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ISSUE 234/ OCTOBER 2022

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THE NATURE OF GROUNDING

Words: Sonja Grace



The Earth's radius at the equator is 3,963 miles. The planet's rotation causes the equator to bulge. Not quite a sphere, this magnificent blue gem is the reason we are all here. The path of the soul is intricately tied to the Earth – the Goddess. Known as Gaia, Mother Earth, and terra firma her infinite soul inhabits a body that is 71% water, just like humans who are made up of 60% water. The Earth spends billions of years in her body and like every cycle of life and death, her star system eventually burns out and she turns to dust. Once again, she reincarnates in another body (planet) somewhere in the universe.

Like the Earth, our infinite souls have been evolving various life forms throughout the universe. We have participated in the evolutionary process of a physical form for infinity. Our soul body is infinite and made up of connective tissue which represents hope. The cells represent divine love and peace fills the core of the soul body. As humans, we spend our time focused on our connections to each other, parents, children, and pets but the real connection is with this planet. Without her, we would not exist. Once we see through the illusion that our Earth-bound experience provides, we can get back to our purpose of why we are here.

Grounding our energy into the planet is done by simply walking on her surface. Centuries ago, we lived much closer to the Earth and could sense what was to come. The Earth gave the people warnings of storms, earthquakes, and early winter. We

knew to migrate to another region when we sensed a shift in climate and drought. Today, we struggle to find time to spend outdoors. But you have that moment when you walk into the yard or watch your children's soccer game to slip off your shoes and connect. Feel the energy of the Earth rise through your feet.

The universe is electrical in nature and our relationship with the planet is dependent upon soil, air, and water. The electromagnetic field is a combination of invisible electric and magnet fields of force. The Earth has its own electromagnetic field generated by natural phenomena which shield the ozone layer from harmful solar winds. Our navigation and use of a compass are also reliant on the Earth's magnetic field. This is reflected in humans as well. Every cell and organ in the body

has its own electromagnetic field! Our energetic body helps us to navigate the mortal experience with a complex *chakra* system, vertical power current, *hara* and seven layers to the auric field.

We can understand *chakras* at a deeper level when we look at these intricate wheels of energy that insert into the vertical power current and spin fast in a clockwise direction, 'creating 'energy' to fuel the organs and tissue in the body. The vertical power current is much like the north and south poles of Earth. This chord of cosmically charged energy runs all the way up to Source and all the way down to the centre of the Earth with the *chakras* hooking into the energetic chord like tubular flowers. The flowers or circular wheels – *chakras* - open about an inch outside of the body. The first *chakra* inserts at the perineum





directly into the vertical power current and opens to the Earth below. Like the seventh *chakra* it is singular. The second (the belly and low back), third (solar plexus and mid back), fourth (heart and upper back), fifth (throat and back of neck), and sixth (forehead and back of head) are governing the front and back side of the body.

Grounding the energy of the *chakras* is the ultimate connection we make with Mother Earth. We tend to allow our emotional body to rule. The wounded inner child gets triggered over feelings of abandonment, betrayal, shame, blame, fear and more. We allow our energy to leave the area of our body, that is triggered, and it connects with like energy. This action alone allows the karmic wheel to spin again. For example, you feel angry that your partner didn't acknowledge your hard work. Your ungrounded energy leaps out of your body like a wave of energy from the *chakras* and your words carry your anger impacting your partner. They respond to being triggered by the attack and the feeling of 'anger' connects because they too carry unresolved anger. This is a karmic experience as you have had many lifetimes with them. Anger, resentment, blame, and more



have been a part of each incarnation. To stop this from continuously reoccurring we must ground our energy. Allow the emotionally charged energy in your body to ground into the Earth.

One of the most effective ways to ground your energy is to imagine your nervous system like a great tree inside your body. Yggdrasill is the tree of life in Norse mythology and reflects the centre of the universe. This is the nervous system inside your body. In my new oracle 'Odin and the Nine Realms' I describe the great tree. It holds all nine realms. Think of that inside your own body – you

hold the universe within your physical form. It is up to each person to take responsibility and ground their energy. One easy exercise is to feel the nerves in your feet growing down into the ground like roots. Ask for Earth energy to rise into your nerves filling the entire nervous system or tree in your body. We come from the Earth, and we return to the Earth. Grounding the energy from each *chakra* is critical for not incurring more karma in this lifetime. It allows us the clarity to stay in the centre and not react with emotional responses, engaging our energy with others and creating more karma.

It is important to understand we live in duality -measuring everything through the filter of good, bad, right, and wrong. This polarization keeps us in a karmic cycle as we try to justify and make sense of who we are. The key is we can also step out of duality and become the observer. Maintaining a state of inner peace allows us the experience that we have always been connected to Source. There is no separation, only our belief in the illusion we have created. Discover the four essential bodies and my signature grounding meditation, and practice the ancestral karma clearing all found on my new app 'Spirit Traveler'.



Sonja Grace is a spiritual teacher and energy surgeon. Sonja is both Native American and Norwegian. She is adopted on the Hopi Reservation, where she is considered a medicine woman. Sonja was featured weekly on Feel Good Factor TV in the U.K. She can be seen on GAIA TV's Great Minds, Ancient Civilizations, Inspirations, and Beyond Belief with George Noory, and 'Coast to Coast AM'. Her books 'Spirit Traveler' and 'Dancing with Raven and Bear' are the winners of The Beverly Hills Book Awards. 'Become an Earth Angel' is the basis of her Earth Angel Training Course. Her new oracle 'Odin and the Nine Realms' received the prestigious COVR visionary award.

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