



# MEDITATION, NATURALLY

Get grounded through energy medicine

by Erica Linson

WE HUMANS GENERALLY FEEL BETTER WHEN WE IMMERSE ourselves in nature. Confirming our experience, the profound healing effects of spending time in nature are scientifically well-documented. People find Sun Valley enchanting not only because they enjoy what they do here but because they—we—feel better here.

Along with the stunning beauty, sunshine, and fresh air, what might explain the magic? Physics notes that all physical matter, nature included, resonates. The feeling of being in the Wood River Valley—we might say, the energy of this place—is palpable. And because each of us as a material being also resonates, we can be affected by the qualities (vibrations!) of our surroundings. Just like the movements of independent metronomes unify after starting randomly, and women hormonally

**“If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.”**

—Nikola Tesla









People find Sun Valley enchanting not only because they enjoy what they do here but because they—we—feel better here.

come to cycle together when living in close quarters, we naturally tend to match—sync with—what is around us.

We can use this to our benefit. Given the prevalence of mental health issues and stressors in our culture, let's connect with what's real and centering. The earth has a slower, deeper resonance than we do. We can consciously “ground” and connect our energy to the earth's energy. It's a way of becoming present in our bodies and tuning into one of the biggest allies for wellbeing that we have going. Harmonizing with our planet invites us to balance our circadian rhythms, shed stress, and experience vibrantly our physicality. And this is just scratching the surface!

## SUGGESTIONS FOR LEARNING TO GROUND

### GROUNDING CORD

Visualize a connection between the base of your spine and the center of the earth.

### NATURE

Try sitting next to a tree and matching it vibrationally. Imagine reaching roots into the earth.

### CLASSES

When you are in a group that is grounding, the experience becomes quite tangible. Erica Linson teaches classes at Zenergy Health Club & Spa throughout the year in Ketchum and via Zoom.

**“And into the forest I go, to lose my mind and find my soul.”**

—John Muir

We all know the difference between feeling grounded and feeling scattered, between being centered versus stressed out. Grounding is a basic skill to change our state no matter the circumstances—a conflict situation, difficult news, skiing Baldy. When we ground, we increase a sense of security. We can shift more easily into the parasympathetic nervous system (the relaxation and healing response) out of our all-too-common stressed and anxious states. It also invites more creativity and wisdom: when we feel more secure, our defenses can soften and open up, fostering increased awareness and healthier relationships (for those familiar with attachment theory, think “secure attachment” with the planet!).

One impediment to tapping into the power of the subtle is our worldview. Unlike cultures that have words and traditions involving energy (chi, prana, martial arts, acupuncture...) our Western culture largely lacks the concepts and language to access the subtle energy inherent in our world. Consequently, few here have had the advantage of learning to work with it. While I have limited myself in this article to touch on the concept of grounding, there are many ways to start to experience energy. Accessing the unseen around us is more natural and available than most think. Skills can be acquired with guidance and practice. After all, it's how we're made.

Playing with energy is effective, refreshing, and might I add, fun. In my meditation classes, we start by learning to ground. Additional skills create healthy boundaries, and turn sensitivity into a gift rather than having it be a liability. From these fundamentals we go on to learn an array of other skills to energetically learn about and heal ourselves, others, and the planet.

Learn to relate more deeply with the earth here in this beautiful place, and you can bring the benefits with you wherever you go. ■

**To learn more about Erica Linson and her energy medicine practice and classes, visit [ericalinson.com](http://ericalinson.com).**

**Erica Linson has practiced energy medicine for 25 years, training in two main healing modalities. She offers individual sessions, classes, tutoring, and retreats and enjoys helping others develop**



**their own relationship with energy and healing. Erica has resided in the Wood River Valley off and on since the late '80s. Her work is embedded within a broader commitment to aligning the world toward a brighter future. Erica holds an M.A. in Philosophy & Religion from CIIS and a B.A. from Georgetown University.**

**[ericalinson.com](http://ericalinson.com)**