



Getting Grounded: Connecting with the Earth for Greater Health, Patience, Serenity and Insight

Michael Hetherington

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Your Essential Guide to Grounding and Earthing

This book has been written to explore what grounding and earthing is and explains how to conduct a simple energy test to work out if you are grounded or not. Also, in this book are six correction exercises to encourage quicker and more efficient grounding.

After reading this book you will be able to:

- 1. Become more aware of what being grounded feels like and what being ungrounded feels like**
- 2. Establish and practice accurate ways to test and identify it**
- 3. Apply effective corrective techniques to re-establish grounding and earthing**
- 4. Better understand energy medicine, prana and Qi and their relationship to earthing**

When we are grounded we are generally more:

- **Physically and emotionally steady**
- **Patient**
- **Calm**
- **Relaxed**
- **Content**
- **Creatively enhanced**
- **Intuitive**
- **Focused**
- **Have a stable, steady heart rate**
- **and much more..**

If you are interested in finding out more about what grounding and earthing really is, how to test for it and how to establish it in your daily life, then this book is for you!

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