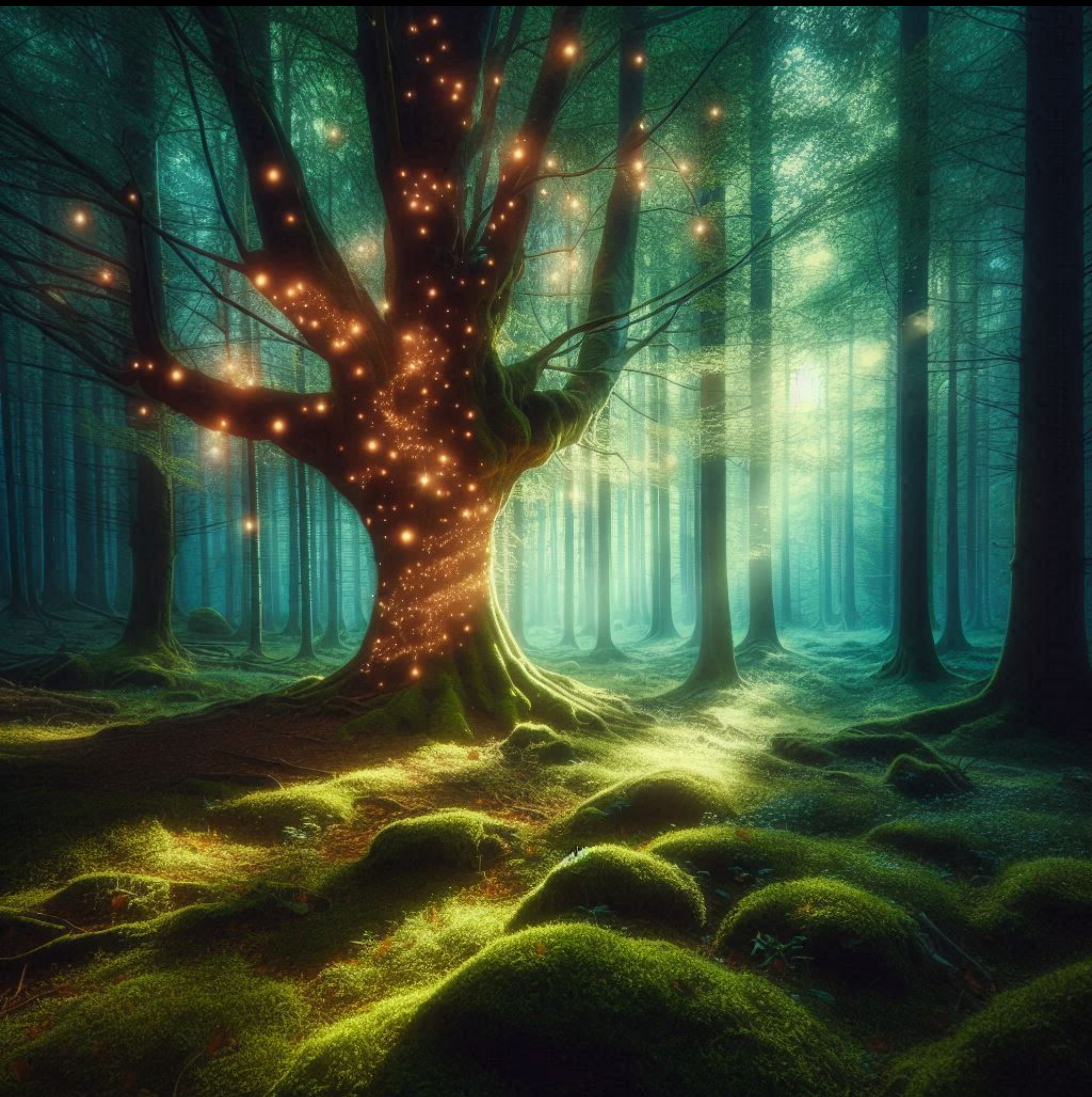


Intro to Grounding Booklet



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WHAT IS GROUNDING?

Grounding connects you back to the present moment. In both our mundane and spiritual lives, we can get caught up in excess energies and thoughts. Grounding brings you back to the here and now, putting you in touch with yourself by returning your thoughts to the present moment, and balances your energies.

WHEN SHOULD YOU GROUND?

Grounding can be done whenever you feel your thoughts are racing or distracted, when you would like to feel more in touch with yourself or the earth, or as part of a daily practice.

It should also be done as part of preparing for any magickal practices, prior to any meditative or trance work, and at the conclusion of rituals or workings.

HOW DO YOU GROUND?

There are many methods, and the best one for you will depend on you as an individual. We will introduce several that you can try and see which one resonates.

- 1) Grounding through the earth.
 - A. Go outside to some type of natural ground such as grass, soil, moss, sand etc
 - B. Walk around barefoot for a few minutes, feeling the earth beneath your soles. If going barefoot is not an option, then crouch down and place your hands on the ground with your fingers spread widely apart.
 - C. Simply breathe and focus on the feeling of the earth.
- 2) Grounding through the breath.
 - A. Breathe in deeply for a count of four.
 - B. Hold your breath for a count of four.
 - C. Exhale for a count of four.

- D. Pause for a count of four.
 - E. Repeat breathing in this manner, making sure to breathe deeply into your diaphragm.
- 3) Grounding through visualization.
- A. Sit in a position that is comfortable, either on the floor or in a chair.
 - B. Close your eyes, and imagine that a root is extending from your tailbone into the earth.
 - C. Visualize any extra energy or thoughts leaving your body through this root, and in exchange the root is nourishing you with the grounding energies of the earth.
- 4) Grounding through food.
- A. Drink a glass of water, paying attention to how the water feels and the effect it has on your body.
 - B. Alternatively, eat foods such as carrots, potatoes, squash, fruits, or breads. Again, pay attention to the effect it has on your body.
 - C. Staying hydrated and eating properly is important for both physical and spiritual health, and eating foods that come from the earth can help your body settle into itself.

WOULD YOU LIKE TO LEARN MORE?

If you are called to the Path of Demonosophy and want to Level up your life with Demons, we invite you to come Join our Inner Sanctuary, where we give practical tips and tricks for connecting with Demons and offering training in psychic development and walking with demons to Live the Life of your Dreams.

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