

Picture of the Week: January 19, 2015 – The Sails Within

Hope your Martin Luther King, Jr. holiday is off to a good start. I have spent the last few days artificially energizing myself with coffee. Hardly normal for me, but I love the taste of coffee, and I received a gift card from Starbucks- excuses, excuses. :)

For this week the topic of grounding has come to mind. Coffee is kind of counterintuitive to that I know, but it has been relevant for me keeping myself stable and on course for my goals.

Grounding is a spiritual concept of being stable, safe and secure in body, mind and soul. It is truly the connection with Mother Earth. Ways in which we become ungrounded or "uprooted" are through unexpected change, stress, overthinking, anxiety, hyperactivity, over excitement, and other things that involve too much thinking or too much energy in the brain. Such symptoms can thwart us away from what's important in the present moment, whether it's a simple task like completing a work assignment or deeper such as taking time to pray and meditate.

If you've ever had these grounding issues as I have, here are some tips to help "bring you back down to earth." :)



Spend extended time outside in nature, around trees if possible. If weather and environment allows, be barefoot. If you have to be inside, you can be barefoot (socks are okay too) in your home. Bring your mental awareness to your feet and allow yourself to connect to the earth. That will mean slowing down, particularly the mind thoughts, as being grounded involves slowing down to make sure we consciously connect to the earth. You can sit or stand, but make sure your feet are on the ground, and you feel the ground beneath you. Then breathe deeply and be silent, feeling your feet and the earth. Take as much time as you need, but it should be as much time for your mind to quiet and clear, and you feel energized from the ground up. If all you can do is focus on your feet on the ground that works fine.

Eat dark, healthful foods from the ground. Just about any root vegetable, as well as greens of course, will be grounding because it's from...the ground. Foods with high fat like coconut oil, olive oil, nuts, etc also work because healthy, heavier foods are dense, for lack of a better term, to balance out the "airiness" we have. Good fats in particular help our brains function better from receiving the nutrients it needs. Also, the protein from nuts help ground too, not to mention, beans and legumes. Cooking food is also a good idea. If you eat meat, then make sure it's wild caught, free range, grass fed, organic, natural, etc as much as possible. Ideas are beef, lamb, pork and salmon. You don't need a lot of

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meat to ground or any meat at all, but again it's an option. Anything we eat should be as native to earth as possible. Feeding ourselves artificial, genetically modified stuff will only deter us from grounding and negatively affect our brain function. Not to mention artificial anything can cause weight gain and illness.

*Note I'm not a health professional, so I recommend consulting a doctor or (Google ;) if you have contradictions about what I'm saying, think there's something I missed or otherwise. These are just suggestions.

Finally, participate in grounding exercises. I highly recommend yoga, tai chi or anything in which your feet are firmly planted on the floor and engage the lower body. By lower body, I mean feet, legs and pelvis/lower abdomen. You can still get a great workout, and again exercises like these help us bring more energy from the earth up through our bodies and to our brains, helping us feel more settled and safe.

I hope these tips help you whenever you need it. We should always make time to ground, even if it's momentarily. It can benefit in times of stress, set us up for a good day, help us wind down for rest and much more. Have a great, grounding week.