

Grounding and Clearing

We all belong to the earth, and we must create balance again, by connecting to the earth's frequency. If we've had a full day of readings, we will need to clear the energy by breathing.

Deep breaths filling the body are so important, along with drinking water. Water is an element of the earth that helps re-establish our connection with the earth, where we belong.

After doing a day's work, I always ground and clear. Grounding helps to disconnect from the spirit world, and grounds me to the earth. Remember that the earth is at 8.37 Hz. We must bring our vibration back down to the earth's frequency. Because spirits are at the highest vibration, we must release and clear all of the energy that has been absorbed during the reading.

Every day we absorb energy and we send energy, whether it's on the telephone, on social media, or wherever we go. Doing this can drain you or cause you to have too much energy in your system. When you have too much energy you may feel ill or restless, or maybe you can't sleep. After a day of many reads, I have gotten sick the next morning. Depletion of energy is the opposite; you may feel depressed, sick, sad, out of sorts and extremely tired.

By learning to ground your energy and release it into the earth, and pull up energy from our earth, you can help to balance your life and feel much better right away. Calling back your energy is important, and you can do this quickly. After three to five minutes, you will feel much better. The way you clear your energy, is to go outside, stand in the grass barefoot, and breathe. During the winter, I still go outside and stand on the ground; I lift my hands up the air in an

arching motion, and take a big breath in, and drop my arms on the exhale. I repeat this four to five times. I imagine mother earth opening a portal by my feet, and I send all the energy that doesn't belong to me into the earth for healing. I breathe deep breaths and send the energy through my body. This is simple way to ground and clear your energy. I've also invested in a grounding pad, which is roughly \$250, which I have on my bed to help me ground. It has made a great difference in me being able to ground. Also, make sure you drink plenty of water.