

# MEDITATION FOR SPIRITUAL GROUNDING

*By We Are the Galaxy*



# SPIRITUAL GROUNDING

Spiritual grounding is THE most important tool for a newly awakening soul to have in their toolbox. On the following pages, you will find the grounding technique that I practice every single day.

I recommend that you practice this meditation heavily for the first several days after learning it. Set aside fifteen minutes daily to get really good at grounding yourself. After you get the hang of it, within a week or two, you can use this meditation in only a few short minutes every morning.

Start your day with a prayer of gratitude and this grounding meditation, and you will be prepared for anything that Spirit has to throw at you.

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# SPIRITUAL GROUNDING EXERCISE

Imagine a cord of golden white pure Source light energy coming from your forehead and your belly.

The cord meets at your heart, and heads to your spine, turning toward the Earth and heading down the base of your spine, separating to climb down both legs simultaneously, and then coming back together after being pushed out the soles of your feet.

The cord continues down, through the floor, through the basement, through the concrete and into the crust of the Earth, where it continues to push down.

The cord of pure golden white Source light energy continues down, through the mantle of the Earth, past rocks and the sediment, down, down, down.

The cord passes fossils and crystals as it moves deeper and deeper into the Earth, into the outer core of the Earth, and when it reaches the molen hot, liquid inner core of the Earth, it splits into three and grabs the core, tying itself tight, tight, tight around the Earth, and then it comes back together and heads up.

The cord passes through the same fossils and crystals, moving upward out through the Earth, passing rocks and sediment, passing up through the mantle of the Earth.

This cord of pure golden white Source light energy moves up and into the crust of the Earth, up through the concrete, through the basement, through the bottom of the floor and hits the soles of your feet, filling your entire body with the glowing golden white energy of pure love, bliss, and harmony.



Imagine a second cord of golden white pure Source light energy coming from your forehead and your belly.

The cord meets at your heart, and heads to your spine, turning toward the Sun and heading up the length of your spine, up the nape of your neck, and out the top of your head, shooting upward toward the ceiling.

This pure golden white cord of Source light energy moves past the ceiling, through any floors upstairs, out through the roof of the building, where it continues to head up, up, up.

The cord continues up, up through the troposphere, and stratosphere. It snakes upward, the golden white light illuminating the mesosphere, thermosphere and exosphere as it passes through.

The cord bursts through the ozone and out into outer space, snaking quickly toward its goal, and when it reaches the sun, it splits into three pieces and with each of these pieces, it grabs

hold of three large pieces of the sun, wrapping itself tight, tight, tight around the sun and anchoring itself there, before it starts to head back down.

This cord speeds down, down through outer space, in through the ozone, down through the different layers of the atmosphere, speeding now past the clouds and airplanes, past birds and treetops, down through the roof of the house, through any floors above you, through the ceiling until it hits the top of your head, filling your entire body with pure golden white Source light energy.

Now that you are anchored into the Earth and the Sun, take five minutes to meditate and feel into this new sensation in your body. Feel how the golden light resonates within your Soul, connecting you to the ancient traditions of spirituality, and the Oneness of all that is.



Breathe this light back down and up, visualizing the cords travelling faster and faster, grounding you within seconds. As you practice this meditation, you will get faster at it and will learn to find the comfort in the silence after grounding.

Practice this daily affirmation: I am grounded, stable, and rooted. I am safe within myself.

