

Guide To A Grounded Life

FROM ALL OVER THE PLACE TO
CALM AND STEADY



- **Get your feet back on the ground.**
- **Claim your personal space.**
- **Feel more secure, confident, lighter, and happier.**

This e-book will give you clarity about why life feels overwhelming to you, and what you can do about it.



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Introduction

This is what I wished I had known decades ago. What I wish my parents knew when I was growing up. A practice essential to a balanced life. The practice that changed everything for me: anchoring myself and feeling grounded.

I'm highly sensitive, and all my life I've picked up other people's emotions and energy. I wasn't aware of this, and I certainly didn't know how to release it. At one point, I couldn't tell anymore what was mine and what wasn't. It left me exhausted and confused. Life felt overwhelming. Until I discovered the path of shamanism, learned to anchor myself, and felt truly grounded. My energy level stabilized. I now only have to handle my own emotions (which is quite enough), I feel more secure and calmer. I built a solid energetic foundation and reclaimed full responsibility for my life.

I learned that being grounded should be the foundation for any spiritual journey and is essential for growth and happiness. My goal is to create a movement of people who can feel confident, secure, light, and happy, regardless of their situation. A movement of people who have a solid foundation for their spiritual and personal growth, choosing their own paths and building their happiest, lives. Are you ready to join me?



The essence of anchoring

Anchoring is the reestablishment of your connection with yourself and Mother Earth (Pachamama).



The essence

When you're not anchored, there is a disconnect between your energetic body and your physical body. And therefore, a disconnect between your energetic body and the physical world. You're 'floating,' and that comes along with challenges. Such as a lack of focus, vague boundaries, insecurity, feeling cold, and anxiety. Also, it will be difficult to release tension and low-vibrating energy.

It's important to release an overload of energy, energy that no longer serves you, or energy that was not meant for you in the first place. Anchoring yourself is also about protecting yourself from people taking advantage of your energy, and from yourself taking things upon you that are not yours to carry (absorbing unwanted energy from others).

Anchoring is the reestablishment of your connection with yourself and Mother Earth (Pachamama). We live in symbiosis with Pachamama. Or at least, we ought to be. We are part of an energetic ecosystem. The earth needs our released energy as much as we need the nourishing energy of the earth.



Pachamama

Pachamama can absorb released energy, digest it, and transform it into new nourishing energy that we can absorb in return. It's perfect harmony. However, this process can't take place if we are disconnected from Pachamama.

First, you will not be able to release. In other words, you hold on to tension, stress, low-vibrating energy, etc. Secondly, you will not be able to nourish yourself with the amazing energy Pachamama offers. This will affect your whole energetic body, as this nourishment is needed for a smooth-running Chakra System, spiritual growth, and overall well-being. In addition, Pachamama's energy is grounding. It will help you feel more grounded and safer in general.

In Andean Shamanic traditions, Mother Earth (or Gaia) is known as Pachamama. She can be seen as the spirit of the earth, an energetic field.

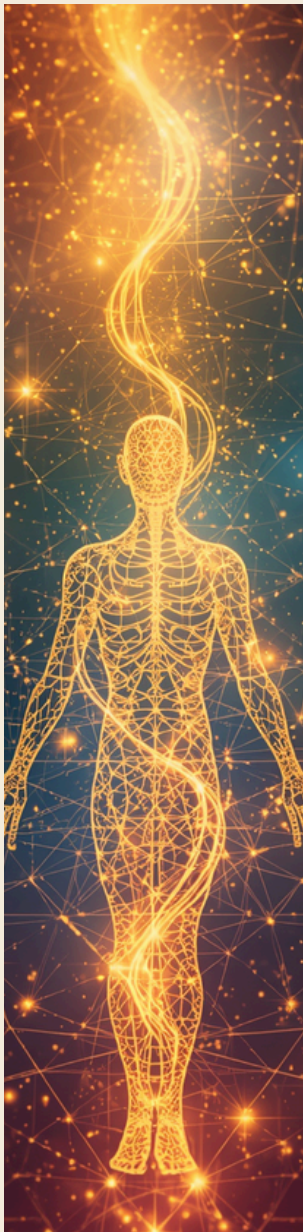
This is sacred feminine energy.

It's the creative force of all life on earth. The force that keeps us on the ground (gravity). And the force that helps to digest what is no longer needed.

Pachamama holds and nourishes us.



The purpose of anchoring



Anchoring yourself is the first step to letting your Life's Energy flow freely

Being grounded improves areas in life that you may not even have considered related to anchoring yourself.

