

## Method for after traveling in an airplane



Traveling is one of the quickest ways that a person can become ungrounded. Not only do you have to deal with hectic airports and the energy of thousands of people also traveling that day, but you are flying between 30,000 to 40,000 feet in the air. That can make many feel the symptoms of being ungrounded, but especially someone who is sensitive to energies already such as an Empath. I have many clients who travel either for business or personal reasons and often struggle to feel grounded after a flight despite having done their daily grounding methods. For those of you who have experienced this, I have put together a short exercise for you to use when traveling. It is suggested that you use this exercise the day you arrive at your destination and the day you arrive back home. For best results, when traveling incorporate eating some root vegetables such as carrots, beets, sweet potatoes,

regular potatoes or leafy greens. You can also put some of the Tree Wisdom Healing and Grounding spray from “Embody the Sacred” in a travel size container. This will assist in keeping you grounded while traveling.

Exercise:

1. Find a place you feel safe, comfortable and can relax. This can be in your hotel room, or a room at a location you are staying in a while traveling.
2. Get comfortable in your space. You may find that you are most comfortable sitting. For in the lotus position, or in a cross-legged sitting position, rest your arms on your legs with the palms facing up. For this exercise, you can also sit in a chair with your feet on the ground, or choose to lie down.
3. Close your eyes
4. Start to breathe naturally. Start to remove the distractions from your mind and focus on your breath.
5. Take three deep breaths in through your nose and out through your mouth. This will allow you to become centered.
6. Call in your guides and your core group
7. Imagine yourself on the airplane in which you were traveling.

8. Slowly imagine the plane making its descent back down to the ground from 30,000 feet. Take as much time as you need with this.
9. Once you start getting closer to the ground, notice how the landing gear comes down as you get ready to land.
10. Once the plane has landed, imagine yourself as you walk out of the plane, down the stairs, and back down to the ground.
11. Once back on the ground imagine any part of yourself that may be still be floating above joining back with you on the ground and back into your body.
12. Take three deep breaths in through your nose and out through your mouth.
13. When you are ready, open your eyes.

Once complete, continue to rest for 15 minutes before resuming regular activity. This will allow your body to absorb the grounding energy from the exercise fully. You can also do this exercise before sleeping for an extra restful night.