

Grounding, Centering & Shielding

By Jim PathFinder Ewing (Nvnehi Awatisgi)

I've written about this a good bit, but with all the Earth changes under way, and the emotional upheavals people are experiencing, I've been told that I need to say a bit more, if only as a reminder. When one embarks on spiritual work, the importance of staying grounded and centered -- and being shielded from unwanted energy -- becomes absolutely necessary. By "this work," I mean those who are involved in Reiki, Shamanism and other energy, vibrational, alternative and complementary medicine. When we raise our vibrational level, it's easier to "connect" with the Divine, to see our life purpose, to be guided by our inner wisdom and outside sources of inspiration, but we also become much more susceptible to being "blown away" by others with raw, unconscious energy, both by individuals who may be focusing on negativity or in group situations. That makes grounding, centering and shielding of utmost importance if we want to stay on the spiritual path, not be confused or become misguided or to lose our connection with the authentic self and higher guidance. Not to be indelicate, but what I tell my clients and students is to frequently throughout the day "put your butt on a rock." I'm a Sagittarius (a real "head case") so I have a natural tendency as a fire sign to "go off" mentally and emotionally anyway. So, I have to ground and center often. Following my own advice, I try to put my butt on a rock at minimum four times a day. Even in intense work settings, we are allowed "breaks," so when taking a "break," find a place where there are trees and rocks or at least stone or concrete in contact with the Earth. Lean against a tree, rock or wall, making sure your base chakra (butt) is in firm contact. While doing this, take three deep breaths, breathing in the Sun energy through your nostrils and releasing your breath (energy) consciously toward the Earth, so that your Life Force can be recycled not only physically but energetically (through intent). This completes the cycle of life, or Sacred Hoop of Life, that connects all beings to the Earthly Mother, and it will clear you physically, mentally, emotionally and spiritually. A word on breathing: Most of us in the West don't breathe properly. That may sound odd, but in Western medicine, the way babies are birthed provides a shock to the newborn, where oxygen is abruptly sucked into the lungs, which burns from having a life atmosphere of oxygen and nutrients provided by the mother without pain. As a result of our birthing, and later conditioning, we breathe shallowly, from the chest. We should breathe deeply from the Hara (the source of our spiritual bodies). Or, in layman's terms, we should learn to breathe from the gut. A number of modalities teach breathing, from Holotropic Breathwork to rebirthing to Drunvalo

Mechizedek's Flower of Life workshops (see: www.floweroflife.org). Grounding and breathing will get you centered. If you cannot find a rock or tree or solid wall in contact with the Earth, I tell folks that you can still connect with Earth energy through intent alone, by "breathing through your feet." To do this, do as above, but stand still and quiet, taking deep breaths (Sun & Earth) but feeling the Earth energy coming up through your feet, spreading up through your body and extending out through your limbs, to finger tips. Imagine yourself as a giant tree, taking in Earth energy through your "roots" (feet) and extending out to the farthest "branches" (fingertips) and beyond, swirling through your merkaba, or energy body, through space and time into other dimensions. Feel this Earth energy centering you and going out into all directions. Some people tell me that they love to hug trees and roll in the grass and feel the Earth energy -- and that's truly wonderful. But you do not have to do that in order to have an essential connection with the Earth, nor do you have to be barefooted. You can wear tennis shoes, any kind of rubber-soled shoes. You can even be high in a skyscraper or flying in an airplane. How is this possible? Easy. Earth energy is all around us; Life Force energy (Ki) is all around is. It is only our mental blocks or blinders that keep us from feeling this energy or using it in our mind/body systems. Consider: When you are high in a skyscraper or flying at 30,000 feet, what keeps your feet on the floor or your butt in the seat? Gravity, right? What is gravity? Earth energy!!! All is energy. We can open our minds to allow integration of what we need or we can use our minds to create blocks, barriers and limits to growth. "Yes, but . . ." is probably the greatest barrier to spiritual growth. Why create a mental mountain? Don't use "buts," use your "butt!" To access and use Earth energy wherever you may be, you have only to focus your being on bringing that energy into your mind/body system, through breathing and intent, as described above. Imagine a tendril or thread going from your base chakra going deep into the Earth, connecting you, anchoring you. The reason I tell people to "put your butt on a rock" is not so much because rocks are essential, but because it's a physical activity that people can understand -- even me. If I get in the habit, which I do, of putting my butt on a rock throughout the day, even if I'm totally scattered and mentally confused, I can understand that activity. Once on the rock, and breathing, my centeredness returns. No matter what situation you find yourself in during the day, remember to breathe. It sounds simple. But people often forget, allowing the central nervous system to put them on autopilot. But in times of stress, when you feel out of control, frightened or overwhelmed, no matter what unconsciousness you may be feeling, keep that in the back of your mind: Remember to Breathe! That will lead you to centeredness and

