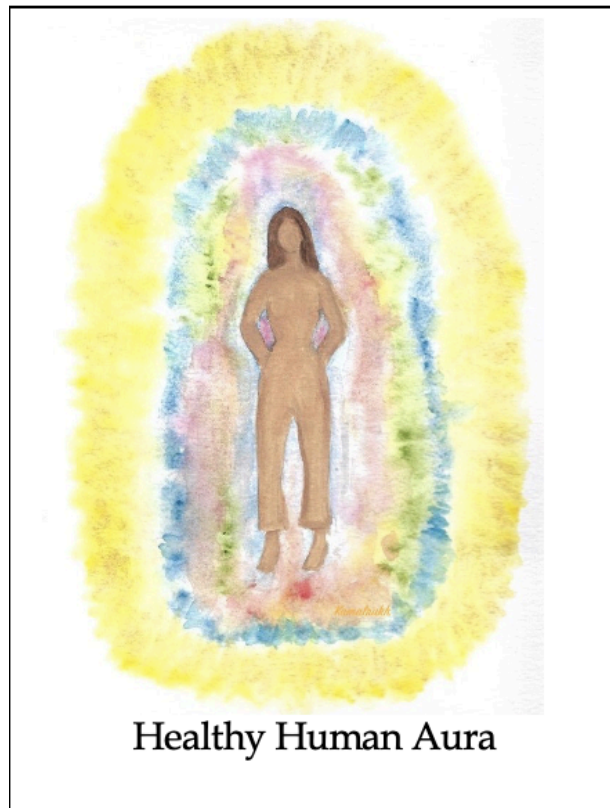


GROUNDING TECHNIQUE

- by Eileen Nauman

This document is being shared after permission from *Oh Shinnah Fast Wolf*, Native American, my Gemstone and Crystal Healing Teacher. She was Mohawk and Apache. She was a medicine woman, greatly revered on Turtle Island (North America) Nations, for her understanding of the “Stone Nation,” and utilizing gems and crystals for healing purposes.

THE HUMAN AURA: GROUNDED Vs UNGROUNDED PERSON



This is a pictorial illustration of what you look like when your Astral body is locked into your physical form. Illustration by Kamal Wadia

Every living human has an energy field around them- called **aura**. Other living things, such as trees, flowers, or animals, can also have an energy field. The human aura has 7 interrelated layers or auric bodies. The Astral body is the 4th layer of the 7 layers of the auric field- holding the inner 3 and the outer 3 auric bodies. ***The Astral body is energy-wise, posited within our physical body. It is supposed to stay inside our body during our waking hours.*** The Astral body is connected entirely to your 'emotional' body and it is brightly colored. It is the ONLY element of the entire aura that can slip out of the top of your head. It has a twofold "job" that it does for us. First, at night, when you go to bed, it slips out of your crown chakra at the top of your head. There is a silver cord attached to it and to your physical body, the Astral body looking much like a balloon with a string attached to it. The next morning, it glides back into your body and awakens us.

An individual is termed a **grounded person** when his/her Astral body remains "locked in" to their physical body all the time. Such individuals have the following characters ...

- they are healthy, firm during a crisis and bounce back from most traumas
- they feel their emotions fully, and are self-aware
- they navigate confidently through their lives, they complete projects, and achieve their goals.
- they are guided by an inherent moral compass (the heart), are truthful, honest, and humble.
- they are upright and forthright, with a healthy self-esteem, are non-judgmental, clear minded, focused and they believe in themselves.

The Astral body's second important function is that its energy works with your EMOTIONS. All of them. That is what makes it so colorful looking in your aura, your emotions. There are seven layers or fields of energy, surrounding the human body that make up your aura. It is egg shaped and we are completely enclosed in the aura beneath our feet, surrounding your entire body and over the top of our head. The Astral body is the only energy that can be released from within our physical body, and it is because of its two-fold duty/ tasks it performs every twenty-four hours with us.

First duty: Astral body of most individuals hover in the room above where you are sleeping. Some advanced souls have their Astral body extending inter-dimensionally, being a source of help and support in many ways. Sometimes you will get a "dream" where you go somewhere and you remember it when you wake up. The Astral body is our dreaming body.

Second duty: The Astral body is your energy storage for *all* your emotions, and they must be worked through. It handles all emotions from your darkest to your lightest. A clairvoyant individual can easily perceive the Astral field of the aura of another individual changing its colors by the moment, and depending on their moods. If someone is angry? Then you will see red blotches in some of their aura fields. If you are in a full rage, you will see black, muddy looking patches or spots along with a dirty and opaque red color. If you are happy? The colors are pastel green, blue, violet, pale orange, and pink are pleasing to the eyes and are a measure of calmness in that human being at that time. If you are happy, the colors are bright, much like a rainbow you would see after a storm, they sparkle, twinkle and swirl. They are always light to medium colored and bright, clean looking colors swirling like clouds circulating through the egg shaped aura. If you are sad, the colors can be "grayed out," or colors are dull looking, sometimes very "lifeless" looking in comparison to someone who is happy. Depression consists of colors that are almost bleached out of their normal/natural color. And these can be found in a particular field or in "patches" that include two or more energy fields.

