

## *Notes on Grounding and Centring*

Before beginning any energy work we should always make sure we are grounded and centred. If we are not connected to the earth and connected to the cosmos and centring this energy within our hearts – we are not in the right space to make sense of what we are feeling or respond appropriately to the energy we are sensing.

1. Make sure you are not going to be disturbed and that you are comfortable.
2. Begin by taking in some deep breaths. On each out breath let go of tension in your body and your mind.
3. When you feel ready to begin, take your attention down to your heart and on your out breath imagine a thread of silver energy flowing down your body and into the earth through your feet or through your spine.
4. See the thread of energy going deeper into our Mother Earth seeking out her heart centre. See and feel your thread connecting to her centre. Feel her grounding energy and her love and begin to draw that energy back up through your silver thread, up through the earth and into your feet and your whole body. Centre the energy in your heart. Feel the connection to the earth.
5. On an out breath send your silver energy thread upwards through the crown of your head, up through the building and out to the sky. See that thread moving up through the sky and out into space. Far away see a beautiful shining star of wisdom and see your thread connecting to that star. Feel the fiery star energy of wisdom as the energy returns back down your silver thread all the way through space, through the sky and through the roof of the building – down into your crown and into your body – centre that star energy in your heart.

At first this may take some concentration and a little time to do – but after a few practices it will become second nature to you. It is always good to be grounded and centred wherever we are.

Now feel the connection to the earth and the stars centred within your heart. Feel your hearts energy expanding and breath deeply.

You are now ready for energy work and for attuning to your crystals.