



## Grounding Tips for You!

- **Put your feet on the ground – often.**  
If I'm sitting at my desk, I'm going to be mindful of how I'm sitting. And I'll be sure to put my feet on the floor from time to time. I'll also take more breaks where I will get up and walk around a bit. When I sit outside, I will again put my feet on the ground and will make a point to sometimes walk in the grass or on the concrete with my bare feet.
- **Listen to grounding meditations.**
- **Take dark showers.** This immediately helps me release all of my scattered thoughts and any events that have happened throughout the day and bring me into the present moment.
- **Use a salt lamp,** which I keep in my office. While I know that there are many benefits to these lamps, one of the things that I like about it is just having this huge rock in my view. That feels extra grounding to me.
- **Light candles.** While I love my LED candles, there is something very grounding about having a real candle burning next to me while I write. So I make sure to light one each and every time (including now).
- **Wear clothes that are soft and comfortable.**
- **Honor your emotions.** This means that if I'm happy, I embrace being happy. If I'm sad, I am okay with being sad. I honor wherever I am and allow myself to be there completely.
- **Make time to be still and quiet** - to write, to journal and to go within.
- **Visualize yourself connected to the Earth** through your feet and connected to the universe through the top of your head. This helps me feel both grounded and also balanced.
- **Get foot rubs.** This is an amazing way of helping me feel more grounded.
- **Remember to take deep breaths.** Big, big ones that will help you feel centered.
- **Eat grounding foods that nourish your body** like potatoes, sweet potatoes, carrots and ginger. Other grounding foods include avocado, mango, papaya, grapes, olives, berries, coconuts, figs, and melons, green beans and eggplant.

- **Love your body.** This helps me remember that I am here on Earth. That I'm not just a soul, but I'm a human being. So I dance and play and move. I honor my body. I tell it how much I appreciate it. I love and nurture it with words and also take care of it.
- **Listen to music that feeds your soul.**
- **Set boundaries** – with yourself and also with others. I create buffers of stillness in between sessions with clients. I have at least an equal amount of days off from sessions as I do on. I find space to recharge. To honor my own needs and to listen to my soul.
- **Do one thing at a time.** Just one thing. I am the *Queen* of multitasking, which I've found is the exact opposite of grounding.
- **Limit your time on social media.** This is one that I have been doing for a long time. I feel this helps me to stay grounded. I am taking weekends off from email and social media, and turn off the automatic alerts when a new notification comes in during the week. This way, when I'm there, I'm there because I have chosen to be. And this feels much calmer and loving to me – less reactive.
- **Light incense** – rich, Earthy scents like Sandalwood, Lavender help settle me down very quickly.
- **Surround yourself with healing gemstones.** I carry these in my pocket throughout the day. My favorite for grounding is the Carnelian stone.
- **Drink lots of water.**
- **Balance your chakras – Try a Reiki session**
- **Play with your pets.** I have an amazing mini yorkie dog that I love very much. I love getting on the ground with him and playing, loving, and cuddling. Spending time with him helps me feel grounded.
- **Be conscious of your thoughts.** If they are leading me up, up, and away, I mindfully bring them back down to the ground. Practice 'Cancel Cancel'. Think and give attention to positive thoughts only.
- **Laugh.** This always, always helps to bring me right back to the moment and right back down to Earth.
- **Spend time in nature** gardening is so peaceful and grounding. Try it!
- **Go to the beach.** I love the ocean. It fills me up. It is so calming and energizing at the same time. It grounds me. I can just spend hours at the beach, watching the waves. It feels like home to me, and I'm going to make a point to spend more time there.

- **Create.** It doesn't matter what – but creating always helps bring me back to ground. Try painting, baking– anything to help me connect with the physical world through my hands.
- **Pray.** I ask my angels/ gods to help me feel more grounded. I ask the universe to support me in this process of embracing this humanness while still living within my soul.
- **Continue to open your heart to love.** I am so blessed to spend my days with my friends and family. Just being around them and feeling their love brings me right back down to Earth. Focusing on our love (and love in general) is all that matters. It's both grounding and uplifting at the same time.

Love and light,

Manali