The above is a very quick thumbnail sketch of our aura, especially the Astral Body and the Astral Field.

When your Astral body is *not completely lodged* or *locked* or *aligned alongside* your physical body, is when we call such individuals as ***ungrounded***, they display qualities like ...

- unable to organize your life, and your home, and your office space
- are always messy
- are not disciplined and unable to finish what you start
- referred to as “spacy,” forgetful, or a “space cadet,” unable to focus
- easily distracted, may feel anxious, over emotionally dramatic, and excitable
- super sensitive to other people’s emotions and auric energies that trigger or exacerbate your anxiety
- feeling mentally, emotionally, physically, or spiritually ***drained after*** meeting people or after healing others
- suffering from inflammation, poor sleep, chronic pain, fatigue, or poor circulation

CAUSES FOR ASTRAL BODY TO BE DISLODGED,HANGING OUT

Trauma, Shock & Fear is what causes the Astral body to be dislodged and slide out of the top of the individual’s crown chakra. It looks like a semi-deflated balloon waving slowly to invisible energy winds. Or it can be six inches to a foot, sometimes more, outside your body. Because the Astral Body is our emotions, PAIN is the number one reason why it wants to “escape” during your daylight hours when you are awake. Why? Because the Astral body relays our emotions, it FEELS THE SAME PAIN YOU ARE FEELING, whether it's physical, emotional, mental, or spiritual, it is all felt by the Astral Body. And this is WHY it wants to escape from inside your physical body – to get relief from feeling the constant pain. If it

moves OUT of the physical form, it finds RELIEF from the PAIN. It is escaping out the top of your head because it cannot stand the PAIN you are carrying internally.

Here are examples when the Astral body escapes out of the body: a woman who has been incested or raped will have her Astral body usually half way out of her physical body, the pain is so great that the Astral body want to escape feeling like that, too; a child loses a parent to death or divorce; an abusive father who strikes his child; an abusive husband who physically/mentally/emotionally abuses his wife and or children; situations of war ; a child given up for adoption; an auto accident where someone almost dies, or a passenger(s) dies; any addiction (alcohol, drugs, prescription drugs) are the result of the Astral body being out of the physical body, wanting to escape the pain an addicted person carries in memory and their emotions. Trauma is different for every human being. Some people are more resilient and others are not. The less resilient ones suffer the most. Their Astral Body wants to escape the pain being held within the human body and their aura and their Astral field of energy.

FEAR is the great blockade to a person's life and how little or much they are able to live their life and meet the plan they had for it. Any fear you have? It stops us from evolving/growing/maturing/and worst of all, completing our plan for this incarnation....meaning you have to come back AGAIN to redo it until you complete this educational process. FEAR is the number one reason for so many issues having to do with our life "down here" on Mother Earth. Fear of failure. Fear of living. Fear of dying. Fear of snakes. Fear of getting hit by your father as a child growing up and you learn to fear all men as a consequence. Fear of non-acceptance by family, people you work with – low self-esteem the result. Fear of speaking. Fear of being yourself, not what others told you to be instead. So many things make a human fearful.

Ideally, in each incarnation (lifetime in body here on Mother Earth), the Astral body stays locked in, in the body and does not want to escape daily. However, depending upon the reason for the incarnation, the characteristics and personality taken on by a soul for this 3D (third dimensional) lifetime, in order to learn and be

educated, the Astral body wants to flee its host due to pain and suffering. This slows down the learning and educational process.

THE OUTCOME OF AN UNLOCKED, REBELLIOUS ASTRAL BODY TO US:

The Astral body remains unlocked when it is not trained to REMAIN in your physical body, regardless of the trauma, shock that you have experienced. This unlocking of the Astral body disallows you to fulfill the learning and purpose of the incarnation. You will not finish the lessons that you have come to learn in this lifetime. Secondly, the human is supposed to go through the suffering in order to learn from it, but also to HEAL THEMSELVES from the trauma/shock, too. That is the “job” of the soul in this lifetime to do just that. And with the Astral body not wanting to deal with that kind of ongoing pain, it jerks out of the body to escape those painful, suffering emotional feelings. So, it’s not helping the soul/human incarnation in learning through the shock/trauma, and that means the soul has to come back again (sometimes many times over) to learn this lesson. The Astral body is sentient as is our physical body. The Astral body has choices. And it is supposed to OBEY the soul who is in the physical body...but sometimes, it will not obey. The individual must be the skipper of his/her ship and order the Astral body to remain locked into your physical feet and deal with it.