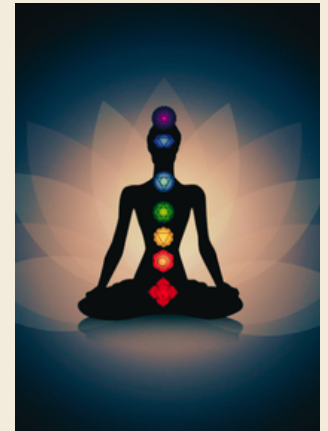
Not being anchored can manifest in many ways. Common signs that you're not grounded are:

- Feeling nervous/restless
- Feeling cold/cold hands and feet
- Being manipulated easily
- Having a hard time separating your own feelings from other people's feelings.
- Food cravings; mostly sweet
- Being overwhelmed/overstimulated easily
- Feeling drained often
- Having a hard time making decisions
- Lacking focus
- Difficulties with sleeping



Flow of Life's Energy

Anchoring yourself is essential for a balanced, happy, and healthy life. Being grounded will enhance the flow of your Life's Energy. The magical source of everything. It's the energy that keeps you moving forward, brings joy, love, and sparks your creativity. Anchoring yourself is the first step to letting your Life's Energy flow freely. This is the energy flow that is vital for your life, and it's the energy that fuels your Chakra System. Your chakras link your body, spirit, and mind. Without the chakras, we can't be productive human beings.



Low-vibrating Energy

During your life, you pick up energies from other people or situations. Or your energy gets distorted by traumatic (small or big) events. The remaining energies are usually low-vibrating and feel 'heavy'. In Andean Shamanism, this is called Hucha (heavy energy). You can also cause hucha in your system if you do things that are not good for you, when you're going against your natural flow.

This slows down the flow of life force and causes blockages in your energetic bodies and chakra system. This can result in physical complaints, mental health problems, and stagnation of personal and spiritual growth. We won't be able to move up on our path of happiness, follow our intuition, and live the life we were meant to live. We must release this energy.



You can release low-vibrating energy through smudging, visualisation and meditation.



Release & Nourish

There are many ways to release energy, such as yoga, breathwork, smudging, and energetic healing work. All these practices can be very helpful and healing. However, in the long term, this won't be effective if you are not grounded. What you release could come back to you if it was not released properly through anchoring. Another important aspect is that after releasing, you need to energetically nourish yourself. If you don't do this, there might be energetic openings for more hucha or entities to attach to. You want to 'fill up' the gaps with light energy, such as the energy of Pachamama or the Sun. You'll learn how to this in the Anchor Your Self Activation program.

Trust the Earth

Most of us rely heavily on the electricity network in our homes. Usually, the electricity runs over the network without any issues. All houses on the grid (in the Netherlands, at least) have a safety measure to prevent network overload and short circuits. It's simple, yet effective: the fuse box is connected to a pin that goes straight into the earth under the house. Yes, that's right! The Earth herself is absorbing the energy overload to keep the circuit stable. Do you see the link?

We already trust the earth's ability to absorb energy for our homes. So, why not do this for ourselves as well?



The Result of Anchoring



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By anchoring yourself, you create a solid foundation for your personal and spiritual growth.



The benefits of anchoring yourself are huge!

1

Being anchored means you are fully present in this earthly realm, you stand firmly with both feet on the ground, ready to claim your space. You can stand your ground more easily and will be less vulnerable to manipulation. You'll become aware and awake.

2

By anchoring yourself, you create a solid foundation for your personal and spiritual growth. You'll strengthen your connection to Pachamama, know that you are supported and carried by her, and experience her amazing energy.

3

You will be able to distinguish your own feelings and emotions from those of others. And let go of what you don't need. This will stabilize your energy level throughout the day. No more frequent meltdowns and exhaustion.

4

Anchoring yourself helps you to regulate your nervous system. You will feel less anxious and nervous. You'll gain focus, clarity, and feel calmer.

5

Anchoring yourself is the first step of flow. It will help you start making choices aligned with your higher self, moving with the flow of life rather than against it. Overall, it improves your well-being.



The practice of anchoring

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The more sensitive you are, the harder it is to stay grounded. The more sensitive you are, the more it's needed to stay grounded. But honestly, if I can do it, you can!

SIMONE



Modern-day Challenges

A lot of us live in urban areas and/or with habits that keep us from being grounded. Concrete buildings, isolated flooring, electromagnetic waves (Wi-Fi, Bluetooth), wearing shoes with thick rubber soles, working at a desk/in front of computers all day. Constant access to information (social media, news). Operating from our heads, rushing from one place to the next. The way we live and what we consume matters. For example, the consumption of alcohol, caffeine, recreational drugs, and certain prescription drugs will all cause a disconnect between your energetic body and physical body. The 'consumption' of negative news also affects our well-being.

