

# Here and Now: Reiki Grounding and the Earth Star Chakra

BY LORI TOROK, MĀ

**B**EING FULLY PRESENT, moment-by-moment, day-by-day, can be challenging in these times. Many have become quite accustomed to half-living because they are not fully present, not fully here. Life stressors, anxiety, fear, and multitudes of chaotic energies affect us all and potentially keep our life force from flowing healthily—gripping, forcing, pushing onward, getting things done faster, with a body that feels like bricks. Emergent situations do arise, where we occasionally need to work from such places in a world like this. However, many remain stuck in the energy of emergency far too often, for far too long after such experiences. This place is not the way of peace. Coming back home, returning to the residence at the intersection of Here and Now may be the stability we are looking for.

When we visualize the body's chakras, we usually see the seven energy centers along the body's midline, seemingly separated in a break-up of colorful rainbow rays. We know that chakras have unique frequencies and functions as they move life energy through the body. We also know that the energy flow moves through the body, descending from above and ascending from below. Many Reiki practitioners connect with this flow of energy within, before, and during the transmission of Reiki for themselves and others.

During a self-healing session and meditation a few years ago, I was shown the lovely rainbow spectrum of the

chakras and was told, "This is the unhealed system." I was reminded that here, on Earth, we are in a lower vibrational state, a state of separation and that this is not the Higher Truth. I was asked to teach this differently because I contributed to further division within the body when I taught about the chakras as separate energies and frequencies.

In perpetuating thoughts of separation, I was taking part in the hierarchical struggles within the body, just as we experience outside the body, in the outer world. The struggle outside reflects the struggle within. To be a channel for healing energies, I was told that I must work with and teach the reunification of the unhealed system, allowing the chakras to rejoin, to return to their original quality of pure white light. Opening to further guidance over the next year, I was given greater direction and a clearer understanding of the workings of the chakra column

and our connection to the physical plane.

When I was younger, whenever a meditation facilitator or yoga teacher would talk about our need to "ground" ourselves, I would silently deflect the notion, thinking that I was a dancing soul on earth, so why would I ever want to be grounded, aka stuck? I wanted to fly, which was the reason I was meditating, or so I thought. I didn't give this much conscious thought; it was merely a brief, subtle, inward rejection of the facilitator's guidance.



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Over a period of twenty years, I would commit to remaining, on some level, unstuck, untethered. I share this with you openly today because I find many people who come into my wellness center for meditations, classes, or workshops will “glaze over” when I speak to them about grounding. And why wouldn’t they? That word, grounding, has a few too many energetic imprints that many would rather not attach themselves to in exchange for a buoyant journey of Light. When a teen has lost her freedom for a violation of particular rules of the house, she is referred to as being grounded. When the weather is inclement, the planes are grounded. When we plant things into the ground, they stay put—rooted, unmovable. A person who considers themselves to be a *Spirit of Light*, this may be counterintuitive and undesirable.

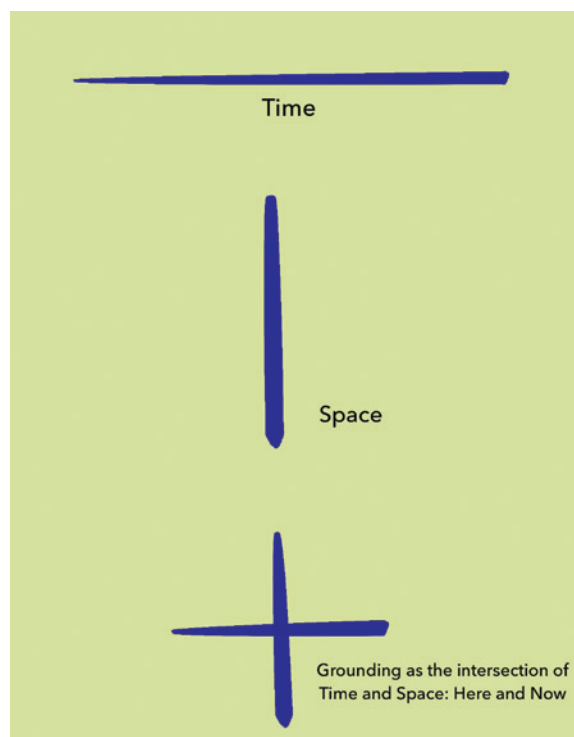
### Grounding: Intersection of Time and Space

I resisted the concept of grounding myself for many years, until Spirit taught me I had misunderstood the intention and action of this concept. I needed a new image. Instead, I was told to think of it as placing my awareness of self between the concepts of Here and Now.

