

# Grounding Activities

## **Go for walks**

Preferably if the earth is warm it's good to walk barefoot. Begin with a minimum of 5 minutes, then increase slowly and comfortably. Let your feet not miss the touch of mother earth. In winter, go for longer walks. Walk near woods and seashores as often as possible. It reduces stress.

## **Deep breathing**

Take an extra 5 minutes of Pranayama or just deep breathing during the day. Make it a habit to give awareness to your breath once an hour during the day.

## **Hug a tree**

Hugging trees is an effective way, especially if you are a sensitive and nature-oriented person. Because the roots of the trees are well connected to mother earth and the branches are facing the sky, this property clears the energy (aura) around you. Aura is a field of energy that exists in all living beings. The field varies according to the emotional, mental, and spiritual existence of living beings.

