

# Grounding, the Foundation of Being

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Published in "The Healing Springs Journal" Issue #35, December, 2007 – January, 2008

Being starts with grounding and ends with grounding. At the same time the egg and sperm were joined your soul and ethereal energies were choosing to ground you into a physical being. When you die your subtle energies will leave your physical body behind. Yes, except for those who ascend with their physical bodies as well.

Grounding connects your subtle energies, your light with the Earth. Grounding is analogous to direct electrical current (DC), like running a light bulb with a car battery. If the circuit is grounded the current (electrical, energy) runs from its source, the battery through the light bulb into the ground and it lights up. If the circuit is not grounded the current doesn't flow.

Now of course your energy is a bit more complex, your energy is operated by your intention your thoughts and your thoughts are energy fields. In order to ground you have to intend on being connected through yourself and into the Earth. The more consciously you are connected to yourself and the Earth, the more energy is able to channel through you. This energy cannot be saved or stored. Your subtle energy fields are like the water in a river. They can be flowing forcefully they can be slow and stagnant or anything in between. Trying to store the water in the river, "damming it" will kill the river and leave the water still and stagnant. Just as a river whose flow continually increases, deepens it's bed; your ability to channel universal energy increases with, your ability to stay connected to the Earth.

The benefits of practicing grounding are astounding and physically tangible. By consciously claiming your connection to the Earth you are locating yourself in The Universe, your universe. You are giving your personal permission to The Universe to locate you here, now. You are claiming HERE I AM and I AM HERE. At this point you pull your subtle energy bodies into alignment with your physical energy bodies. This is very important for your health. Yes, your subtle energies can travel around without your physical body. Your physical body needs these subtle energies inside of it, aligned with you to thrive, just as the river needs the water flowing to be. The water doesn't need the river the river needs the water.

There is some effort required here. When you consciously locate yourself deep inside your body and connected to the core of the Earth; you will turn on all of your sensory pathways. In short, you will start feeling, a lot, such as, Pain and Pleasure, Happiness and Sadness, Hot and cold. These feelings are not Good or Bad, they are information. These feelings are your energy fields attempting to communicate with you.

Grounding is a practice in and of itself. Grounding is The Core Skill driving all of the Natural Healing Arts, Martial Arts, Art, Music, etc.; Grounding is the skill that connects the universal you with the physical here and now, you. When you are grounded you are able to sense and make sense of your world around you, your universe, The Universe.

## **The Results: When You are Grounded**

When you ground, your body runs more efficiently. When you operate with increasing efficiency Dis-ease moves towards balance, you and your body heals. You are able to handle and process physical and emotional stress more efficiently. You are able to work more efficiently and effectively and you will be more creative and confident.

Whether you work with people or as a mechanic, are calculating your taxes or you are exercising, you will function more effectively and affectively while you are consciously choosing to be here now, in your body.

The key is that you, the part of you that is aware of you, your mental and emotional energy bodies are grounded, aligned with your physical energy bodies. Grounding is why some techniques work for certain people and not for others. Any reasonable Health and Wellness practice will work if you are grounded with it. If you are not these same techniques and practices will have little affect. While being grounded with a specific technique you will also discover if this practice resonates with you, if it does not then find one that is you.

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