will open the door for Earth energy to ground you. The purpose of being grounded and centered is to make you present, truly present, "in" the moment. When you are present, you can think clearly and act, not react. You cannot control the future; you cannot control the past. But "in" the moment, you can do whatever you set your mind to do and by thinking clearly, being grounded and centered, whatever is needful will appear. The importance of grounding was brought to me recently through Dreamwork. As you advance through various initiations spiritually (whether you are aware of them or not), you will find that you are working on others constantly. With Reiki, your Reiki energy will turn on at odd times, your hands will grow warm -- you may never know if you are working on self or others, giving healing energy to those around you or at great distances, perhaps even in other planes and dimensions of time and space. You also will find yourself doing work in Dreamwork, that is, in nightly dreaming. A few nights ago, I was with my Reiki guides this way working with a woman who had "blocks" in her aura, thought forms that were preventing her from enjoying the blessings that were raining down upon her. She appeared as a luminous egg as beautiful golden drops fell from the sky; but she could receive none of them for the dark forms blocking them in her aura. I started to clear away the dark forms and my guides said, "No. Work on her feet." Her feet? I asked. Why her feet? But I did as told. Sure enough, as soon as I began working on her feet, opening her connection to Earth energy, the dark thought forms melted away, transmuted by the Earth energy flowing into her aural body, disappearing like morning fog in sunshine, and the blessings were allowed to stream down upon her, to be reflected in her daily life where she could perceive them. My guide took me to a place where they showed me the Tree of Life -- the energetic source of all being. It was radiant in white light, dazzling, towering to the heavens. But my guides pointed for me to look below. There, I saw that the Tree of Life is as tall as it is deep, a perfect mirror above and below. Just as the branches reach to infinity, so do its roots run deep. In the center is balance. That is where we belong. We each are a Tree of Life. Our roots much reach deep, so that our striving can soar. The deeper we go, the higher we can reach. This leads to shielding. In group situations, especially stressful or chaotic ones, no matter how finely we have raised our vibrational level individually, we can "take on" unwanted energy, become confused, even attract negative thought forms in our auras that can lodge there and create conflict in our lives, even illness (dis-ease). (This is especially true for people who have past-life "holes" in their auras where unwanted energy, thought forms, or spiritual intrusions can lodge. It's a good idea to have unwanted intrusions extracted at least once a year.) So, whenever I go into

group situations (a perfect example is Wal-Mart!), I make sure and shield beforehand and while there. Shielding is quite simple; it's harder to remember to do it. Shielding is done through intent. Imagine yourself surrounded by a blue egg of light or it can be white light; whatever feels comfortable to you. Some people visualize wearing a cloak or coat of mirrors, so that whatever energy is sent their way is reflected; only personal energy and Divine (crown chakra) and Earth energy are allowed within this "egg." In Reiki, you can program your "shield" by implanting the emotional symbol in it, so that any negative energy encountered or sent your way is bounced back to the sender as Reiki healing energy. Shielding is particularly important for anyone who does energy healing work with others. It's not an "insult" to the person being helped, but protects you from "taking on" any issues (unwanted energy) of the client and protects them from the same. Since the "shield" is clear or permeable, allowing healing energy to pass through, the work is done without impediment. Consider it only a "strainer" of unwanted energetic debris. And, always, when finishing energy work, be sure to "seal" the client's aura (with the power symbol in Reiki), and ask the Creator to remove any "debris" or "footprints" from both the client and yourself, to be returned where they belong or transmuted for positive good. Whenever we are going through emotional shifts, as the current Earth changes are causing through our entrainment with the Earth and Sun, we can be distracted or vulnerable to having our personal energy field disrupted or "taking on" unwanted energy. It is important to remember to be grounded, to be centered, and to shield in group situations or when faced with situations where our energetic systems may be at risk. If you do not act with discernment in this way, keeping your being impeccable, coyote is always waiting to play a trick on you and teach you the lesson of being the spiritual warrior you must be in order to grow, develop, advance. All our lessons are built upon the other; if we do not keep our energetic bodies intact, we run the risk of having the rug pulled out from under us until we can reconstruct and rebuild our vibrational level to where we want it to be: advancing and progressing. Stay protected, stay grounded, keep centered. Remember: Butt & Gut: Put your butt on a rock and breathe!

Aho.

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