



## **PWE07: Getting Grounded**

Welcome to the Peace with Endo Podcast. My name's Aubree Deimler. I am an author, speaker and integrative health coach who helps women with endometriosis naturally manage pain, increase energy and find Peace with Endo.

This is episode number seven: *Getting Grounded*. I know it has been awhile since I showed up in this space. In the last episode I shared with you about the new mastermind program that I've been doing with one of my spiritual mentors named Kate.

That program has been intense and it has brought up a lot of stuff. I shared a bit more about what happened during my time of silence over on the blog if you want to read more. That's over at [peacewithendo.com](http://peacewithendo.com) and the post was called *Finding Meaning in the Darkness*.

When I explored my root chakra space I found some darkness and I fell back into it. It made me want to retreat. It made me want to disappear, which is what I did within the podcast here and the blog. I pulled myself back from the Internet, from putting my voice out there.

But there has been a lot of intense healing going on within that time and a big part of that has come from me writing. I've been writing a new book called *Energetics of Endo*. I started writing it about a year and a half ago. My intention was to figure out if there were blocks going on that were keeping me from getting pregnant.

So, I started writing. I started journaling and I've captured a lot of that story in this book that I'm writing. It covers the last year and a half or so in which I've experienced great spiritual growth. I've made leaps and bounds towards this idea of peace with endo and the infertility story that has come along with that.

I owe a large part of that growth and evolution to Kate and to the guidance that she has provided me. As I've been writing about everything that happened, I've gone back to some old calls that I had with Kate.

In one of them she identified a big disconnect in my root chakra space. She gave me this visual of a nail in my foot, an image of forced grounding. My soul wanted, in a sense, to escape my body. It had to stake itself down, so it didn't fly away. That image was powerful to me. I related to the meaning behind it.

I learned early on to disconnect from my body especially when it brought a lot of pain. I had excruciating pain with my periods from an early age. When I was 17 I started to take birth control pills, which did help with the some of the pain but it further disconnected me. It manipulated my pituitary gland. My body disconnected from a normal menstrual cycle.

I started to have side effects from the pill. One of the big ones was on my mental health. That's what led me to finally getting off of them late in my twenties. With that decision came a return of pain with my periods, which eventually led me to getting diagnosed with endometriosis.

It felt good to have a name for the pain, but really that journey was only getting started. After I was diagnosed the doctor recommended that I get back on the pill or get pregnant as soon as possible. I was on the pill for ten years. Once I was off of them I started to feel more like myself again.

I didn't want to start taking them again. So, I didn't. As my body got used to a normal menstrual cycle, I experienced a great amount of pain with my periods that only made me further disconnect from my body. I was living in my headspace, rather than down in my body where all that physical pain was.

When that happens, when your energy is out of balance, when you're not grounded down into your body, then you'll feel scattered, foggy headed, depressed, you may experience anxiety, or stress in general. It's hard to focus. Do you ever feel that way?

The pain with my periods was traumatic. I had to find a way to lessen that without going back on the pill. So, I dove head first into the alternative world of health and wellness. I researched and absorbed content on different healing modalities. I tried many things. I was out to find a solution to this problem that'd finally been identified.

Over the years I've reported many of my experiences on my blog and now here in this podcast space. I've used these areas to capture the journey of exploration. That journey hasn't always been easy. I've made it through intense amounts of physical pain. This made me further disconnect from my body.

As Kate so vividly described to me, my soul was trying to escape. It was tired of having to live in a body full of pain. Another message Kate relayed to me during that old call was, me treating my body like a science experiment, as something to study, rather than as a vehicle for my soul's experience on this earth.

Your soul naturally vibrates energy of joy, love, creation. Your body is your soul's vehicle to experience this life on earth, to feel the pleasure and pain of a human experience, but mostly to experience its natural state of joy.

Rather than embracing my body this way, I disconnected from it and I saw it as something that needed to be fixed. I studied it from above, disconnected.

Your root is central to your energy system. It's what's connected to the earth energy, to the divine feminine flow that nourishes your sacral pelvic space. When your root energy is off, then everything is off.

Since that call with Kate and the images she relayed, I made it a point every day to focus on grounding my energy. I'd like to share some tips with you today on how to do that. You can do this too. Bring your energy down, so things can calm down. Experience the joy of life down on earth, right underneath you. Get out of your headspace.

The root energy comes from the earth, so one of the best ways to get grounded is to get outside. Have some skin to earth connection. Walk on the grass, or the beach, or in the water. If you can, lay down on the earth. This physical act of grounding allows your body to absorb the electromagnetic earth energy that calms down your nervous system and improves sleep.

Another way to get grounded is to partake in any activity that pulls you back into your body. Such as physical exercise, yoga is great, dancing, walking, hiking, swimming... anything that allows you to experience movement in your body.

Another helpful grounding activity is coloring. Pick yourself up an adult coloring book and some colored pencils and get some coloring time in. This provides focus and the colors connect subconsciously to your energy and what needs to be re-balanced. I am commonly attracted to the color red when I color, which is the color of the root chakra. Coloring helps to calm your energy. It's like an active meditation.

Speaking of meditation, that's another way to get grounded, and to make this even more effective, I'd like to share with you a quick visualization exercise that you can do each day to help you ground your energy.

Sit with your feet flat on the ground, with your back straight. Breathe long and deep into your heart space. Imagine that air is coming in from the front and back of your body into this heart space. Breathe out, down out through your feet, letting go of anything that's heavy. Breathe in again deep into your heart space and down, out through your feet.

Now put focus on the bottom of your feet and on the base of your spine and imagine that roots come out from this area and go down, through the floor, or whatever your feet are planted on, down deep into the earth. See your roots spiraling downwards with bright red colors of light, penetrating down into the depths of the earth.

Feel your energy moving downwards, planted, rooted, grounded, strong. Now breathe up through those roots, back up into your body, allowing the energy of the

earth, that fiery red lava energy to flow back up into the bottom of your feet, and the base of your spine, on up into the rest of your body, filling you up with the energy of the earth.

Breathe again in deep into your heart space and out.

I've been taking time each morning to get grounded and it has made a huge difference. I'm making steps towards coming back into my body to truly enjoy my soul's vibration of joy each day. I encourage you to do the same.

If you enjoyed this episode I invite you to subscribe to continue on the journey. If you want to connect with me further you can find me at [peacewithendo.com](http://peacewithendo.com) or on Facebook, Twitter and Instagram @peacewithendo. I hope you find some peace in your day today. Sending you so much love. Bye for now.