

Lighten Up! ~ An Ascension E-zine



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Six Steps For Grounding

Lightworkers utilize a variety of techniques to alter their own personal frequencies, to release impediments and to align the energy centers of the body in new ways. This is all very exciting and empowering, but it can leave you “buzzing” in ways you are not familiar with.

Spirit suggested I offer an overview of some grounding techniques which will be useful for you at this time. If you are new to Lightwork these may seem “far out”. I encourage you to try a few which seem more interesting or comfortable and feel the results within your own energy fields. Then begin to try other techniques. You will learn which ones work best for you.

Grounding is imperative when working with energy. Ask anyone who has ever been zapped by a loose wire. Your body works much like the wiring in your house – though a trillion times more sophisticated. You are a conduit of frequency. The more open and clear the conduit, the more energy flows through.

You, as a conduit, can actually affect the quality of the waves moving through your system. This is the nature of Lightwork. Grounding is imperative for both your personal wellbeing, and for the energy to reach its ultimate destination – the sentient being known as Earth.

For those who have been on the path awhile these are things you are accustomed to. We are reminded –

“The energies coming through now are different than you are used to, and when you allow a ritual to become a rote the full affect is not realized. It is more important than ever to put your “focus” on our every thought and action. Know that each of you has a personal responsibility for your energy field. Be present in your practice – with reverence.” ~ ~ ~ I AM>Carla

The two halves of the brain, which have worked semi-independently, are being synchronized. This is thinning the veil of forgetfulness and sense of separation we have lived with in the third dimension. We are creating a new relationship between the heart and the head. For millennia we have used our physical eyes to see, and various portions of our separated brains to decipher what we were looking at and how to respond to it.

Now, as we clear the residual of lifetimes of judgment and activate the pituitary we are realigning the upper energy centers of the body. We begin to look through the third eye - a more intuitive receptor - and allow our hearts to discern what we are sensing and how to respond.

Here are a few things you can expect to notice, and some techniques for effectively grounding the energy as you acclimate to the changes.

Sleep Patterns

Allowing of refinement – While sleeping, you are in a state of least resistance. Your subconscious is operating in direct connection to the One Consciousness in ways it cannot while you are awake and walking around “dealing” with your life. This is a time of refinement. Your energy fields and their connections to the vaster energy fields are all being “tweaked” to fine tune you. Know it. Acknowledge it when you crawl in for sleep. Invite the assistance and ask for the most beneficial adjustments which can be made at this time.

Flexibility - Your sleep patterns will change. Do all that you can to assure a comfortable and sound sleep. Meditate for a few minutes while lying in bed. One expression of the new sleep pattern will be sleep 3 hours, awake 3 hours, sleep 3 hours. Another expression is to simply sleep for 9-10 hours. Some will sleep 6 hours at night and require a 2 hour nap at some point in their day. Do your very best to listen to your body and honor it. If you are tired, lie down. Don't think you must stay awake until a certain time in order to get “a good night's sleep.” That is a projection based on an old paradigm. When you are tired, sleep. Also, learn to lie down for a few moments and “shut down” your mental activity. This need not be a deep meditation. Simply be still and quiet the mind with relaxed breathing. In 10 minutes you'll feel better.

Drink good water before you go to sleep, and especially immediately upon waking. The first sips of whatever you put into the body when you awaken send a very indelible signal to your energy centers. Good water will aide all the work being done in your sleep.

Absence of judgment – the biggest adjustment in the change of sleeping is to not judge what is happening. You can and must program your body to respond well to these changes. If you wake up in the middle of the night, don't say to yourself "Oh now I'll be drained in the morning and I have this important meeting and I won't be able to focus...blah blah blah." Instead, say, "Spirit wants me to be more conscious for something, let's discover what that is." Meditate, read an uplifting book, stare out the window in that spacey way, listen to some toning or chants. Mostly, tell yourself that you will "fall back asleep easily and wake up feeling refreshed – with all the information and enthusiasm you need to get through that important meeting easily".

You are being rewired from the inside out. Yet, you are the programmer. Be conscious of what you are putting into the new system.

Clearing

As a conduit for energy it is important clear continuously. This helps to facilitate a better connection within this rewiring process and allows you to ground more effectively.

Sea salts – Soaking in a sea salt bath will help to release residual imprints and cleanse the energy fields of the body. Likewise if you add sea salts to your laundry when washing, it too will aide in energy cleansing. This is extremely important for your sheets and bed linens. Sleep is where the biggest portion of the energy work is happening. Detergent cleans the physical. Sea Salts clears the energy. Use one tablespoon per wash load.

If you having a difficult time getting any sleep, or wake up totally groggy feeling unable to function, place about ½ cup of sea salts into a clear bowl and put in beneath your bed in the area of your solar plexus. Remove the bowl each morning and rinse the salts down the drain. Refresh with new sea salts each night. You should begin to notice a difference in your ability to sleep within a week.

