

QUIZ

How Grounded Are You?

When you are connected with the Earth, your own physical nature is a source of bliss. Most people, however, have the opposite experience, judging against their bodies, fearing natural disasters, and believing that micro-organisms—the basic life-forms on the planet—are all “germs” that cause disease. Other people simply are not comfortably settled into the physicality of their bodies. To see what can result, consider ten basic questions:

1. Do you have a good body image?
Yes ☐ No ☐
2. Do you like physical touching?
Yes ☐ No ☐
3. Do you fall asleep easily and sleep well the whole night?
Yes ☐ No ☐
4. Are you happy about your age?
Yes ☐ No ☐
5. Do you feel that you have a healthy attitude toward sex?
Yes ☐ No ☐
6. Do you enjoy being out in Nature?
Yes ☐ No ☐

7. Do you find it easy to focus your mind whenever you want?

Yes ☐ No ☐

8. Do you have a long attention span?

Yes ☐ No ☐

9. Are you free of worry about your health in the future?

Yes ☐ No ☐

10. Do you enjoy physical activity?

Yes ☐ No ☐

If you answer “No” more than four times, you might not really be grounded in a balanced way. I am not casting blame or trying to alarm you. Modern life is increasingly sedentary and mental in the Western world. The opportunity to have physical activity is limited for millions of office workers, and the distractions that keep us on the couch or online mount all the time.

There are many lifestyle choices that can make a difference, both large and small, to reconnect you by strengthening the first chakra. Some will sound familiar, others might be new to you.

- Make sure you get good sleep, meaning eight to nine hours of continuous, uninterrupted sleep.
- Remain centered in simple awareness. As soon as you notice that you aren’t centered, take a few minutes to center yourself.
- Make it a daily habit to practice a simple breath meditation, which consists of sitting quietly, eyes

closed, and easily following your breath for five to ten minutes.

- If you spend long stretches sitting down at work or on your computer, get up once an hour, stretch, and move around for a few minutes.
- Find a means to have physical enjoyment that energizes your body, making sure that you don't turn exercise into work.
- If you begin to feel restless, agitated, distracted, or worried, nip that feeling in the bud. Don't delay, but return to a calm, centered state of awareness as soon as you can.
- Avoid conditions that throw off the involuntary nervous system. These include multitasking, frequent interruptions on the phone, loud noise levels, too many people asking for your attention, and a tense atmosphere. Look carefully at your immediate situation at home and work to see how many of these conditions can be improved.
- Get out in Nature for a relaxed walk and appreciate its beauty and tranquility.