



## GROUNDING CRYSTALS

By Rachel Niemczyk

In metaphysical communities the idea of grounding is often tossed around, but rarely clearly defined. Consequently, many people don't understand the importance of grounding.

So what does it mean to be grounded? In the strictest sense, to be grounded is to be connected to the planet. It means having your base and earth star chakras open and receiving earth energy, like roots in a tree (in this scenario you are the tree). Thus, grounding keeps you stabilized and rooted in the reality of existing on planet earth. Oftentimes in metaphysical communities, where the focus is placed on opening the upper chakras, the idea of grounding is considered detrimental to your intuitive abilities and your journey.

In reality the opposite is true. Grounding is a crucial aspect of any metaphysical practice, especially because we live on planet earth. Grounding does not just affect your lower chakras, but your upper chakras as well. If you are well grounded you will be able to think more clearly, process all of the intuitive information you've gained better, apply the knowledge gained to your life, and be more able to move between materialistic and metaphysical cultures more easily. Grounding also allows you to be more aware of your surroundings; it gives you a mental clarity that is extremely important when recognizing the importance of energy and spirituality in your daily life.

If you live in a rural area or work with the land a lot you may not need grounding as much as other practitioners. In these cases you receive grounding energy directly from your time walking, running, or working with the earth. However, if you live in a more urban environment and are not able to deal with dirt frequently, the following crystals can help you ground in the absence of actual earth energy so you can be your best in any situation.



## BLACK CALCITE

This stone primarily focuses on your connection to the earth. It opens your feet chakras to keep you grounded.

## GALENA

This metallic crystal not only grounds you, but aligns all of your energy bodies. In doing so it brings a sense of peace and harmony to you.

## HEMATITE

Its wonderful weight not only grounds you, but balances your energy and enhances your mental capabilities (such as clear thinking and memory).

## LARVAKITE

Aside from grounding this crystal is excellent for clearing your head and helping you gain insights into whatever situation is at hand.

## LODESTONE

Not only does its physical weight aid its ability to ground, Lodestone can balance the yin/yang energies within you. It also can temporarily align your aura and chakras.

## MAGNETITE

Often confused with Lodestone, this crystal has a different set of skills in addition to grounding. It stabilizes and balances you on all levels (physical, mental, emotional, spiritual), giving you endurance for the day.

## OBSIDIAN

Similarly to Black Calcite, Obsidian focuses on establishing and maintaining a connection to the earth. It also helps you smoothly integrate the spiritual lessons into your lifestyle.

## ONYX

This stone aides your mental agility while it grounds you. It enables you concentrate more clearly.



## SMOKEY QUARTZ

This crystal is perhaps one of the best grounding multi-taskers. It hones your survival instincts, enhances mental abilities, and helps you to stay in the present moment instead of worrying about the past or future.

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