

## Grounding

See something that is a part of the base of your spine that you can tie something onto. Securely attach a pole, tree trunk or cable to it. Use a padlock or a zipper, something very secure.

Now see the pole extend down through the floor, to the earth, down through the Earth to the center. There you will find something to attach it to, again securely.

While you are there, look around and find the jewel the Goddess has left for you. Pick it up and put it in your heart. It's color and type has meaning.

See green energy coming up through the Earth into the souls of your feet. Let it run up into your legs, up to the base of your spine and then back down the pole. There should now be a continual circle of green energy flowing through you from the Earth.

Now see a ray of golden light coming from the heavens, flowing into the center of your head. Let it run down your spine to the base and then back up the front of your body.

Feel your toes. Wiggle them.

If you can allow the word wiggle to amuse you at this point, you have not only grounded your self, you have lightened up a bit.

When we are scattered, confused or just plain stressed, this visioning assists us in creating peace and brings in healing energy. It is a must before tests, important meetings or calls. It is also a great way to start the day.