I usually see younger souls who have this issue. However, it can happen to any soul, mature one, or an old soul. Trauma/shock can never be underrated as a cause of this Astral escaping condition. It can happen to anyone. And this is WHY you would want to RETRAIN your ASTRAL BODY to stay in your physical form.

TECHNIQUE FOR GROUNDING

LOCKING YOUR ASTRAL BODY BACK INTO YOUR PHYSICAL BODY

Happily, there is a way to retrain your Astral body and it finally learns to obey you and stay put within your physical form. I was taught this grounding technique by my gem and crystal healing medicine woman teacher, Oh Shinnah Fast Wolf. My

Western Cherokee medicine man teacher sent me to her for training. I am sharing this technique with you all. May it also help you.

Step 1: Find a quiet room where you will not be disturbed for at least 15-20 minutes. Take the phone off the hook, switch off your mobile phone. If need be, put up a '**Do Not Disturb**' sign. Take your shoes off – you can lie down with your legs straight, or lie down with your knees flexed, or sit on your meditation chair, or sit comfortably somewhere that helps you relax

Step 2: Close your eyes. Do not have your hands or legs or ankles 'crossed'. If sitting, put feet (preferably bare foot) flat against the floor. Take a deep breath into your nostrils and down into the abdomen. Release the breath slowly through your mouth. Do this three times in a row

Step 3: Visualize yourself where you are lying down or sitting. If you can't visualize clearly, then imagine it the best you can - don't struggle with this part of it

Step 4: See the "lid" of the head/crown chakra opening fully. Imagine or visualize your astral body (which is rainbow- colorful) hanging about twelve inches above your head. You will see your astral body head or if you want, your neck and/or your shoulders

Step 5: Move your astral body slowly up and out of the top of your head until your astral 'feet' are hovering about six inches above your physical head and crown chakra

Step 6: Then, slowly with the force of your will power see (and some will actually feel this happening) the astral body slides back into your physical body. You will see the feet slide down through the opening in the top of your head and down across your face and possibly your chest as it comes back in

Step 7: Continue to visualize the astral feet traveling downward past your chest, your waist, your hips, down through your thighs, past your knees, into your calves until finally, the astral feet **'lock'** into place with your physical feet. Imagine a 'locking in' or "docking" kind of sensation where there are invisible latches on the astral feet wrapping around and strapping in to your physical feet

Step 8 : As your astral feet lock into your physical feet, the rest of your astral body is already locking into place with your hands, arms, fingers and rest of your body. The astral body is evenly lodged around (locked around) our physical body and extending around 8-12 inches from the body

Step 9: At the top of your head, imagine that there is a circular 'lid' that is open and has allowed your astral body to slip back in fully and completely to your physical body. See this 'lid' slowly shut and close tightly and securely over the top of your head. The “lid” may close fully after it is within your body—or it may not...it will open and close with the energy coming into yourself from your crown chakra. Or, coming up through your body from energy currents sent from Mother Earth and moving upward toward, coming out the crown chakra and continuing to move upward. This is completely normal. And no, your Astral body will not try to escape because the “lid” is opening and closing all the time.

Step 10: Now inhale through your nose and out your mouth slowly, three times. After that, open your eyes and allow them to adjust to the “here and now” of our 3D reality. You may have felt a little different or even heavier as the Astral body returned to your physical body. Some people feel nothing. Either is appropriate. Your entire physical body and auric fields are adjusted now. Your Astral body is now in perfect alignment with your physical shell. Give yourself a few minutes to adjust to this new energy feeling and sensation. When you are ready, stand up or sit up. Take your time, it may feel “different” at first, so give your physical and Astral body a chance to adjust to the new situation.

HOW OFTEN SHOULD I VISUALIZE MY ASTRAL BODY GOING INTO MY PHYSICAL BODY?

My mother, when she first tried this technique, could feel her Astral locking into her physical body. She would rest a moment, and then slowly stand up from the chair. She felt heavier, especially in the lower legs and feet for about five minutes, and then the sensation would go away. However, she would get busy and fifteen minutes later, she felt her Astral body pop out of her head. Usually, it is a slight, almost unnoticeable feeling. I told her that every time she felt that happen, to stop what she was doing if possible (if you are driving a car do the visualization AFTER you get home). She had to go through the process again.

I have seen people, the first five days, having to re-do the visualization twenty to thirty times because the Astral body is having a “temper tantrum”. You must train the Astral body not to just escape your body when IT wants to. It is like training a two-year-old, in other words, who wants his or her way and she/he cannot have it. So, patiently, you visualize again...and again...until it remains within you. Do not get angry or upset with your Astral body...it is learning an important lesson here, too. Without it being fully at your service in your body, you cannot complete what you came into this lifetime for. So, it is a very serious matter and an important one. Just be patient.

