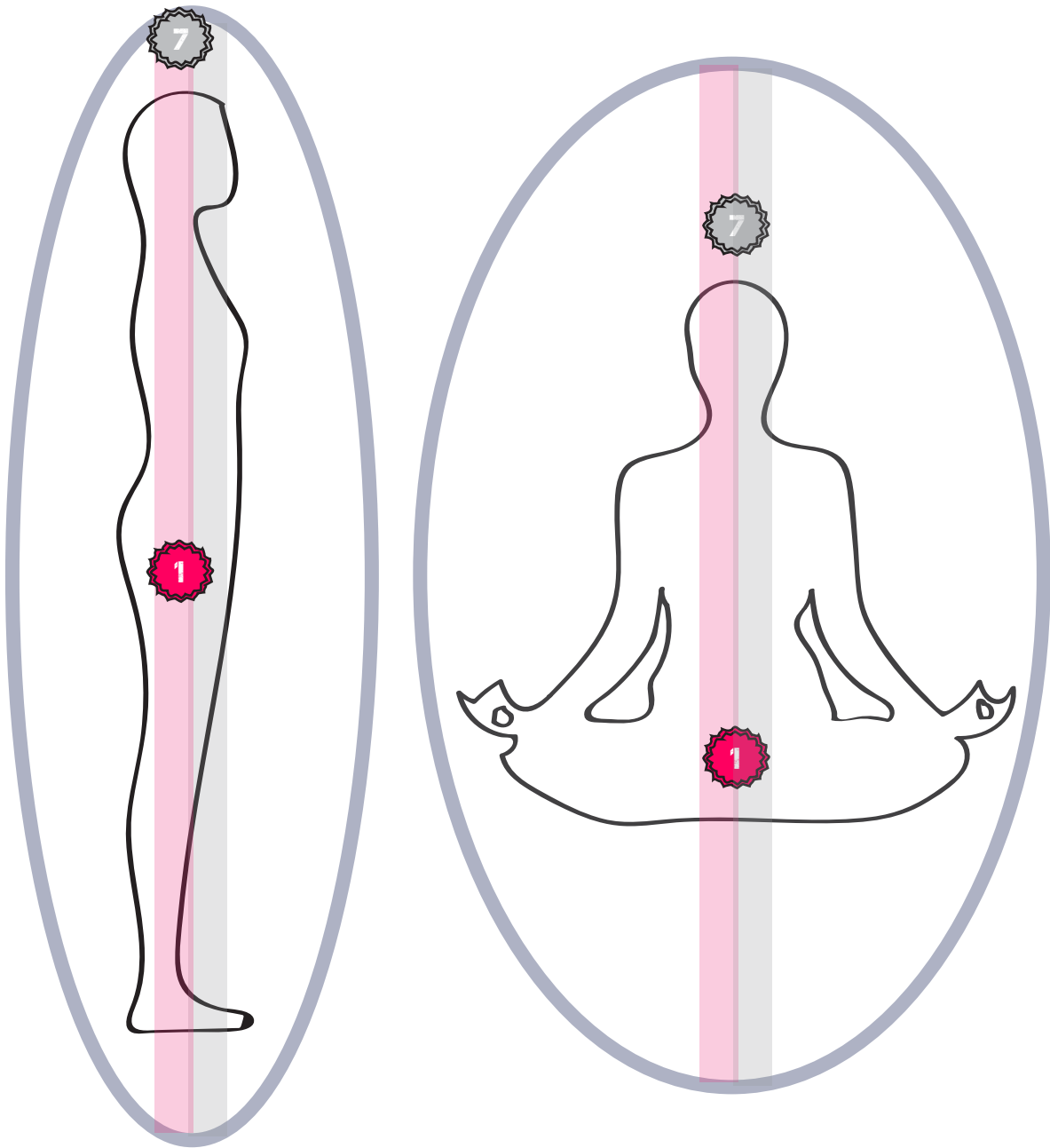


GROUNDING PRESENTATION

What grounded energy can feel like



GROUNDING

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 and supports an expansive energy field. Practicing grounding will greatly support your work with pendulums.