



How To Get Grounded  
And  
Stay Grounded  
E-Book

By Nicole Davis

*The Liberated Mystic, LLC.*

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How to Get Grounded And Stay Grounded by Nicole Davis, 25 SE 70th Ave, Portland, OR 97215.

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## About The Author

Hello! My name is Nicole Davis, the founder and creator of The Liberated Mystic, LLC. I'm a Portland, Oregon native, University of Washington alumni, and I have a B.A. in International Studies: Comparative Religion. I have a passion for nerding out to theology, mysticism, healing modalities, leadership development, and a healthy dose of stand up comedy, amongst other things. As serious as some of these topics can sound, I've found that if you're not laughing you're not paying attention!

A little bit of background: my spiritual awakening began during my sophomore year at university with a sudden mental health crisis, which launched me into the therapeutic world and a brief break from school. I was able to bounce back, finish my degree in 2013, and carry on. However, a second health crisis hit without a diagnosable cause via allopathic medicine. This triggered an exploratory journey into energy medicine, past life regressions, and unlearning/relearning theological principles that no longer fit my new paradigm as a result of what I was experiencing. As uncomfortable as it was

physically, emotionally, and mentally, the journey of awakening and healing set me free in a lot of ways.

During the initial phases, because it's layered thing, the amazing therapists, mentors, and healers that showed up in my world that I've worked with over the years quickly taught me that being grounded would be a cornerstone for my healing and growth. And they were right.

At this epic time in history on the planet as we shift into a new era of consciousness, known as the Age of Aquarius, I felt lovingly compelled to share my insights and experience of becoming more grounded with a wider audience as a teacher and author! I believe that to make this shift **sustainably**, we must unlearn *survival mode* and learn *thrive mode*. Understanding certain leadership principles, such as how to be grounded, allows us to activate this new way of being in the world and support our awakening process with ease and grace.

Let this e-book bless you and serve you well!

# Welcome!

By giving yourself this gift you're choosing to make some major moves in your growth, and for that I applaud you!

What you'll find in this e-book is a core conviction that becoming a more grounded human being requires a decent amount of **awareness** and **diligence**. And once you go through this I'm excited for you to have a basic, working foundation to build upon, and adapt to your own needs.

Through this e-book you'll receive clarity regarding:

**what** being "grounded" means

**why** it's important

**where** in your life you need it

**how** to apply it to your life in a few easy steps

# Preface

To begin this learning process lets address my starting premise to set the stage for what is to come:

**Over time I've arrived at the understanding that we are all dynamic, multi-dimensional human beings, full of love and potential, therefore I approach the topic of groundedness with that in mind.**

If we were to approach it linearly we would miss some key elements that I believe we all need to address. Now, even if you don't agree with this perspective, I think you'll be able to draw value where you need it most in your life right now. So take my suggestions for what they are: my best recommendations. And expand on them as you feel creatively led because, at the end of the day, YOU know you best!

Understanding these grounding principles and applying these practices to my life has been a game-changer and by implementing what's taught here, I'm confident you'll report the same.

That being said, if you feel stuck, or a practice doesn't feel like a good fit, I recommend consulting other resources, or a mentor, or a coach who has a lot of "fruit" in that arena who can guide you deeper. The great thing about becoming grounded is that there are options!

**Let's get grounded + stay grounded, baby!**



## What does being "grounded" mean?

What I *do not* mean by this term is that thing that happened when you were caught for coming home past curfew as a teen. Ugh!

What I *do* mean by this term is that thing you will often hear from an instructor before a guided meditation or before an energy healing session. Energetically grounding yourself is usually step one, and for good reason! But that's just one aspect we will be addressing because there's more to it.

As beings-of-light living inside human bodies it's easy to get so cerebral or out of touch that we lose our "footing" in the physical reality or the current moment. Or someone can become so preoccupied with being a "starseed" that they avoid fully embracing this incarnation as a human being.

