



## You're Grounded!??

A few weeks ago I caught my big toe underneath a Formica lined closet door and almost ripped the nail completely off. ((*Ouch!*)) I know I was there! Anyway, I did the nurse thing cleansing the area, soaking the toe, totally drying it, and applying betadine in order to prevent infection. As I am waiting for the nail to grow out I have been using a steady stream of adhesive bandages to guard against infection and prevent the nail from completely ripping off. Tiresome, but it's necessary.

I mention this because I did a klutzy thing that was a result of not paying attention; or to rephrase: not being in the moment. This resulted in a minor injury (thank goodness) that brought my attention to my toe on my foot. A foot that walks on the floor (syn.: Ground).Hmmm.

This was a definite message. I was tapped on the shoulder (excuse me: toe). Attention: you are not grounded! My spiritual self was off somewhere gathering tidbits from hither and yon and the physical human left to do the material world grunt work, feeling like Cinderella, was here on extended autopilot. So the Universe's message, obvious to almost anyone reading this was: ground yourself more. My initial reaction was, "you have to be kidding! I'm diligent in my approach to grounding." Obviously, the Big U. didn't agree.

So I took the time out to think some more about grounding and made some adjustments in my usual grounding routine. During this process it dawned on me that a great many of you out there may need a review of how you feel when you need grounding. Here's why:

- We have all been working on improving ourselves; raising our vibrational levels; bringing ourselves to a higher level within our busy existence.

- Maybe we have gotten some extra outside assistance in the raising of our vibrations. (Hey, don't look a gift horse in the mouth!)
- Because more of us are experiencing higher vibrations it is being communicated to Mother Earth. In response, Mother Earth is making the adaptive adjustments to her vibrations. Think of it like Gaia's Clutter Clearing, making way for all those new and better things to come.
- Mother Earth's higher vibration is causing all her inhabitants (us included) to have to adjust to her new vibrational changes.
- And the process recycles.

Here you have a self-perpetuating vibrational circle of its own, continuously changing levels while we are individually contributing to increasing our own levels happening concurrently. This demands constant self-monitoring and re-grounding. Ruling out that some of the symptoms are actually of a physical nature you may be experiencing: dizziness, lightheadedness, feeling spacey, light and noise sensitivity, excess nervous energy, drained energy, heart palpitations, and eye and hand tremors. You may also be experiencing being klutzy, bumping into things, misplacing things, forgetting important information, forgetting appointments, going through parts of your day on autopilot, feeling a sense of being "carried away", losing track of what you were saying or making no sense while speaking, and daydreaming your day away.

These symptoms often indicate you need to re-ground yourself. The old standbys such as systematic breathing and re-centering, walking on the earth, working with the earth (as in gardening), exercise and partaking in sports, visualizations such as rooting yourself deep into the ground, and carrying certain stones and crystals are always a good starting point. But have you realized that some of the following can also help you ground: increasing your water intake, enjoying comfort foods (watch the weight gain), spending time caressing plants, grass, and flowers, or sitting against a tree trunk. Don't forget to exercise your animals; they may need extra grounding as well. Also check your houseplants more frequently-they may need extra water as well.

Anyone care to join in rolling down a beautiful grassy hill?

*With Gratitude,*

*Kai*