

Summer Bonus Exercise #2
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Grounding in Fire – *an exercise in Empowerment*

This exercise is modified from a purely Earth exercise that was featured in a 1984 article I wrote for *Magical Blend* magazine entitled “*Magic in the Elements*”. This is an alternate Fire exercise employing an Earth exercise. While that may seem counterintuitive, it really isn’t. Alchemical Earth contains alchemical Fire in its makeup. Here’s how to use them together.

Find yourself a comfy spot of ground, not concrete or asphalt, actual soil. You can bring a pillow if you need to sit on, just not a chair. Though once you get familiar with this exercise you can do it in a chair, or even on the 43rd floor of a skyscraper. I’ve done *Grounding in Air* in airplanes, which is really a method of connecting with the vastness of the airspace. It would probably be unreal in space. Sadly, I don’t know any astronauts to ask them to give it a try and tell me.

To do Grounding in Fire, once you’re in your spot, close your eyes and breathe normally. Listen to the sounds around you. Notice the smells. Breathe in deeply. With each breath, imagine your essence going deeper and deeper into the earth. (In the Air version, it’s further out into the airspace – you get the idea). When you no longer feel a separation between yourself and the ground, invite the Earth’s energy to come into you. Imagine it as a luminous sprout, growing up as a tree from your tailbone to your crown. (Yes, the metaphor would be different in Air)

Let it sprout from your crown as branches stretching out and sheltering you in their luminous leafy covering. You are the trunk; the branches are you reaching into the world. Imagine they stretch out to touch the ground, forming a torus of energy between the earth, you and the earth. You are connected, in a soft energetic bond.

Call the energy back, through your branches, through your crown, down your spine – drawing out your fears, pains, and hesitations. Faster and faster - send them into the earth, as a luminous ball growing ever fainter, falling ever deeper. See it extinguish. Stand, be aware of your first thought, your first feeling, then go about your life.