

## **Solar Grounding Ritual**

Visualize yourself as growing very large...huge. Grow until you can put one foot on the Sun and the other on the Earth. **Size DOES matter!** If you can see yourself bigger than the Galaxies that is even better. See yourself in the darkness of space with your feet on the two worlds.

**Draw up power from the Sun into yourself and re-direct it into the Earth.** Just make certain one foot (I have always put the Right foot on the Sun) is firmly planted on the Sun and the other foot is firmly planted on the Earth. **You need to feel the power rising up from the Sun into your body, feel your body being infused by this energy, and then feel the power flow down the other leg into the Earth.**

**Do this continuously for about 15 minutes.** At the end of the 15 minutes, shut off the flow to the Earth while still drawing the power from the Sun. Continue this for about 1 minute. At the end of this exercise see yourself shrink down to your normal size.

Do this exercise two to three times a day for the next week. This exercise should make an immediate difference in your available energy and should also ground you. I will not tell you WHAT you will feel however I guarantee you that you WILL feel the energy within you and passing through you.

**Many are unable to do this exercise for a full 15 minutes when starting.** If you are doing it properly you may need to do it for shorter periods initially. Additionally, to call this exercise a “Grounding” exercise is VERY misleading. Once you begin this exercise you will experience some unusual things that will open an entire new world to you. This results of this exercise actually change based on YOUR NEEDS at the time.