



Grounding Tips Sheet

Root Chakra

Alongside my NHS treatments, the principles behind sound healing and chakras help me feel stronger, calmer and more grounded each day. I'd love to share six ideas that help me.

HERE ARE SIX SIMPLE WAYS TO GROUND

1 Ground with sound

Sound healing works through frequency and vibration. Gentle sound vibrations are said to help settle and steady the root chakra.

2 Feel the sound frequencies

The note C is said to support a grounded, settled root chakra.

3 Crystals to set intentions

Red Jasper, Hematite, Black Agate and Smoky Quartz. I love to set good intentions and feel the power of beautiful crystals, or wear them as jewellery.

4 Speak affirmations

"I am secure, confident and grounded in this moment."

5 Know the chakra chart

The root chakra sits at the base of the spine and governs safety, security and stability, the foundation the other six chakras build on.

6 Earthing in nature

It's been found that direct skin contact with the ground lets the body absorb the stabilising frequencies of the earth, physically and energetically. I love to walk the dog, or sit in a park or the garden.

Come and join us at our sound bath

We run sound baths throughout the year, with new dates added regularly. Visit lotus-sounds.co.uk/events-booking to see what's coming up and book a place.