



USE GROUNDING TO  
BRING YOU AND YOUR  
DOG INTO BALANCE  
AND FOCUS, INDIVID-  
UALLY AND AS A TEAM,  
IN A UNIQUE BONDING  
EXPERIENCE.

# ENERGETIC TOOLS FOR EVERYDAY LIVING

## GROUNDING FOR YOUR DAY

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**G**rounding is your energy reset button. It helps remove unwanted emotions, feelings, physical pain or blockages from your energy field. It's a formidable tool for you and your dog, clearing negative energy from your personal space, enabling each of you to receive more of what you desire.

This grounding technique is a fundamental tool inviting positive thoughts and feelings into your energy field. Anything that doesn't serve your highest good can literally be sent down your grounding cord. This visualization can help your dog to help you stay focused and calm. Grounding brings you and your dog into balance, individually and as a team.

Another important aspect of grounding is its relationship to The Field, or Divine energy. Also known as the Oversoul, grounding is a means to access the greater consciousness that works on the soul level. Grounding raises our vibration, brings more light into our energy fields, accessing unlimited possibilities for spiritual growth and enlightenment.

### JUMP START YOUR DAY

Starting your day with a brand new grounding cord is a powerful wake-up call – an energy smoothie. I like to ground while sipping my morning coffee, adding sparkle and pop to my cherished

morning ritual. My day is infinitely more organized than if I plunge into a spinning mental list. How fun to sit with your dog, ground together, and watch each reaction, noticing the relaxing effect grounding has on you both. Grounding may be done throughout the day to refresh and cleanse your energy field.

### VISUALIZATION

Set aside five quiet minutes when you and your dog can be still, with no distractions. Sitting with your feet on the ground and eyes closed, imagine a cord, a tree trunk or even an open garbage can attached to the base of your spine. Make it hip width in diameter, designing it to your personal specifications, such as metal, wood, acrylic or fabric. Visualize it extending from your tailbone and connecting to the center of the earth. See your grounding cord extend to the earth's molten core; secure it there via a large anchor or crystal or whatever comes to mind.

Should you see something worn out or shrunken, it's simply the old grounding cord. You can "disconnect" and discard it, sending it back to the center of the earth where it will be recycled into new energy. Your visualization tools are infinite, so enjoy them!

Once your grounding cord is clear, see how it feels. If you don't like its color, shape or size, change it up. Ask that anything you

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don't want exit via your grounding cord. This includes pain, feelings or emotions. You might feel your energy shift solidly when you complete this process.

### GROUNDING YOUR DOG

Grounding together can benefit both of you. Like us, some dogs are naturally grounded, while others need a nudge. Sit beside him and place your hands on the back of his neck. Invite his cooperation by sending a telepathic request. Then imagine four grounding cords, one extending from each leg, going all the way to the center of the earth and anchor there. You might just feel his energy move through your hands, down his body, exiting via his legs and out of the bottom of his feet.

### EARTH AND COSMIC ENERGIES

Earth and Cosmic energies run all the time. You can activate them after your grounding cord is in place. See your earth energy come up through the bottom of your feet, continuing up through your thighs and into your belly. See your cosmic energy enter your body via the top of your head from a distant galaxy or star. Notice their colors, flows and feeling. Personalize the colors, texture and dimensions of these energies.

The cosmic energy moves down through your spine, joining your earth energy in the center of your solar plexus where they swirl and dance. The blended energy then moves back up your spine, flowing out of the top of your head where it creates a beautiful fountain of light into your aura. The auric field is immediately cleansed, refreshed and renewed.

### FILL IN WITH A GOLD SUN

After you complete the steps above, visualize a beautiful gold sun above your head. Fill it with positive thoughts and intention for your day. Do you want your dog training to go smoothly or to have a stress-free workday? Add words to your sun such as bliss, happiness, love, ease or flow. Then literally see these words flowing down through the bottom of the sun, flowing into the top of your head down your physical body. Fill yourself from top to bottom and side to side with gold.

When finished, rub your hands together, tap the floor and take a deep breath. Filling up with gold sun energy is infinitely more useful than feeling the physical jarring brought on by cluttered thoughts. Your energy has been replenished for today.

### GROUNDING THROUGH THE DAY

Grounding can be done prior to a competition, a training session or any time you feel your dog needs redirection and focus. If the two of you feed on each other's emotions, practice these techniques together. Your dog will find his own rhythm realizing your intention is to release tension and anxiety in those situations.

Perhaps, while hiking with your dog, you meet an unpleasant dog owner who scolds you for having your pup off leash. Even though your dog is well behaved, this experience leaves you feeling uncomfortable. Drop your current grounding cord and create a new one that allows you to release those feelings and let them go. Visualize your uneasy feelings leaving your body via the cord. This process will help you let go and move on.

Grounding can be done as often as you like. It's a simple tool to keep you and your dog in balance. Whenever you feel scattered, disorganized, frustrated or simply off kilter, give it a try. Use this easy method to bring your pup into a more relaxed frame of mind. Both of you will feel lighter and ready for daily challenges.

Grounding cords, earth-cosmic energies and a gold sun are energetic tools for everyday living. As a means of recalibrating energy, they create more ease and flow in your day together. These strong visualizations really work, clearing out old and making ready for new energy.

Grounding strengthens your own energy fields while amplifying your connection to The Field. With a bit of practice, you'll sense the energy shift in your body, finding a natural release breath come up on its own. It's an inventive, hands-on practice, one that will create a more harmonious relationship with your dog while enabling both of you to harness the universal energy that heals and soothes the soul. 🌱

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