Why do we feel so much better when we're out in nature? Yes, because it's easier to ground, release, and feel connected. Speaking from my own experience, I feel a much greater sense of belonging and connection when I'm alone in the woods than when I'm surrounded by people in the city. Simply because I can connect to Pachamama and myself with ease, without distraction.

Awareness

As with every process you go through, anchoring starts with awareness. Become aware of your 'not grounded signals' and your challenges. This will help you pay extra attention to when you need to anchor yourself. And, once you know how it feels to be grounded, you'll become aware when you're not grounded. And over time it will become a natural first response to anchor yourself.



Practice

One of the easiest ways to ground yourself is to go out in nature. Take a slow walk, preferably in silence (no Bluetooth headphones or earpods!). And make it a conscious practice. With every step you take, you say to yourself: "I let go of what doesn't serve me." This can be anything that you want to release. Such as stress, anxiety, overwhelm (other people's energies), frustration, or anger. Meanwhile, listen to the soothing sounds of nature. Look around, be open to signs, or maybe you'll find a peaceful spot to sit down for a minute.

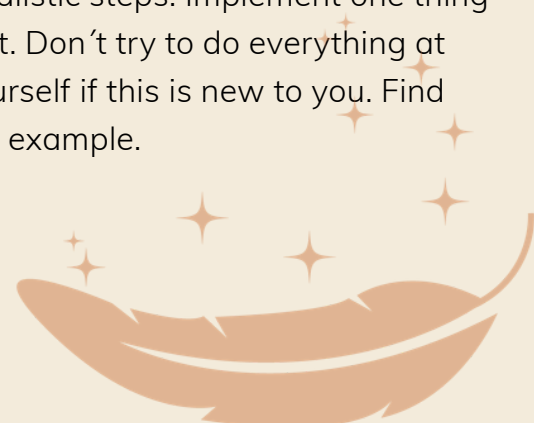
Another thing you can try is to place your (bare) feet firmly on the ground. Close your eyes, take a few deep breaths, and bring your attention to your feet. Imagine that roots are growing down from your feet into the earth. Under the surface, into the ground, all the way to the center of the earth. With every exhale, you imagine that you send your worries (or whatever you want to release) into the earth through your roots. With every inhale, you imagine that the warm, soothing energy of Pachamama comes up the roots, entering your body, moving from your feet up all the way to your crown. Do this for as long as you please.

Barefoot

Ever thought that walking barefoot is crazy? It's not! It's healthy, and you're doing yourself a big favor by doing this! In summer, I walk barefoot in the park or in the woods. And, whenever I can, I step out on my balcony barefoot. If you have a garden or backyard, go for it! No shoes needed! I never ever wear shoes or slippers when I'm inside. If you're not doing this yet, start walking barefoot at home. It really helps! Or, if it's cold, wear thick (wool) socks. Try it! Feel the difference!

Patience

It takes time and effort to create new habits. The same goes for learning to anchor yourself. For lasting results, it's important to take small, consequent, and realistic steps. Implement one thing at a time for a short amount of time, and increase this bit by bit. Don't try to do everything at once or for a long time the first time. Be patient and kind to yourself if this is new to you. Find ways that work for. Guided meditations can be very helpful for example.



Activation

After reading this e-book, you have a good understanding of what's been causing your state of "all over the place". And you know that it doesn't have to be this way.

A life-changing step you can take is to reconnect with Pachamama (Mother Earth). Igniting change and building a solid foundation needs activation of your system on a deeper level than just the mind. You need to FEEL it. EXPERIENCE it! REMEMBER it!

This step has been so profound in my own journey that I have to share it: Join me for the next **Pachamama Activation!**

Pachamama Activation

Your gateway to a happy life: reconnecting with Pachamama (Mother Earth) and yourself.

This activation is all about experiencing the amazing energy of Pachamama and what it does for you. It will also help you to remember what it feels like to be grounded. It shows you a way to release and nourish through meditation and visualisation.

After the activation, you will:

- Feel lighter, because you released energy that is not serving you.
- Have a space you can return to any time.
- Know how to connect to Pachamama.
- Experience the feeling of being grounded.
- Be recharged through the nourishing energy of Pachamama (Mother Earth).



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Activation

You can expect:

- A sacred shamanic and safe space.
- Guided meditation and visualisations. No experience needed!
- Coming home to yourself.
- Releasing tension and emotions.
- Nourishment for your soul

This is for you because...

- You know that taking care of yourself is a priority.
- Something has been missing in your spiritual practices
- A reset is needed.
- Feeling grounded, light, and happy is what you're aiming for.
- You need more than going out in nature to recharge.

This is an online group ceremony via Zoom. It's most powerful to be present during the live session. If you can't make it, a replay will be available for 24 hours. No prior experience is needed. Anyone can join. Fee: € 35

I'M IN!



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