

Grounding is a simple way of really deepening your shamanic experience.

The axis mundi demonstrates the importance of the root and crown chakra working in alignment. The more grounded you are- the easier, and more powerful, your shamanic journeying will be.

Taking the time to connect with your root now will be invaluable as you deepen your connection.

You may already have good techniques to ground yourself, fantastic. Here are some tips I can suggest.

### **Paying attention to posture.**

The right posture is the one you need to connect, and there are times when lying down is helpful. In general, sitting up is a powerful position because you are reflecting the axis mundi, allowing yourself to be grounded and your crown to be open.

Some students prefer to sit on the floor and lean against a wall, others to sit on a chair. If you really want to explore the power of the axis mundi explore shamanic work standing up. If I am really challenged during a shamanic journey I stand up and work only with chant- it is my strongest tool set.

*I had a client in for a healing, and I knew straight away it was a very dark entity. I stopped using my gong and picked up my drum, still not quite enough power- so I stood up and started chanting. The client said afterwards it was a terrifying experience witnessing me move through my toolset! I got rid of the entity though...*

### **Earth Breathing.**

This is so simple, and so powerful. You can use it any point- though I'd avoid driving!

Make sure your feet are flat on the floor. If lying you can bend your knees to have your feet flat.

Breathe in through the soles of your feet, connect to the energy rising up from the earth. As you breathe out, just let go of stress, thoughts, overwhelm.

You can do this quietly during a conversation, when feeling stressed, or if you realise you are picking up on someone else's energies. I will do this throughout a Tarot reading or shamanic healing to keep myself from being drained.

### **Meeting your physical needs before, during, and after, a journey.**

If you know you feel safe, and have had your physical needs met (clothing, drink, toilet etc) then you can trust your body to relax and allow your intention to deeply connect.

After a journey making a drink, watering plants, eating some simple food really helps you to fully reconnect.

### **Using grounding crystals, being in nature.**

The "right" crystals can really help- ideally anything green, grounding, browns, beach rocks. If a crystal is supporting you in grounding, then it's the right one. I love to work with a pebble or rock that I've picked up from somewhere important to me.

Being in nature really helps (obvious I know).

*I prefer to hold shamanic groups indoors. Holding a safe energetic space for the group can take a lot of effort- some of my students just go a long long way!*

*I prefer to know the door is shut, and physically we are safe and contained- it is one less thing to worry about. Like a small sweat lodge, or a dark cave, there is something reassuring about journeying indoors. I find people often pause outside afterwards, a natural part of grounding.*

*If I know the door is shut, the steps I hear walking around are non-physical and I can stay in the altered state and not need to worry about our physical safety.*

### **Consciously opening & closing space.**

My personal ritual for groups includes consciously grounding at the start, and the finish.

If I am working by myself, or with a client, I will focus on earth breathing at the start and end of a session to check I am consciously grounded.

### **Grounding at key points during the journey.**

When I am journeying and feel I am losing myself in the journey I will make my way back to my tree to ground, regroup, and check in. Often my guide will give me a heads up that I need to take a few moments. When I am leading a group session I may feel pulled to bring in extra grounding at certain points.

I use the chair, door, and tree as key grounding moments- and if I feel people aren't reconnecting for the return journey I may pause at these points with more authority to draw them back.

**Being fully present in the mundane world when not consciously connecting.**

The more fully present you are in the mundane world, the more powerful the connection can be when you choose to enter an altered state of consciousness.

If you are always a little between the worlds, picking up on other people's energies, or journeying in your sleep, it makes it harder for you to consciously connect during a journey- and it is an exhausting way to live!

*One of my favourite places is the stone circle at Avebury. When I am there with the family, I am fully grounded, picking up nothing. When I am there alone, I am walking with Frey, not fully aware of the mundane world, riding the waves of energy with total delight. I chose when to connect, and when not to.*