We often visualize the concept of time on the earthly plane as a horizontal line—past, present, future being dots on the horizontal axis as if we were traveling a path from left to right, onward through time. We call this a timeline. The vertical line represents our sense of space, the presence within, through us, in this life stream (the chakra column).

I was guided to stop thinking about grounding as “getting stuck” in the earth, but instead to bring, with the breath, the horizontal and the vertical lines of energy together, through the physical self (intersecting at the heart), “Bringing all time into the now and all space into the here.” Thus, grounding became a refocus of the energies into the center of here and now, fully present, a place of great strength, wisdom, and love at the heart center. This process is also terrific for pulling your energies back into your physical being if you have been “giving away” your life energy in multitudes of directions.

The intersection of time and space within your physical body is the true meaning of grounding. It is the focus of all space in the here and all time in the now. Further, I am shown that wherever there is an intersection of perpendicular lines (time and space), whether in Reiki symbols, in



movement, or consciousness, this is where the Holy Fire burns. This information has been transformative in my Reiki practice, understanding, and teaching.

### The Earth Star Chakra Responds to Your Thoughts and Feelings

The vertical axis travels directly through the chakra system and is the energetic pathway between the coordinates of the Soul Star Chakra which is above the head and the Earth Star Chakra which is below the feet. Presently, we will focus on the Earth Star Chakra.

We are centered on and connected to the energetic support of Mother Earth/Gaia/Sophia through our Earth Star Chakra. This chakra is an energy center, located nearly 24 inches/61 centimeters beneath our feet (brown/burgundy color and most strongly connected with the vibration of drumming), which freely moves with us, just as all the chakras do, wherever they are located within the kinesphere.<sup>1</sup>

I explain to my clients and students that the Earth Star Chakra is like the electrical outlet on the wall; however, this connects you to Mother Earth, who holds the keys to the ascending flow of life energy through each of us. To try to turn on the lamp without it being plugged in would be futile, and so it is with our physical energy. The divine pathway of Light and Love descending around and

through us will never cease; it is a divine gift. However, the energy of the Earth Star Chakra is an invitation given to us to accept or to decline. When so many of us in Western society have disregarded the healing energies offered to us from Mother Earth, it is no wonder we have forgotten to even respond to the invitation. Let's take a closer look at this invitation to heal.

If you were a planet, and in many ways, you are, the Earth Star Chakra is your southern axis. It will occasionally shift beneath you as it responds to your thoughts and feelings, all of them. When someone is particularly stressed or overcome by anxiety or fear, for example, the Earth Star Chakra will receive those cues as a sign you are under energetic attack or that you are deciding not to use the help that Mother Earth/Gaia/Sophia can provide. This disconnection from the Earth Star Chakra resonates outwardly and misaligns our electromagnetic field. The energy will slow or even stop. It will subsequently slow or stop the flow of energy through each chakra, based on your vibrational choices. Because of your inherent right and free will, the Earth Star Chakra will release you from its energetic assistance. Subsequently, your entire chakra system responds in kind and the chakras close down as an act of self-preservation, or withdrawal, per your thought forms. A Reiki practitioner can see or demonstrate this easily with a pendulum.

### **A Case Study—Everything Is Just a Thought Away**

A lovely young woman, we shall call her Valerie, came to see me for a Reiki session. A Reiki practitioner herself, she came for the intentional healing of auto-immune disorders which were presenting in her life. She had multiple diagnoses, ranging from Hashimoto's thyroid disease, rheumatoid arthritis, and pre-diabetes. As a Reiki practitioner, she didn't understand why these ailments were not "going away" but increased their severity.

I noticed she was regularly "off" of the axis of her Earth Star Chakra. The chakras were closed. There is a deeper energetic message if this is a common occurrence that regularly (daily) presents itself. I have learned that our relationship with Mother Earth is often energetically related to the relationship with our earthly mother. I asked Valerie about her relationship with her mother.

She told me she had a difficult and traumatic relationship with her mother. However, she was also quick to state that she had forgiven her. In the way she said this, I felt she

stated she had completed the action of forgiveness in her way, but she did not fully accomplish the resolution (shift) that comes with true forgiveness. The hurt was still very much present in her system.

