



CENTER FOR TRUE HEALTH

FRANS STIENE'S GROUNDING TECHNIQUES

Grounding Technique #1

- Lie with your back flat on the floor, feet against the wall.
- Your legs aren't on the floor: your knees are slightly bent, feet against the wall at a level that feels comfortable.
- Place your hands above your head and consciously and slowly push the energy all the way down with your hands to just below your navel.
- Place the hands below the navel on the abdomen and apply slight pressure to the feet
 - (This helps your mind go to the feet, and then your energy will go to your feet. Energy follows the mind.)
- Release the slight pressure on the feet, bringing the hands back above the head again.
- Slowly repeat the whole technique again 10 times.

Grounding Technique #2

If you find you're light-headed after drinking water and sitting down for a few minutes after your session try this exercise:

- Visualize a large ball of energy in your head moving down through you to your hara center (just below your navel),
- Then imagine it moving down through your legs and into the earth. Focus on your feet connecting to the earth.

This simple exercise will ground your energy enabling you to feel calm, clear, and aware.

Bonus: Use your closed fists to pound the bottoms of your bare feet for 30 seconds. This brings energy and focus to the feet, rather than the head, helping you feel more grounded.