

Be Grounded in the Physical

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Groundedness is a state of being during which our energetic self is present throughout our physical body and we are observant of ourselves, our relationships with others, and our surroundings. A person, consciously in this state, is referred to as being grounded. Alternatively, not being in this state is being ungrounded, which is the state that most of us are in most of the time. Being in an ungrounded state is so common in fact that it is our norm, which is why groundedness is so poorly understood. When we are not grounded we tend to be easily distracted, scattered, or preoccupied with thoughts of the past or future. We may be lethargic or hyperactive. We may lack focus or be so focused inwardly as to be unaware of our immediate surroundings. We may even be present, but so involved in a situation, as to not be self-observant. Most people experience groundedness too infrequently to have an experiential knowledge of what it is actually like.

When grounded, our energetic self—those energies that comprise our emotional, mental and spiritual side—is evenly distributed throughout and around our entire physical body. Groundedness, like acceptance, is not an all or nothing trait. For many who

are not grounded most of the time, their energetic structure surrounds their head. They think much more than they feel or they may not feel at all. This all too common energetic distribution is reinforced by a society that rewards thinking more than feeling. For some people, the majority of their energetic structure is located from their heart up. They feel to a greater extent, but still not completely. Very few people have their energies evenly distributed from head to toe most of the time.

Our state of groundedness is a direct reflection of our intention to be fully present in our bodies and consciously aware of ourselves, our situations, and the world around us. Being grounded is a manifestation of our will to be so. Being grounded narrows the gap between our personal life on Earth and our spiritual life. Our body is the juncture between the two. It is the meeting place between the matter of form and the energy of spirit.

Our body can be viewed as a bar magnet, made of matter. Moving through and around our body is our energetic self, akin to a magnetic field. Imagine that the South Pole of the magnet is more identified with the Earth and the North Pole more identified with the spiritual realm. Our bodies are formed from the matter of, and sustained by, the Earth, whereas our energetic selves originate from the realm of spirit, bringing forth consciousness. The two poles create a magnetic

force of attraction binding spirit to form, energy to matter. Our free will determines the strength of attraction and thus, how well our energetic self is grounded in the physical. Being more grounded has its payoffs. It increases the likelihood that we will feel more peaceful and fulfilled, enjoy work and life, and have deeper more satisfying relationships because our personal lives will be more impacted by our spiritual natures. However, there is a price to pay.

Very few people are willing to confront their conscious and subconscious fears. As a consequence, they remain in an ungrounded state. Why? Living in a grounded state increases our conscious awareness. This results in our being more present in our physical bodies, which causes us to more completely feel our physical body, our emotions, and become aware of our painful beliefs when they are triggered. How often are you willing to feel fearful or experience other negative emotions and encounter beliefs about yourself that are unpleasant?

In order to avoid these experiences we remain in an ungrounded state. It serves that purpose. Avoidance is our payoff. We move into a reactive, subconscious mode and utilize our coping strategies to avoid feeling our fears and confronting our issues. This perpetuates our ungrounded state. We avoid a more grounded state because we do not wish to stay present with our feelings and thoughts. We purposefully loosen the forces of attraction between consciousness and form, energy and matter. It is our choice to do so.

When was the last time you intended to be completely grounded? Have you ever done so in the face of your fears? €



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