

GROUNDING AND CLEARING

BEING PRESENT IN THE NEW AGE

AN EARTH LODGE® GUIDE

BY MAYA COINTREAU



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To The Temples
14 Meditations for Healing & Guidance

Breaking Eight

The Book of Cookbooks, Volume II

This book is dedicated to all the lightworkers, the angels on earth, the leaders and the teachers, and the lost and confused, to all of you who strive to make this world a better place.

You are doing it.

Thank you.

*Therefore I say unto you,
Whatever you desire,
when you pray,
believe that you receive them,
and you shall have them.*

Mark 11:24

TABLE OF CONTENTS

Why I Wrote This Book	1
Intent	5
How to Use The Guide	9
Grounding & Clearing:	
With Stones	15
With Nature	31
With Breath	41
With Colors and Chakras	45
With Symbols	63
With Sound and Movement	71
With Food and Water	77
With Scent	83
With Psalms, Chants and Prayers	87
With Meditation	91
With Tarot	95
With Candles and Fire	101
With Creation	107
Are You Grounded? Take the test.	109

WHY I WROTE THIS BOOK

OR

OUR NEED TO GROUND AND CLEAR

I decided to write this book in November of 2006, while placing an order for books at my holistic healing center in Connecticut. We were looking for new books to expand our reference section, and needed some good tomes on grounding. We already had books on healing, on herbs, on auras and chakras. Books on past lives and out of body experiences. What our clients were asking for more help with was grounding. So imagine my surprise when I could not find one title to purchase. Not one book on such a basic topic.

Suddenly everything slid into focus. It is no coincidence that the general public views metaphysical topics as “flighty,” “spacey” and “insubstantial.” In the New Age, we spend much of our time and energy looking for new ways to open the third eye, to heighten our awareness, to vibrate and new and higher levels. Countless books and classes teach these topics and more, and grounding, when mentioned, is an afterthought.

WE CAN ONLY BIRTH A NEW REALITY IF WE ARE GROUNDED IN THE PHYSICAL.

Our souls have attached to our physical bodies for just this purpose. In order to receive, embody and enact the messages that our higher selves send us, our bodies must be strong and aligned right along with our chakras.

We can not hear the messages we were meant to hear when we are not grounded. Without grounding, any energy we raise may be misdirected and uncontained.

Feeling confused? Too many dreams, too many messages?

This book is meant to give you the tools you need to remain a focused and clear channel for your higher self. With regular grounding and clearing, you can remain calm and assured while you free your spiritual gifts. A clear

channel without distortion, miracles and messages will manifest everyday.

There is no mystery to the grounding techniques detailed in this book – with good intent, even small efforts at grounding will yield potent results.

ABOUT THE AUTHOR

Maya Cointreau is an herbalist, reiki master, shamanic healer, intuitive channel and gardening enthusiast.

Maya has been studying various forms of healing modalities for over 15 years. Herbalism is just one of her passions, and she now co-owns and runs Hygeia, a holistic health and metaphysical center in New Milford, CT offering metaphysical gifts, nutritional supplements and healing therapies. Writing has always been one of Maya's interests and she has worked in the publishing industry for over a decade. She now co-owns a small press (*Momaya Press*) which publishes short stories, and has published both fiction and non-fiction books.

She is vice-president of the Indigenous Peoples Learning Network, producing Earth Lodge® Herbals and Flower Essences.

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