Hydration – Drink more water. Add fresh squeezed lemon juice to the water. You will be ingesting live vitamin C, the lemon creates a more alkaline state in the body, and also helps to clear physical, emotional and etheric residuals. Ionizing the water is even more beneficial. Programming the water you drink is a huge step in you putting into practice the Truth of your new world. Use intention to program your water and your cells. You'll find more on the work of Dr. Emoto here. >>>

Nourish

Food is one the best ways to ground the body. It is a physical act to nourish a physical expression.

Eat lightly and honor cravings - Generally most people will begin to eat less and eat light foods. The density of heavy proteins or genetically engineered carbohydrates will feel like a drain on your system. You will have less lethargy if you eat simple happy foods. However, you will also periodically crave certain foods and it is good to honor that.

Whether it is steak or chocolate just allow it, and appreciate taking the communication with your body to new levels.

Long term cravings are a sign of imbalance - If you find yourself wanting donuts every day for three weeks, this is a sign that you have a physical imbalance in the system. One of the easiest ways to help this is through the use of high quality probiotics. It is suggested that you take probiotics on a regular basis. If this doesn't help the craving, consult an herbalist who can suggest something to bring the microbial environment back into balance.

Emotions & Eating – Sometimes those cravings are not physical, but emotional. As a society we have become emotional eaters. As a Lightworker you are clearing old emotions. There is a very direct connection between the two and it will feel like a reflex action to grab for something familiar when the hard stuff comes up. It is important to discern when this is happening and release the emotions so that your eating is about nourishment of the new Lightbody,

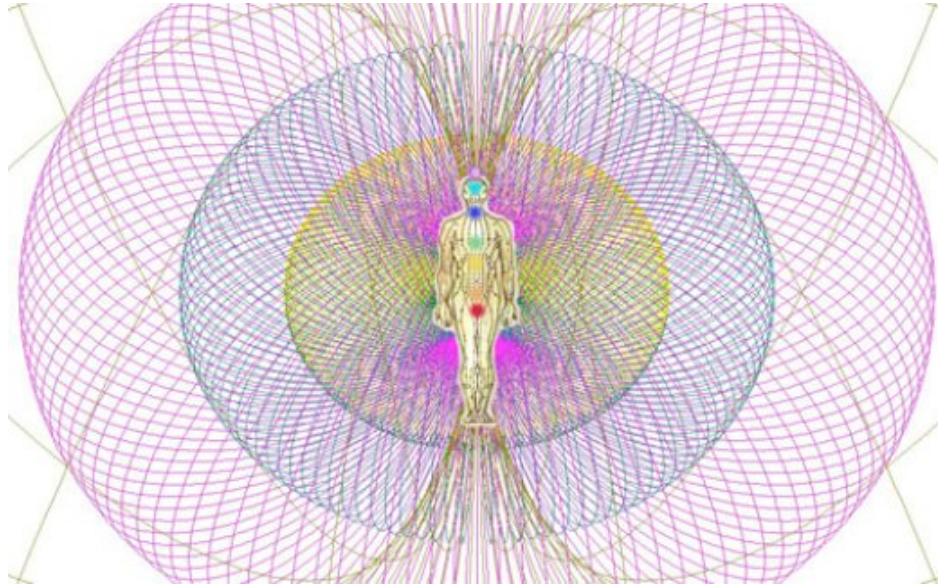
A couple of weeks ago we had to release one of our dogs from its physical body after several months of kidney issues. It was emotionally excruciating. I was honored to help her transition and I know she is freer now, but I also miss her. That night I looked at my friend and said, “I must have some Ben & Jerrys (ice cream). I know it is emotional eating and right now it is totally appropriate.”

If you are spacing out at work, eat a piece of fruit. Sit down; bring the thoughts into your foremost mind, “I am eating this banana to help ground so I can be more present for this next task.” It will work. Listen to you body and honor it. These changes take some getting used to. Also, hear when it is telling you that old habits are no longer serving the new you.

Visualize

80/20 - Whenever you are feeling out of sorts you can ground through direct visualization and purposeful movement of energy. There is a tendency at times to want more and more lightness, to spin those energy fields faster and faster, to put your focus on the energy above your head. That is only part of your story. Remember that you are a tube. That tube extends from Heaven to the Center of the Earth. When you put your focus on only one portion of that tube the energy swirls in that area and cannot fulfill its complete circuit. It needs to be grounded.

Sit quietly for a few moments (it doesn't take long after a little practice), getting in synchronicity with a slow full breath in and out. Visualize the energy coming down through your entire being. Direct 80% of that energy to continue through your base chakras below your physicality, into the Earth and down in the very core mantle of the planet. The remaining 20% of the energy will cycle through the energy fields around your body and back up to the crown to join with the incoming energy.



