



Ellen Meredith: Grounding, Rooting, and Anchoring your Energies in Changing Times



Ellen Meredith is an energy medicine practitioner with over 36 years of experience. She has served on the program faculty of energy medicine pioneer Donna Eden since 2010 and teaches energy healing techniques all over the world. Discover how we as individuals and as groups keep our equilibrium and balance in times where shifts are happening rapidly.

**TOP EMBODIMENT TIP:** Enter into ongoing, regular and constant conversation with yourself. Dialogue with your body and it will chat back: it will let you know what it needs and wants.

Change is the new normal: What Can We Do to Expand Our Understanding of Grounding?

- One of the current changes is the Schumann Resonance, it is the heartbeat of Mother Earth.
- We are ending a major era, where contrasts are not so clear anymore. We are becoming more aware of different life forms and how they are all interconnected.
- Our immune system needs to evolve, and we can use energy medicine work to train the body to evolve in the new settings we are living in.
- When we are not grounded we are more likely to get sick because the electricity of the body gets out of balance.
- When the immune system is out of balance it will send warning signs to the body.

Grounding: The Different Layers of Grounding

- Grounding wires take excess energy to avoid overloading the system.
- Rooting brings nourishment into the body. What connections feed you? What sense of belonging do you have?
- Anchoring is to keep us from floating away. Where do I have my anchor to not feel lost? Is your anchor healthy or unhealthy?
- Centering means being able to shift your attention to different parts of the body.
- Distribution is getting our energy flowing freely in the body and not getting stuck.

Exercises: Main Ideas

- Touch base: Getting the energy to move, feel what it's like to operate from different parts of the body.
- Grounding: Find a gesture that means "getting rid of the excess" for you.
- Rooting: **Bring in energy and send it where it is needed in your body.**
- Anchoring: From the bottom of the earth to the stars, creating a triangle.
- Distribution: A 5-pointed star represents the balance of the elements.

Resources:

- ❖ **Books:** *The language your body speaks: Self Healing with Energy Medicine; Listening In*
- ❖ **Website:** [listening-in.com](http://listening-in.com)



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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