

## HOLISTIC PEER COUNSELING

### Intro to GROUNDING AND CONSCIOUS RELAXATION

by Amara Karuna

NOTE: In all of these handouts, I am presenting reality as I see it, the model that I am using presently. I do not claim to know the ultimate truth - but every one needs a model to make sense out of the universe. Please think for yourself about anything I present.

#### Grounding

What does grounding mean? Making the body real, putting your attention on the physical body, and strengthening the energy connection between your body and the earth.

#### MATTER AND ENERGY

All matter is energy, only there are different levels of vibration, like a spectrum, some finer and faster; some dense and slow.

**We have many different levels of being-** the dense physical form, the less dense (but still weighty) emotions, the finer level of thoughts, and still finer essence of our souls or spirits; our pure consciousness.

**We have many "bodies", one for each level**, which can be seen psychically as overlapping layers of an energy field or aura. They get lighter and lighter as you move out farther from the physical body.

**The physical is the most solid.** But even matter, on the atomic level, has more space in it than substance. The fast movement of the atoms gives the illusion of solidity, like the turning blades of an electric fan seem to become a solid wheel. Science is not even really sure if there is such a thing as a particle, since atomic bodies act just as much like waves of energy as anything else.

#### YOU ARE CONSCIOUSNESS

Our attention or consciousness is not limited to our physical bodies. We often leave our physical bodies, as in sleeping.

**Wherever your attention is, that is where you are** as a being. you are your attention point, or in other words, your essence as a being is a pure point of awareness.

When you are paying attention to what you will do next week, or what you did in the past, part of your energy or being goes there. If your energy is always

centered on the mental levels of planning for the future, you are not present in the physical present time reality. It draws you out of what is happening here and now, which after all, is really where the action is.

When we experience hurtful events which are then unhealed and unresolved, part of our psychic energy gets "stuck" there in the past, until healing occurs.

#### THE RELATIONSHIP OF THE BEING AND THE BODY

**Most people are "out" of their physical body a lot;** thinking of faraway places, being centered in their head only ( thinking), spiritually asleep, or feeling the body is ugly or bad, or avoiding physical pain or boredom.

**The physical body has it's own consciousness.** In fact, every cell of the body has its own kind of awareness. A physical body is like a huge city, with millions of little beings, ( cells, bacteria, etc. ), making it work, doing their different jobs. It is an expression of, and a reflection of, your state of consciousness and your spiritual being. In fact only 10% of our body is our own cells. The rest is micro-organisms we are hosting.

**A body is very wise-** it knows exactly what it needs for healing at all times. It will keep working- breathing, heart pumping, etc.' even when the being is not paying much attention to it. But if the connection gets too remote, illness and death result.

**But when you are not in your body much**, the body doesn't feel very safe, kind of like an abandoned child. The energy field around it becomes weak and flat. it needs love and attention from your spirit, because the spirit is the source of life energy for the body.

**The Connection Or Bridge Between The Spirit And The Body Is The Breath.** Life energy is brought to the body mainly via the breath. The body can only live a few minutes without breath. Learning to breathe properly can change your entire mental and emotional state.

#### MAKE THE BODY SAFE AND LOVED

When doing meditation and healing, if the body isn't safe, It won't allow you to be aware of subtle energies - the emotions or physical pains will clamor too loudly and drown out the quieter voices. This is why it is hard to know what your guidance is, what is the right thing to do, when you are upset.

In our culture, we are taught to identify with our body as being the most real part of ourselves. This belief leads to our fear of death; because although our physical body must die, our being does not.

A being who believes it is only the body is trapped and afraid.

At the same time, our culture discounts the physical body as being bad, gross, something with passions that need to be controlled. We hide it with clothes, and hide it's natural functions as shameful. We need to reclaim our love for our bodies, learn what is needed to be healthy, and care for them as a best friend or a child. One thing bodies need is to be grounded.

**What effects does this have?** Although being out of your body reduces pain, it makes you feel unstable, with your energy diffused. We feel vulnerable to attack, awkward, off-balance, unaware, ineffective. anytime you feel scared, you are probably not well grounded.

### **LEARN TO BE IN THE BODY**

We want to learn to bring the vibrations of consciousness into the body, and to re-tune the body's energy systems to be accustomed to higher energies. Our bodies are very flexible, and able to adapt to a wide range of vibration.

**In doing meditation, we are actually raising our vibrational level.** If you get the vibration fast enough, disease organisms can't live. The slower vibrations of unhelpful microbes can't exist in a strong field. People who have a lot of life force running through their bodies are more resistant to disease. Other things that raise the vibration are exercise, oxygen, occasional fasting, avoiding excessive animal and low quality foods, and healing old emotional blocks.

**When we bring our consciousness into the body,** we are able to focus our energies to move the world around us, and create our own lives. This body, here and now, is the point in the universe that you have to work with, that is all your own. The more you are in your body, the more you have real power in this world available to you. You can also separate your own energy and problems from other people's since you are better aware of your own physical boundaries.

**The first step is grounding-  
Psychic energy follows the same laws of physical energy-** energy flows along the path of least resistance. In electricity, outlets are grounded with a wire to allow any surges of power to bleed off harmlessly.

**We experience surges of psychic energy also;** as in shocks, someone getting upset with us or attacking, or loud noises that set off our "fight or flight" adrenal responses.