This percentage is not optimal all the time. It is specific to grounding. Whenever you are feeling out of your body and you sense the need to be more physically present this will help. It will take less than 10 minutes. The important aspect of using this technique is to not get in a hurry. SEE the light flowing all the way to the center of the Earth. See the Earth receiving this energy. Listen, pay attention to how the Earth responds to this energy coming through you.

Personal adjustments – Just as with sleep and food, each person will need to make some adjustments for themselves. It is fine to send more, or less, energy through to the core. Again, listen to your intuition. Just keep the focus on whatever portion moving entirely through to the Earth's center. You will know when the grounding has taken affect. You will open your eyes and feel more centered in the body. You will probably feel a little revitalized. You'll be less forgetful – retaining more short term memory.

Touch

Walk, Sit, Swim – Your choice to be a swirl of energy, activated by thoughts and feelings, expressing itself in form, means you have a direct relationship to the planet. As you learned from the previous visualization, the Earth responds when you put your focus on your energy field. For this reason it is very helpful for Lightworkers to be in physical contact with the Earth, and express reverence for the relationship you are remembering. Walk, sit, swim; do whatever feels best for you to TOUCH the earth. To really ground yourself regularly it is good to make a practice of actual contact between your skin and some piece of nature – with reverence.

Sneakers on a sidewalk don't count... though it can help in an emergency; to walk and breathe deeply. It will help you get back into the body, but isn't that effective for grounding.

Allow earth's receivership through you – Light / Heaven is the active giver of Life. Density/ Earth is the passive receiver of Life. Earth receives light and nurtures life through receptivity. When you recognize this as the foundation for life on Earth you can embrace your role in the process of accession. You are the tube through which the Light reaches the core of the Earth – when you are conscious of it. Allow this magnificent receivership to happen through you. Be aware of your part in the Divine Plan

Here is an article about developing a purposeful relationship with nature and how it will ease the journey through ascension – for you and for Earth.>>>

Tone

Receiving and releasing sound through the human body is both uplifting and grounding. You are a resonance of sound and light. As your frequency continues to adjust you will begin to hear – through your inner being – new and unique sounds. You will also begin to remember sounds/tones which you have used in other times to further adjust your personal frequency.

Discover your note - each of us actually “plays” a unique note in the orchestra of Creation. Likewise there is a particular sound you can create through your body that will actually serve to relax every cell of your being. Practice making random sounds until you discover the one which eases you. This is not about singing musical notes. It is much more primal and can be felt more as a vibration within your body that simply IS, and you are allowing it to move and come out.

Relax and release through making sound – By discovering your own physical tone and allowing your vocal chords to manifest these sounds you will be able to release emotional charges still held in the body and immediate energy fields around the body. Whether the sound is an Om, Ah, or Uhh...it doesn't matter. The helpfulness comes when you take the time to direct the vibration through the body and out through the throat.

Opening the throat chakra – Consciously working to open the throat chakra is extremely helpful to everyone on Earth. The vast majority have been heavily conditioned to be “seen and not heard.” You do not express your opinions, your feelings, or your knowledge of Truth freely. It has become stuck in both your heart and throat energy centers. Make your sound aloud.

Releasing heart blockages – As you begin using the sound release you will naturally discover the tone which feels most relaxed. Pay attention to which area of the body it seems to originate from. Be with it in that location and allow it to “ripple” to every cell of the body. Then, consciously move the “origin” of the sound to the center of your heart.

Let the sound be emanating from the heart center, up through and out the throat center while rippling throughout the entire body structure.

Once this becomes entirely effortless, return your attention to the heart center and visualize the sound emanating out into the etheric, invisible realms beyond your physical body. Again, continue until this becomes wholly effortless. Then, return your focus to the center of your heart and visualize the sound energy continuing to permeate the cells of your body, to expand beyond your body and now to travel downward through your energy tube into the Earth itself. As you make the sound with your throat, send the “tone” as far into the Earth as you can imagine – to the center of the Earth.

When you feel a full release you will also have a sense of being centered, balanced and grounded. You will be comfortable in the body – though it might still be humming - and a connection to the ground itself. Honor any feelings that arise during this practice, but remember that the intention of the practice is to ground your unique frequency into the Earth through a totally relaxed physical being and a fully open Heart/Throat connection.

You’ll be amazed at how good this feels once you get past any inhibitions you have about making noise aloud. The bonus of doing this practice is that you will begin to speak your truth more easily and more clearly without the anxiety you might have felt previously.

Grounding In Gratitude

Gratitude/appreciation is one of the most powerful forces you can use to change energy and direct creation. An exceptionally effective form of expressing your gratitude and empowering yourself as a Creator is to ground the Light in to the Earth.

Remember; as you give thanks for your many blessings, for your awareness, for your gifts, that you are the one manifesting all of it with Earth. Give thanks to yourself and give thanks to your planet - by reaching for the stars and grounding the light!

Humming right along ~ ~ ~
Carla

NOTE Information shown in italics is channeled through the I AM Presence for the purpose of increasing the awareness of All.*

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