

ARE YOU GROUNDED FOR REAL?

Instructions

Test from the top down

1. Use your pendulum along the chart and prioritize
2. How far down does your energy ground? Does it get stuck at the head, the hips, the root?
3. Once you identify where the separation is between grounded and ungrounded energy, mark it on the chart.
4. Bring your awareness (or guide someone else to bring his/her awareness) to this area. Retest and see what

You can test along the chart remotely or with a person in front of you. In the beginning, it may be easier to use the chart. Begin at the crown chakra with your priority hand mudra. Instruct the pendulum to show you a yes/priority for grounded energy and a no/not priority for ungrounded energy.