Look at this from another perspective: As you REFRESH the memory of the neural pathways of your body, your Astral body is being instructed to do something different from what it is familiar with. An Astral body is like a dog. It can be retrained by being loving, patient, and using gentle discipline with it. Although it is painful to feel this for the Astral body, you cannot begin the healing journey as a soul in this lifetime, without its help and support. The Astral body has “*to heel*” and do what you ask of it. Period. Be firm, but loving, especially in the first two weeks. It takes most people up to a month to retrain their Astral, so be kind,

patient and gentle with yourself and it. The rewards are for the rest of your life and very worth it.

WHAT DOES IT FEEL LIKE TO BE IN MY BODY?

When you are fully seated into your physical form, you will know it because you have a different “sense” of solidity. You will be able to feel all your body, your movements, your breath, and your emotions with far more self-awareness than you ever had before. You will be able to concentrate and not be easily distracted any more, complete projects, and remember things you were going to do. Your mind will be sharp, clear, focused and fully connected to your emotions every moment. This is how it feels to be ‘grounded’ into your body.

Instead of living half a life, you will start living a WHOLE life. Your food and wine or bitters, will taste better. The air, the rain, the snow, the wind will all be sharper, clarified, to your sense of smell. You will feel the warmth of the sun so much better. The colors of the world around you will be crisper, brighter and you may feel like you went from a “gray” landscape to a vibrant, colorful one before your very eyes. You are now like a TREE....with the Astral body at home, finally and fully and forever in your body, the ROOTS of energy with it locked in, creates new and wonderful energetic roots from the soles of your feet, deep, deep, deep into Mother Earth, where she can FEED YOU HER ENERGY whereas before, She could not. Without those energy roots being present via the Astral body, you are not receiving fifty-percent of the daily prana energy that you are allowed to have. You may well feel more energy during the day, and sleep more deeply, without interruptions, at night, too. You may also get colorful dreams (instead of black and white ones) more often, also. Having your Astral body “home” in you is a huge step forward in your own soul progress.

HOW OFTEN SHOULD I DO THIS GROUNDING EXERCISE?

Whenever you feel your Astral body leave your physical body, then, the moment you get the opportunity, stop what you are doing and repeat the grounding exercise. It usually takes 30-60 days for the Astral body to stop it's pouting and temper tantrums and give up, and remain in your body. You will get so you know if or when your Astral body starts leaving. When do you feel it? Then, redo the grounding technique.

Over time, it will remain locked in during your waking hours. At night, it will slip out, as it is supposed to, and return to your body the next morning, minutes before you wake up. And if your Astral body remains "a good child," and does as it is being asked to do? Then chances are you will not need to do the Grounding Technique at all in the future.

A time when you may want to do the Grounding Exercise, is after suffering a shock, a trauma, or a fear that really shakes you up. Take time out to do the Grounding Technique. Once the Astral body is "compliant," it will usually behave like it is supposed to. Just be patient with yourself and the process and over time it will work. And you will see the difference it can make.

HOW TO GROUND YOURSELF OUT IN NATURE

Grounding one's self out in Nature is a bit different from doing it indoors, at work or home. When outdoors, sit or stand, and then close your eyes. If standing, "soften" your knees by slightly unlocking them. Take three deep breaths, as before in the nose and out the mouth. In my book, *WALKING THE LAND* by Eileen Nauman, I go through this land grounding exercise which is the same as being out in Nature.

Once relaxed? Visualize two beautiful silver tree roots gently wrapping one or two times around each of your ankles. They will twine gently, they will not be tight or uncomfortable, rather, a gentle warmth as the root twines around each of your ankles. See the “tip” of the root move down THROUGH THE CENTER OF EACH FOOT AND DEEP INTO THE EARTH. This will not cause you any discomfort or pain. Visualize those beautiful silver roots moving down, down, down into the earth. I make sure when I’m walking the land, I ground first and send my silver roots a minimum of a hundred feet downward into Mom Earth. This way, I am REALLY ROOTED and ready to deal with the energies that I meet along my path. You should do this grounding when you walk in the park with your dog or your loved one, when you hike, or you are on a backwoods trail, or riding a bike on a path, or a horse...it does not matter: ground yourself.

If you have any questions that I have not answered in this Grounding Technique? You can email me at lindsaymckenna.author@gmail.com. It may take up to a week before I answer you due to my busy schedule as an author, but I will get around to your question.

There is a Microsoft Powerpoint on the Grounding Technique at Quintessential Forum: <http://quintessenceforum.com/>

Blessings.

Illustrations by Kamal Wadia

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