



# Grounding 101

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## **Grounding**

When dealing with things of a metaphysical nature, ie sprits /entities, practicing magick, engaging in rituals, we are required raise certain amounts of energy whereas when dealing with the "mundane" (ordinary day to day "real world" tasks)we don't need to.

To raise our energy vibration into a more magickal vibration that enables us to raise magickal energies or talk with our companions, we have peripherals or triggers. This can include such methods as meditation techniques, visualization, rhythmic music, spell incantations, trigger words, even candles and incense.

You can use pre ritual baths, fasting, even changing clothes into ritual wear that you keep specifically for your meta workings/communications.

When we are finished with our magickal workings and communications, there is a process we must go through to "bring down" our energies to that of the mundane. This process is called **\*Grounding\***.

Grounding brings us back from "out there" and plants our feet back on the ground, and get rid of the excess energy we haven't burned off during ritual/ communications.

Without proper grounding techniques, you can be left to feel spacey, out of sorts, jittery, overexcited, sleepless, even get physically ill.

In extreme cases you can still "see" and "hear" what's going on in the magickal/spirit realm and this can be highly disturbing when you are trying to function during every day life activities such as work, school, family life, chores, etc.

Here we are presenting three techniques for you to use to Ground after any magickal/astral practice or spiritual interactions.

- 1) Eat something and/or drink water. Its not only the act of doing something "mundane" that helps us ground, but drinking water and eating something soothes the jitters and eliminates the excess energy flow.

2) Tap Root Method- this is a popular method written about in many mainstream books on magick.

- i) Sit down on the floor, or if you are able, on the grass.
- ii) Cross your legs and close your eyes.
- iii) Breathe deeply.
- iv) Imagine a "root" coming out of your tailbone area going straight down deep into the earth.
- v) Starting from your head, push all the excess energy down your body to the tap root and visualize it dissipating into the earth.

Once you feel you've gotten rid of the excess, you may get up and carry on as usual. Its a good idea to either have a glass of water nearby or to get some at this time.

3) Go outside in your bare feet if possible. Walk around for a minute or two. During this time, shake your hands as if they were wet and you were trying to remove excess water from them.

The act of touching the earth with your bare feet and shaking your hands will shake out the excess energy.