

"GROUNDING"

E.C. Mare

Awareness through the Body

Fairhaven College

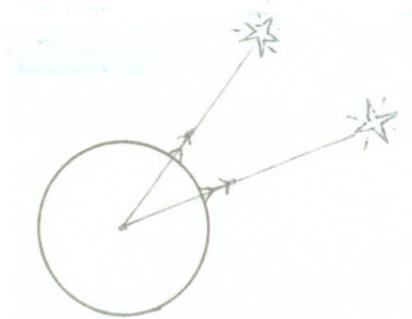
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GROUNDING describes the relationship between a body and the center of the Earth. A body-person is grounded to the degree that their internal center of gravity is aligned with the internal center of gravity of the Earth.

If we imagine two bodies standing on the surface of the globe, with a straight line passing through each of their erect spines, then these lines will converge at the center of the globe, no matter where on the surface the two may be standing. So, the common reference point for all Humanity is the center of the Earth.

If we imagine the straight lines passing through the spines to be extending outward, away from the center, then each of the lines will eventually reach a distant star, and each star will be different for each body, no matter where on the surface they may be standing, So the point of individuality for each body-person is a reference outward, away from the center of the Earth.



Being grounded simply means maintaining a point of reference with the center of the Earth. This need not be acknowledged consciously for it to be effective. Feeling a connection with the common bond of all Humanity could affect a sense of grounding. Being active in the daily mundane affairs that are common to all people can affect a sense of grounding – especially those affairs that can bring one into direct contact with the Earth. Activities such as food growing and preparation, garden tending, animal husbandry, water harvesting, shelter construction, and family nurturing are all very effective ways to maintain a sense of grounding, for each brings one's center of gravity into alignment with the center of gravity of the Earth.

Body-persons who are never involved with subsistence-level activities close to the Earth may experience some difficulty feeling grounded. Perhaps their attention is focused on some distant star? Body-persons who overly emphasize their degree of

individuality may also experience difficulty feeling grounded, for they are not acknowledging the common reference point at the center of Humanity.

Grounding is ultimately a physiological response. As the center of the Earth pulses with its life-sustaining beat, each body at the surface has the opportunity to resonate with this rhythm, and so achieve grounding. As my own heartbeat matches that of the Earth's, I am able to feel a unity of purpose, a feeling of belonging, and a sense of being grounded. There are countless subtle variations to this fundamental heartbeat ringing out over diverse and varied landscapes and micro-climates, so the only way to harmonize with these subtle overtones is to become fully and deeply involved with the living processes of a particular place on the Earth. Then one's body will be able to effortlessly synchronize with the fundamental, living rhythms of the Earth - and without striving, become very grounded.

Even so, there are many places on the globe where it will be very difficult for bodies to sense any natural rhythms at all. Unfortunately, these are also the places where most of the people live, in the thickly contrived environment of cities. When the land gets paved over and covered with asphalt or concrete, when watercourses are diverted and culverted, when the living plant-mass is removed and the animals and birds must flee...these are very difficult conditions for a body-person to feel grounded in. And then, if this body must live several stories up in the air, and must be constantly exposed to the static electricity of wires, appliances, and power lines, and all day must be immersed in discordant, unnatural, mechanistic rhythms, then this body may never feel grounded. A body in this position will do well to get out and walk as much as possible, firmly planting the feet on the ground with each step. An open piece of Earth should be found, like a park, and body should go and lay there as often as possible so that the ground can absorb and discharge the discordant fluctuations body has been exposed to.

Would an indigenous culture ever have the need to come to terms with a concept like 'grounding'? What else would life on the surface of Earth be like? The civilization of empire, however, tears people apart from their roots and throws them into a floating anxiety. In this condition, the people feel a tremendous need for grounding.

Body, in its essential energetic overtone, is an electrical circuit, and all electrical circuits need to be grounded to function properly. An electrical circuit not grounded properly can cause severe shock: a stressful static charge builds up and seeks to discharge at the first opportunity, possibly in a violent surge. Those people who are easily allured by the artificial stimulation, discordant rhythms, and unnatural lifestyles of the civilization of empire should understand that when the inevitable loss of grounding occurs, they may be on the verge of short-circuiting.