I gave Valerie the space to share a bit more about her present feelings about her mother. She explained she recognized that her mother did the best she could, that she forgave her, and that she never wanted to see her again. She said something like, "She has her life, and I have mine. I'm done with her."

I thought how that phrase sets us up for the exact opposite—being "done" with something is often a sure sign that it is continually vibrating through your field, not at all "done," but becoming our undoing.

Not being a psychotherapist, I would not address her feelings and the decisions she needed to make. Still, I wanted her to understand the consequences of her thoughts and emotions and how they affected her energy.

I guided Valerie to see, feel, sense, or guess where her Earth Star Chakra was, presently. Then, I asked her to use her hands to send Reiki to the Earth Star Chakra and watch/sense as it moves its location between her feet to align with the full chakra column. With Reiki, it moves back into alignment easily. After assisting Valerie in using Reiki to move the Earth Star Chakra back into alignment between her feet, her entire system immediately relaxed and re-energized at the southern axis of her kinesphere. Each chakra opened, deep breathing returned, and her full life energy was available and flowing again. The healthy clockwise swing of the pendulum showed this when held over the chakras for her to see.

Holding the pendulum over her heart chakra, I asked Valerie to watch the pendulum's rotation while again thinking about her relationship with her mother. Instantly, the pendulum came to a startling halt. A look of surprise came over her face as she saw her thoughts could so drastically shift her energetic flow, bringing it to an utter and complete stop. I could feel the tension rise in her abdomen, the restriction of her breath, and intense pressure in her throat. So could she.

I reminded her how she is able to open the chakras by using Reiki to realign the Earth Star Chakra beneath and between her feet. She closed her eyes and used Reiki to align the Earth Star Chakra between her feet, as her southern planetary axis. The pendulum returned to its clockwise rotation over the heart; the tension subsided; the throat relaxed; deep breath returned.

I whispered, "Everything is just a thought away."

## Exercises for Strengthening Your Earth Star Connection

Depending on the amount of stress you have experienced, how you have dealt with it, and your spiritual connection, the withdrawal from the energetic support of the Earth Star Chakra may be chronic for you. Everyone should understand that the same system that caused it to shift in the first place, and move out of its designated placement, will also bring it back: your thought.

1. Simply breath into the space between your feet, about 24in/61cm below the feet.
2. See, feel, sense, or guess where that chakra is now, and feel kind appreciation and gratitude for its important work.
3. Now using your hands facing down, visualize or draw the Usui Power symbol or one of the Karuna Reiki® grounding symbols if you have them and intend that Reiki energy flow through the Earth Star Chakra. As this happens watch or sense as it becomes energized and comes into healthy alignment below your feet.
4. Notice how you feel now. Are you breathing easier? Is tension falling away, perhaps from your abdomen? Your brow? Other places? What else do you feel?

If you are teaching this to clients or students, you might alternate between stressful thoughts and sending Reiki to the Earth Star Chakra to allow it to go back into the supportive position, going back and forth a few times, so see/feel/know how different these feel. Then, with practice,

they will immediately know when they have moved “off” of their axis and have weakened their field and be able to use Reiki to realign.

Undoubtedly, during a Reiki session, the Earth Star Chakra will be brought back to its proper placement, and alignment will return. This action is the beautiful work of Reiki. However, over the years, I have noticed that when you can teach your students and clients what is going on behind the scenes, they realize how their thoughts create their experience. Using the pendulum to demonstrate the powerful results of their thoughts, you can show them that their thoughts do matter, and that they can use Reiki energy to heal. And they can do this healing for themselves. This is healing that can transform the world. Blessings to all. ■

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*Lori is an Usui Reiki Master Teacher and a Holy Fire® II Karuna Reiki® Master Teacher. She is also a sound healer, a Bach Foundation Registered Practitioner, and since 2014, the owner of Eloia Healing Arts at the Temecula Reiki Center in Southern California. After many years as a professional dancer, singer, and actor in New York City, and a college professor in the performing arts, Lori followed a calling into the healing arts. She is married to Stephen, has a child, Zoë, and you may contact her at [Eloia@EloiaHealingArts.com](mailto:Eloia@EloiaHealingArts.com).*

### Endnote

- <sup>1</sup> The notion of kinesphere was created by Rudolf Laban to define: “the sphere around the body whose periphery can be reached by easily extended limbs without stepping away from that place which is the point of support when standing on one foot”