**When energy gets stuck in us, it hurts.** If it has somewhere to flow out to, a large surge is not uncomfortable.

### **GROUNDING VISUALIZATION:**

Close your eyes, take a deep breath; your brain needs oxygen or it shuts down. It takes no effort to visualize; thoughts are so light, just relax. Put your hands on your hips and imagine a cylindrical tube attached to your pelvis, going down into the ground. It can be a pipeline, a hose, a tube, a root or a tree trunk. On an exhale, imagine it sinking, falling easily, getting longer and longer, falling through all the layers of the earth, rocks, water, lava, all the way down to the very center of the earth. Imagine it very solid. As it winds around the center of the earth, getting firmly attached. You can imagine a heavy ball or rock dropping down, and that may make it easier.

**Now on an exhale, imagine draining out any energy** that you don't need right now- you don't have to see it or know what it is; just suggest to yourself that whatever is not needed now, you are letting go of, letting fall.

### **Where is there tension or pain in your body?**

Relax and drain out that excess energy. Breathing at the same time will help a lot - gather the energy into a ball or blob on the inhale, then let it drop on the exhale.

Practice for a few minutes.

**Breathe, stretch, drop over** so your arms dangle to the floor, let your head be loose, and let any energy that may have been stuck in your head drain out the top,

**Stand up, and practice grounding.** Walk around. Keep your attention on your grounding cord. How does it feel different than usual?

### **Exercise: Grounding in Pairs**

One partner ( person #1) physically pushes on the second partner ( #2) before either of them have tried grounding. Then have person #2 try the grounding exercise and have person #1 physically push on person #2. Do you notice any difference between the grounded and ungrounded interactions?

Try variations of this with person #2 sitting on the ground or in a chair. How does this variation change the energy levels? Try picking the person up physically. Switch positions and repeat the exercise.

**The body accumulates excess energy** during the day unless it is grounded. Try taking a grounding break a few times a day when you are tired. Sitting on a toilet for a few minutes is a good time; or while driving.

It is important to get your body used to this new feeling, so **practice grounding**. Especially ground before a hard demanding task, or stress.

Try grounding your car, your house, your bedroom. Just imagine a grounding cord as wide as the object you are grounding. There are no limits in the thought realm.

### **GROWTH PERIODS**

It's good to do this carefully, so **you don't get blown out** by too much of a vibrational jump at once. When you are changing something, like a set of old beliefs, or diet, or surroundings, it means an energy shift. This can be uncomfortable as your body is learning to handle the new vibrations.

**The body tends to resist new changes**, because of the inertia of the physical plane. Emotionally, everything may seem new and different, or overwhelming. You may become crabby or off balance. If it is extreme enough, it can cause physical illness. This is called a growth period or healing crisis.

The body needs good food, sleep, sex, playful fun and exercise to get through growth periods easily. These things help run more life force through it and give it what it needs to be happy and safe. if you feel odd after meditation or a class, go for a walk or eat something.

Also be aware that we have all been open before when we were young, but we have gotten too hurt and overwhelmed, and since we had no grounding or protection or support, we chose to shut down and get out of body. We all have hurts stored about not being able to be as aware, honest, and free as we really are, and having to hide our true selves.

**People are naturally psychic.** it is not a strange mysterious talent that only a few have. it is part of our natural being to perceive non-physical energies and feelings. We are often humiliated and threatened when we are psychic or spiritually aware as young people, and told that what we perceive is not real. The process of opening up to the subtle energies may kick up a lot of old feelings and memories.

it is good to take some time processing on an emotional level, by exploring the memories with a caring listener or in a journal.

Do you remember a time when you were aware of something and got oppressed for it? Did you get support at any time?

### **DEEP RELAXATION**

Practice grounding before going to sleep. You may find that you sleep less, remember your dreams more often, because your energy is flowing more in connection to your body. Learning to relax deeply anytime you want is an invaluable skill. Deep relaxation can replace some sleep time, reduce stress, and hasten healing illness.

### **RELAXATION VISUALIZATION**

Lying down, get comfortable. Take a deep breath and let it out slowly. Do this five times.

Imagine the grounding cord is as wide as your body, and cradling your body, going all the way to the center of the earth. Breathe. If you slip away, bring yourself back into your body by breathing or touching your head. Stay present so you can hear and be aware.

Now on the inhale, tense up your feet and ankles, as tight as you can. Hold for a moment, and then exhale and completely let go. Imagine any excess, unneeded energy is draining into the earth. do the same process with your calves, your thighs, your buttocks, your stomach, your chest, your back, your arms and hands, your shoulders, your head and face. Feel yourself become lighter and more empty and open with each breath.

Imagine a large, golden sun above you, which is your very own special highest soul energy. Look at it, and see what it looks like. this is the best energy in the world for your body to have in it. It is your own present time energy.

Let it wash down through you, melting away tension, filling up any weak spaces, revitalizing you. on the inhale, let it rush in, on the exhale let it soak into all of your cells.

If you want, you can think a message to your body: "I'm here" or "I love you" or "Be healthy". Let yourself be completely limp, open, and receptive. If you are going on to another activity, begin to wiggle your fingers and toes, and then stretch. Slowly sit up when you are ready, staying grounded.