As a tree needs deep roots in order live their best life, so do we! Here's how some well-known people have described what being grounded means to them:

**"This achieving the center, being grounded in one's self, is about the highest state a human being can achieve."**

*- Bruce Lee*

**"Being surrounded by nature and animals always kept me grounded and happy."**

*- Alison Eastwood*

**"It's easy to stay grounded. The ground is very close. And we walk on it every day."**

*- Keann Reeves*

**"I felt, as a lawyer, when I was mentoring and working with kids, that I gained a level of groundedness that I just couldn't get sitting on the forty-seventh floor of a fancy firm. Selfishly, it gives me joy - it makes me feel like my life has a purpose."**

*- Michelle Obama*

**"My heritage has been my grounding, and it has brought me peace."**

*- Maureen O'Hara*

**"It is only by grounding our awareness in the living sensation of our bodies that the 'I Am,' our real presence, can awaken."**

*- G.I. Gurdjieff*

**"That one is like a man building a house, who dug deeply and laid the foundation on rock; when a flood arose, the river burst against that house but could not shake it, because it had been well built."**

*- Luke 6:48 (NRSV)*

There are so many more profound and beautiful ways that people, and sacred texts, have described groundedness. So for the sake of this e-book I'm keeping the definition simple. And I'd encourage you to come up with your definition if you feel so inspired!

In my definition being grounded is:

**a recalibration to your human incarnation by connecting to the planet + to yourself on every level**

## Why is it important?

Here are some examples of the repercussions of moving through life **ungrounded**:

- It can create a lack of body awareness. We often miss important physiological signals and clues.
- It can create the illusion of disconnection from our external environment. We are living too much in our heads, or we are "checked out" so we lack situational or social awareness.
- It can create confusion in our empathic faculties. When interacting with others (in person or online) we can unconsciously assume their thoughts and feelings as our own.
- It can contribute to general anxiety and stress in daily life because we're out of alignment and these issues compound. Therefore our nervous system is more easily overwhelmed and our health can be compromised as a result.

If you relate to any of these predicaments, you can agree that something needs to shift, right? The good news is that so much stress naturally dissolves when we ensure that we're grounded in all aspects of our lives! And this will extend beyond your own wellbeing. As you stay consistent in your grounding practices, you may begin to notice others responding more positively towards you, or showing signs of relaxing around you. We all need healthy emotional co-regulation with others to thrive, and becoming a more grounded person is one important way of being able to do that effectively.

**Establishing an intentional connection to the planet and within ourselves allows us to stay more clear-minded, tuned in to the world around us, and helps us navigate all the energies we encounter daily.**

## *Where do I need to be grounded?*

It is vital to be grounded in **all** areas of your life!

I've met several people and leaders that I respect and could tell they weren't grounded in one or more of these areas of their lives.

For example, they could articulate their spiritual convictions but didn't know how to ground into Earth before leaving the house. Others were tuned-in to the planet and their bodies but could not articulate their values so they were somewhat "airy-fairy" about their life's direction, and have gotten swept up in New Age fads without careful consideration first.

Have you encountered this in others as well? We can all use a little more awareness so we avoid missing out on anything critical to our wellbeing, and to help us stay on track!

Now that you're getting a feel for what this is all about and how important it is, lets break it down so you can identify where in your life you're all set and where you need some help.

**Energetically:** This is about tuning your non-physical self into your heart space and grounding into the heart of Earth as well.

**Physically:** This is about tuning your physical body into a calm, balanced state through what you absorb environmentally, and grounding to the physical earth.

**Emotionally / Mentally:** This is about tuning into your Values and your Purpose in life which allows you to navigate decision-making, local and global shifts, etc. with ease and discernment. It also brings you back to the present moment.

**Spiritually:** This is about tuning into something greater than yourself. This could be through any faith tradition that makes sense for you, or it could simply be connecting to the highest good for all.



# How do I get grounded?

## Energetically.

For those of you who are new to this concept and this kind of practice, below are the steps to get you started.

