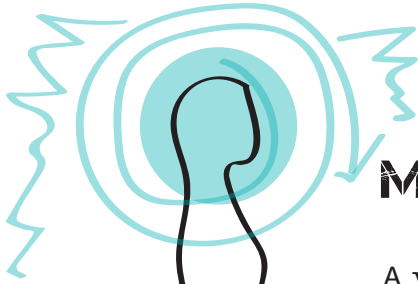


UNGROUNDING PRESENTATIONS

What ungrounded energy can feel like



MENTAL

A very common place one can get stuck in is the head! You may notice that your thoughts keep you spinning and completely stuck in the energy of the third eye chakra.



PROJECTION

The most common projection in the energy is forward. You may notice that your energy dominates in the front. It can be experienced as almost leaning forward.



HOVER

You may notice that you are hovering over your body. This may create a sensation of looking down at yourself. Your energy still remains connected to you but you are definitely in the clouds.



DETACHMENT

This is an extreme presentation of disconnect with the physical body. Detachment would be experienced as a step beyond hovering. It is complete disconnect from the physical body, almost as if there is no awareness of the physical body you are in.