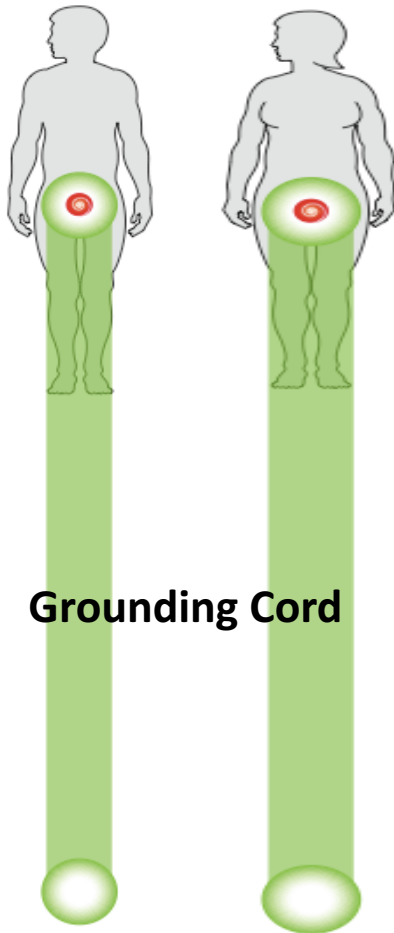




# ENERGY HEALING INSTITUTE

Education for The Consciously Curious

## Grounding



A cord of green energy is imagined in the 1<sup>st</sup> Chakra, extending down to the center of the Earth.

Small strands of energy are gathered from the Sciatic Nerve and tucked into the Grounding Cord. Calms and stabilizes the nervous system.

Females gather small strands of energy from the uterus and ovaries and tuck them into the Grounding Cord. Minimizes perfectionism and the tendency to fix other people.

