

Grounding & Clearing Exercise

This exercise is from *The Pleiadian Workbook*, by Amarah Quan Yin. Although slightly modified by me after years of using this technique, the majority of this exercise is directly from the book.

I highly recommend that you do this every day. You can do a couple of minutes in the morning, but then, as you move through your day and find that your grounding cord is unanchored, just mentally put your attention there for a quick 3 seconds and put the cord back down to the center of the earth and anchor in. It only takes a few seconds to put your thoughts to that task and the result is that you train your energy body to do it quite automatically.

How do I know if I am not anchored? When you place your grounding cord, you will have feelings of being solid, non-moveable, and filled with Light. When your cord detaches it is because you energetically leave your body (through the top of your head). Maybe something someone said triggers this, maybe you see something that makes you emotional.

You will feel slightly disoriented, maybe dizzy or a bit confused. Also, people recognize that their grounding cord is detached when they find themselves rushing around in their day and feeling anxious or nervous. Other signs: shallow breathing, unable to focus and feeling great pressure. If we *stop* and take a deep breath, we can see/feel that we are not attached with our grounding cord, thus, we miss out on intuitive guidance that will make our day go smoother.

Remember – you have been doing this all your life. You have been anchoring and then pulling your cord up and leaving your body. And then you feel safe with someone or in a place, and you anchor down again.

So relax and realize that you are simply choosing to become very **AWARE** of this process now. When you have fuller energetic health, you will have more physical energy. When you **CHOOSE** to consciously stay grounded you are **CHOOSING** to be fully present now.

Not long after practicing this exercise you will know instantly when you are *not grounded* and it will no longer feel comfortable for you! As an added benefit, the more grounded you remain during your day, the more healing and **LIGHT** you spread to others around you, assisting in their choice to live consciously and intuitively as well.

Your conversations will be far more authentic and true when you are fully present and this will subconsciously ignite the desire in others to be authentic and true when talking with you.

ENJOY! Bask in the Light...

Blessings, Robin Morlock

GROUNDING & CLEARING EXERCISE

1. Stand or sit and be sure both feet are planted on the ground.
2. Relax, shrug your shoulders and move your head from side to side; release tension in neck muscles and shoulders.
3. Take in a deep breath, exhale fully and relax.
4. From the bottoms of your feet, see roots (like a tree) growing down into the ground, about 12 feet down.
5. Bring your attention to your root chakra (men) or your sacral chakra (women), and see your grounding cord coming out and going down into the earth. This cord should be at least 3" in diameter. Send this cord down, down, down through the soil to the center of the earth.
6. See this core center as solid; either solid rock or crystal. Anchor your cord to this solid feature. Anchoring is done by seeing the end of your cord as a suction device, or it can be a hook, or it can be magnetic...whatever image works best for you, but it is firm and attached.
7. Once you have the attachment, use your shoulder to do a slight tug; pull back just a ½" or so. You are testing your body to see that you are really anchored in place. You should feel very solid; hardly moveable. If you still feel a bit loose or off center, then concentrate to anchor your cord again and perhaps use a different attachment method.
8. Once this is in place, bring you aura layers in tight around you. Imagine that all your extended aura layers are coming in tight to your body, about 2 to 4 inches away from the body. This should feel tight and compact.
9. Put your attention to your feet again and see (on all four sides) a beautiful egg shell of LIGHT come up from your feet, surround all sides of your body, and up over your head. This is an eggshell of LIGHT; a mantle of LIGHT.
10. Visualize a hole opening up over your head and see Divine Source Light (a gold column of light) flowing down into the top of your head and filling up the inside of your eggshell. This should feel full, loving and soothing. Feel the Light flowing around you and the stream is continuous from above.
11. Breathe this Light in through your nose and filling up your lungs with Gold Light. Visualize the Light seeping into your skin. See every cell in your body and every organ turning to full Divine LIGHT. You are healed in this Light.
12. **VIOLET FLAME** – *optional* – visualize the Violet Flame of Christ that will burn off all negativity in your aura. Ignite the Violet Flame beneath your feet. See this flame begin to work its way up over your ankles, calves, knees, etc., all the way up your body. As it moves up the body, it is burning off negativity in 360 degrees of your aura. This Christ Flame is very strong and you can ask it to stay at any one chakra for a few seconds

longer if you feel the need to burn off or heal that area. Move the flame all the way up and out through your head. For most people, some extra time is required for the Violet Flame to sit at the throat chakra and burn off negativity to be able to speak one's truths. As it moves up into your head, see it burning off negativity out through the ears and up through the Pineal gland. Then move the Violet Flame through the 6th chakra and the crown, and up and out. When this is completed, SEE your body fully returned to a Christ Gold Light in every cell and every organ. You are a LIGHT body inside your eggshell of Light.

13. Coat your eggshell in these colors: *First*, Dark Blue (nobody can glom onto you), *Second*, Amethyst (connection to your Guides) and *finally*, Gold LIGHT (connection directly to Source).
14. Call in the four ArchAngels for protection and guidance to anchor in (one on each side of you and one at the front and one at the back). ArchAngel Michael (left), ArchAngel Gabriel (right), ArchAngel Raphael (behind) and ArchAngel Uriel (in front). Ask out loud for their guidance and protection.
15. See the ArchAngels wrapping your entire eggshell in a beautiful Gold Mesh Net – that is their protection net. Give 'Thanks' to the Angels for their service.
16. State out loud, "This grounding stays in place until I next replace it."

This is usually a good time to do a brief prayer with your Spirit Guides and Angels.

Call them in and ask for assistance for the day. Ask them to show you where you need to be going, help you with what you need to be doing, and that you will gratefully listen for their guidance.

For added protection, you may wish to call in the CHRIST energies and Mother Mary to wash over you (like bath water or a matrix grid) and to hold you, watch over you, and guide you.

