

PURITY



GROUNDING

In order to be effective in the physical reality it is important to be physically grounded. This also applies to manifesting abundance in your life. The world of ideas is where we conceive what we want to manifest but then it becomes manifest physically by staying grounded ourselves.

We recommend you ground yourself daily. With a little practice, it will only take you a few moments.

- 1. Sit comfortably. Close your eyes.**
- 2. Focus on your first chakra at the base of your spine. Infuse it with the colour red and give it a little spin. Then extend a cord from your root chakra down into the centre of the earth. Anchor it there by giving it to an angel, tying it to a tree or whatever other preferred method. Make sure the cord is quite taut. Bring your consciousness back up this cord into your body.**
- 3. Focus on your second chakra in your lower belly. Infuse it with the colour orange and give it a little spin. Then extend a cord from your second chakra down into the centre of the earth. Anchor it as above. Make sure the cord is quite taut. Bring your consciousness back up this cord into your body.**
- 4. Focus on your third chakra in your upper belly. Infuse it with the colour yellow and give it a little spin. Then extend a cord from your third chakra down into the centre of the earth. Anchor it as above. Make sure the cord is quite taut. Bring your consciousness back up this cord into your body.**
- 5. Now call your name down these three cords.**
- 6. Allow the energy of Mother Earth to travel up these cords and to fill your body. Feel how nurturing and supportive She is.**
- 7. Feel and enjoy the feeling of being grounded in your body and consciousness.**
- 8. Express Gratitude.**