

Getting Grounded & restoring Inner Balance

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Nature shows us how our connection to the Divine Mother Earth must always come first.

When you put a seed in the ground, what happens?

First, it grows a root to anchor itself into the earth. Only then, it begins to grow taller, forming leaves and reaching up into the light.

We, as human beings, need to be grounded first to feel safe in our body, to anchor ourselves in our foundation, which is our pelvis. It is the largest bone structure in the body. If we relax into it, it feels similar to sitting in a comfortable armchair. It's meant to be cozy and nice in there.

Conscious Connected Breath

Using the inbreath we take in energy. Breathing into the nose, pulling the energy behind the forehead and up through our thoughts, reaching into the sky.

The outbreath only seems to be about letting out air.

Of course, we do breathe out air, but the energy we take in is now allowed to be moving down, staying in, sinking deeper and deeper inside, thus grounding us in our pelvic area. Connecting us with Mother earth.

We actually receive twice; Once *actively* on the inbreath, and once *passively* on the outbreath.

Now, firmly rooted, we are able to connect to the higher energies, to the divine Father. We bring the breath up, more and more energetically, then connect the lower chakras and our personal willpower to our heart, mind, intellect, and the higher chakras.

In a morning attunement, this will always be the first intention.

Breathing in actively and intentionally into the chest, into the heart area, breathing out while letting the energy drop down deep into the body.

Throughout life, most people try to solve any problem they encounter with their rational mind.

We will get better results when the mind is settled and grounded inside the body. Through a stable connection to earth, the mind can communicate through the wisdom of the heart. We are then in a state of inner balance.

Not being strongly settled inside in the body, leaves the body empty. The inner self may feel homeless and alone, and the body might to some degree experience fear.

The consciously connected breath supports the flow of energy into the body, from above and below.

What to do when balance is shattered?

We need practice, attention, and resilience to stay conscious in moments that our inner balance is threatened.

We are out of balance, when a situation touches an old unconscious thought in us, coupled with a strong sense of unpleasant feelings, which are actually only unintegrated memories in the body/mind. Feelings like irritation, anger, sadness, or fear. These feelings and emotions may be

experienced as very real now, whereas they, when closely interrogated, are just old thought forms being re-activated.

These unintegrated memories and feelings are rising up out of our reptilian brain, and override our clear thinking, which happens in the frontal cortex. In situations where we already are caught up in the emotion, we seem not to be able to act like an adult anymore. We happen to re-act like the child we once were, when the original "trauma" happened, the original situation that was too painful in some long-ago moment to be completely experienced and thus integrated. It is as if a small part of us got frozen and stayed that way, waiting to be finally experienced till the very end, thus becoming integrated into our personality.

Unintegrated memories shape our experience of the world today. They become our deep-rooted belief systems. These often-negative belief systems in the end are always disempowering.

Unintegrated memories are like messages from our past, to show us where some inner work is needed.

The person who is *seemingly* causing us to feel this unpleasant way, is like a messenger bringing us an important message from the past.

Re-acting irritated or angry would be like trying to kill the messenger, which would be irrational. You wouldn't kill the postman who brings you a letter about taxes you must pay!

*The intuitive mind is a sacred gift, and the rational mind is a faithful servant.
We have created a society that honors the servant and has forgotten the gift."*
Beginning of the 20th century - Albert Einstein

The inner work is about becoming aware of our disempowering beliefs. How we live with them, without being even aware that they are there below the surface, nevertheless, unconsciously shaping our lives and actions.

The inner work is about understanding that we are always the cause of everything we feel and experience!

We have beliefs about what we look like, about our self-worth, about what people think about us, about money. The list is endless. But the most basic belief we carry like a heavy load with us are, 'I am unworthy', 'I am not good enough', and 'I am not lovable'.

Example

- Mary grew up with a single mum. Her father left when she was four. She has always felt less beautiful than her older sister. Now, Mary has a relationship with a man who is very good looking. She often is still overwhelmed by the fact that this gorgeous man has chosen her. However, when he goes out with his friends, she is anxious that he will meet a woman more beautiful than she is, and then he might betray her. She is insecure and needs his continuous reassurance. She often speaks about these feelings and in the end, he feels he will never be able to give her the security she craves. He internally withdraws from her, and she feels less and less safe with him. She never feels good enough for him in the middle of her fear and loneliness.

In her experience, her belief about not being good enough has been proven right.

In her sessions, Mary begins to relive the angst about her father leaving. She sees that she has also picked up on her Mum's fear of being left alone. She recognizes that this whole belief system, about

being not good enough and men leaving women, has become a story she kept telling herself over and over again, thus creating misunderstanding, distance and misery.

By breathing and feeling through her angst and sadness, she learns to stay conscious, being able to think clearly, and not letting the old unconscious memories she experiences to take over, causing her to re-act in a "childish" way. Her self-worth and self-confidence are growing. -

Strategy

So, here is a strategy to use in a lot of everyday moments when something throws you out of balance.

1. You begin to feel an unpleasant feeling -an upset- inside, like agitation, stress (which is fear!), anger, worry, insecurity, etc.
2. If the feeling is intense, you will need *time for yourself*. So, you move yourself *physically* away from the situation! E.g. You go to another room, to the loo, or wherever. If the unpleasant emotion seems to have been caused by another person, you tell the person you will come back and talk about the issue at another moment!
3. Now you take a bit of time for *yourself*. You sit down and you feel. Where is it in your body? What age do you feel when you feel this way? What is the thought behind the feeling? What is the emotion attached to it? Who did you duplicate it from? What is the underlying belief? Even not knowing the answers, is ok. You try to locate the feeling, so you can work with it.
4. Now there are 2 possibilities;
 - a. You breathe connectedly and strongly. Which means, you bring in the healing power. You keep feeling the physical feeling, diving into the center of it, experiencing it as completely as possible, until it melts away. While breathing consistently, you integrate all the sensations, all the emotions and all the thoughts you encounter. You may cry or get angry, and... you keep breathing! What would it take to feel completely well in this area in the body? When the feeling has melted, you fill in the space with positive energy, that can be a color of your choice or a wonderful light.
 - b. You ask yourself, is this thought, this belief true? Can I prove that it is true? Is this thought narrowing me down, or is it widening me? What thought can replace this limiting one, that can prove to be as true as my original belief, a thought that makes me feel better?

E.g., the thought that there is no time for me to take a couple of minutes once or twice a day to relax, is just that, only a thought. Can I prove that thought is true? How do I feel thinking that? Turned around, it could be, "There is always time for me". "Taking time for myself nourishes me". "Taking a moment for myself during my working hours, makes me more productive".

The thing is; Emotion follows thought. And... Emotion always wins from logic.

If there is a battle between emotion and logic, logic will never win.

A very effective way to let the emotion win in a good way is to let the emotion melt down, by feeling it completely, while breathing consciously. To do that, we need to have a vision with a clear purpose behind it, to get enough leverage to grow and develop internally.

In order to accomplish this, we need to be grounded inside the body. Then, the connected breath will carry us inwards and through whatever happens. Trust the breath. Trust the process.