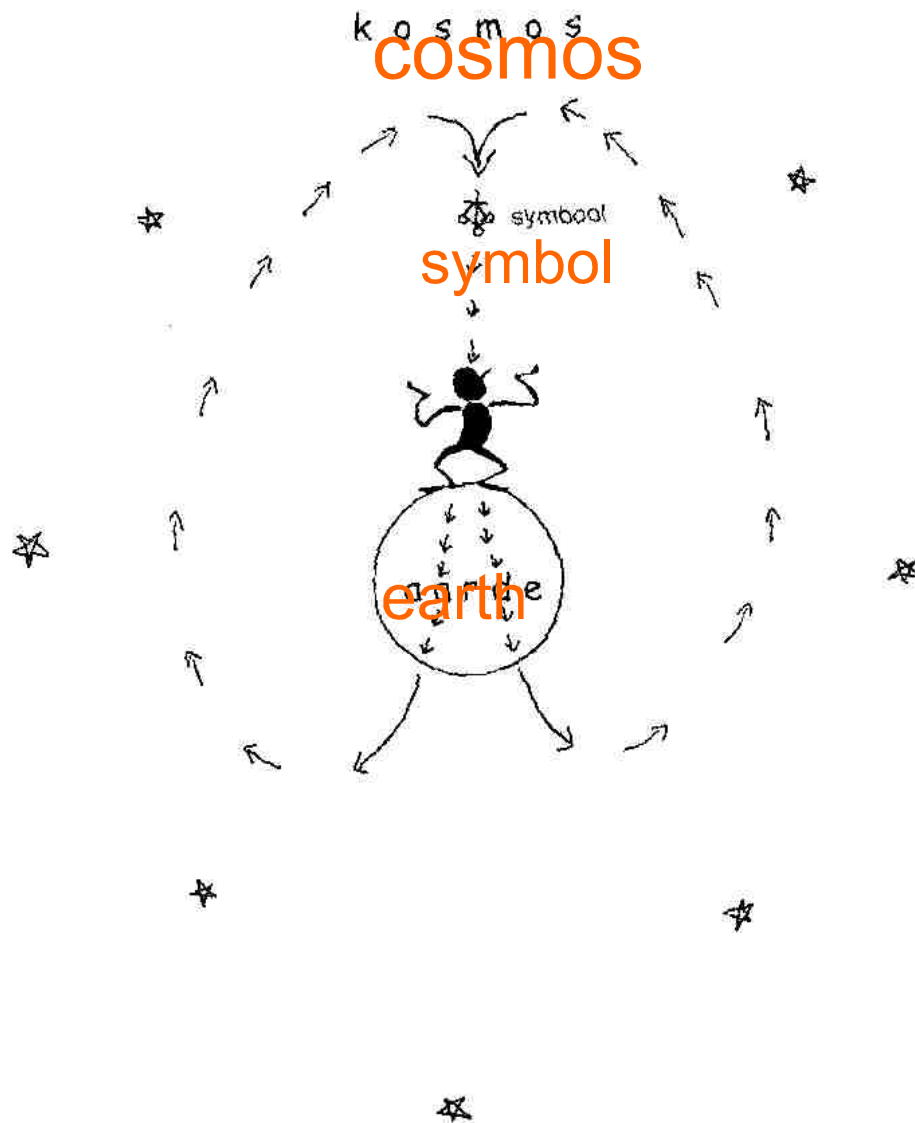


## How to ground yourself along with the use of a symbol.

This drawing makes things much easier than any amount of words can ever explain.



Here's how to proceed!

1. Start the meditation by breathing slow and relaxing, feeling all muscles in your body relaxed; try to feel them one by one until you are completely relaxed.
2. Open up to your spirituality.
3. See how the symbol comes out of the cosmos via your canal, to you.
4. Let the symbol travel all the way to your root chakra. Exhale out of your root and let the symbol leave your body through your feet, into the earth.
5. It travels deeper and deeper into the earth, through your deepest chakras under you. Coming out on the other side of the earth, the symbol will gain more strength while travelling through the cosmos.

6. After a long journey through the cosmos, the symbol will come back to you again. Pregnant with all of its wisdom. It enters your crown and leaves through your hands. With this power, you draw the symbol.

Variations:

1. Be aware of how you receive the symbol. Is there a chakra where it feels as if it gets stuck? You can heal this by giving it attention and by trying to find contact with the symbol in that particular chakra. Don't force any thing! Just allow it to happen.
2. Start out like the first exercise. Step 5 is different in this variation. Let the symbol travel to your heart chakra. Receive it with love and respect. Let it flow through your finger tips.
3. The third variation continues from variation 2. Breathe the symbol all the way to your heart chakra. There it will multiply its energy with the energy that flows from the earth to the symbol. Both streams from earth and cosmos become one and flow from the heart chakra through the arms to the hands. With this flow of energy, you draw the symbol in a fluent movement.

Enjoy!

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