**Step 1:** Let's check in with our heart center (which emits much more electromagnetic energy than the human brain!)

- Sit in a cozy spot.
- Place your hand on your heart.
- Take deep breaths, filling up your lungs, expand them wide. Hold.
- Exhale, contract + gently squeeze all the air out.
- Pause in between each breath.
- Repeat 3x to turn off your fight + flight + freeze response.

Now that you are feeling calmer ask yourself:  
What emotions are coming up first?

Speak **what** emotions or sensations you feel.  
(If you're in a place where other people might hear you,  
just whisper them to yourself).

Example:

*“Right now I’m feeling worried / chaotic / sadness /  
grateful / better.”*

Speak **where** you're feeling these in your physical body.

Examples:

*“I’m feeling contracted in my throat.”*

*“I’m feeling sadness in my lower back.”*

*“I’m feeling peaceful in my belly.”*

Do not judge or analyze, just observe them like a curious  
detective would.

## *Important!*

With each emotion that wants to be acknowledged say:

*“Thank you heart for trusting me right now.*

*Thank you \_\_\_\_\_ (call the emotion by name or describe the sensation) for showing up today.”*

And say,

*“Thank you for helping me be more present right now and to understand more. I now release you to the light.”*

Now breathe.

How does it feel now that you’ve given those feelings a voice?

If you start to tear up from happiness or pain, allow for it because tears provide emotional release. There are some toxins that exit the body best through tears so let them flow.

**Step 2:** Let's now connect your energy body into the center of the planet. From your heart or your tailbone (Root Chakra), imagine **a chord of light** going straight down into the center of Earth. You're not connecting to the lava core, instead you're connecting to the "heart space" of Mother Earth.

*Important!*

As you imagine this, if you start to feel your chord of light stop near the surface of the planet and hesitate to go further, that is normal as you first start this practice. Why is this? The ground of the earth holds a lot of traumatic events of the past, such as wars and catastrophes, and your cells can detect it. Our DNA holds the memory of these as it's passed down from one generation to the next.

So if this happens to you say this softly aloud:

*"It's ok, it's safe to connect. I understand your hesitation. We are not absorbing the pain from the past, let's connect to the love further down below."*

You'll eventually feel the release and boop! your light goes into the heart of Earth. **Be patient with your energetic body during this process.**

Now, keep sending the chord down, down, down, until you feel a subtle sense of peace and home. Once you do that's your signal that you've reached the heart of Mother Earth! Doesn't that feel good? You may even let out a natural sigh.

From here let's **anchor** in your light. You can get creative with what makes sense for you. Some options to start:

**Imagine the chord of light spreading out like tree roots in that center space.**

**Imagine the chord of light wrapping around a precious gem you see, like a sapphire or quartz.**

**Imagine the chord of light wrapping around an orb of color that might appear.**

**Step 3:** To complete the process we need to connect you to the source of all that is. Without going on a tangent on what to call this "source", I'll let you determine what makes the most sense for *your* beliefs and *your* practice right now. So simply imagine light traveling up the chord from below without removing the chord of light from the heart of the planet. Let the light travel up through the center of your body, through your heart, and out the top of your head (Crown Chakra). And keep going up until you sense the light directly above your body. When you consciously connect to the light above it can feel similar to connecting to the center of Earth because it's a loving energy. And once you feel a sense of security and calm with your chord of light connected above and below, you'll know that you've successfully grounded yourself energetically!

Simply pause here and breathe easy. You can even place your hand on your heart as you breathe and take in the sensation of groundedness and centering that you've just completed. How soothing was that?

## Protips:

- There is no right or wrong once you reach the heart center, so whatever shows up that feels lovely to connect to, do that!
- I recommend doing this process before any meditation, breathwork, or journaling routine. Or if you do those before bed instead of in the morning before the start of your day, at least ground before leaving the house. Why? Grounding into Earth sets you up for success for the rest of the day. Even if you prefer to do the other parts before sleep, I think it's vital to do this before leaving the house or going into an important meeting where there will be a lot of energetic exchanges going on. Make sure you're prioritizing your energetic foundation!
- There are other exercises that you may already know how to do or that you'll come across. This is a baseline to keep it simple, however, do what feels most supportive!