

GROUNDING 2.0:

Dimensions and Elements of Gaia

Grounding for Meta-Humans (sensitive souls) is about helping the soul anchor in the body, nurtured by the most supportive energies of this planet and realm, in a blend that is customized for your individual system.

The most important aspects of this finely-tuned Grounding are:

1. Connecting to the most suitable Higher Dimension of Gaia
2. Calling in the Elements of Gaia that are most nurturing for your unique energy system

DIMENSIONS

Recommended Dimensions are 7-12. These are stabilizing and high-vibration dimensions, beyond the turbulence of 3-6D. Grounding in one (or perhaps two) of these Upper Dimensions is like dropping anchor into deep, still water. It creates instant calming to the nervous system.

Simply tune in and ask your Inner Wisdom, “Which dimension is best for me to ground into today?” You’ll get a sense of which one, so just direct your energy there and feel the difference.

ELEMENTS

I work with a 10-element system I learned from renowned energy healer Cyndi Dale, and it’s made a tremendous difference for Meta-Human souls who may feel limited or even stifled by trying to ground just “into the Earth” as most systems teach.

Once you name and allow the Elements into your Grounding Space you can simply connect to the ones you feel drawn to each time you Ground yourself. The others will remain available but not activated until you choose them.

Let your Inner Guidance create a vivid awareness of the Elements as they combine!

The 10 Elements and their basic properties

EARTH

- Builds, solidifies, protects
- Soothes inflammation, repairs tissues
- Provides sense of organic “base” to grow new things

STONE

- Contains, fortifies, strengthens
- Helps keep soul anchored in body
- Holds other elements in place; helps protect new beliefs or healing tissues

METAL

- Defends, deflects, protects
- Can “armor” organs to stop or prevent attacks from harmful forces/entities
- Can serve as a mirror to reflect or deflect discordant energies

WOOD

- Encourages, cheers, supports resilience, buoyancy, adaptability
- Helps calm and relax with underlying good humor
- Counteracts depression and anxiety

WATER

- Cleansing, soothing, flowing
- Transmits psychic and emotional energies
- Purifies the body from old or repressed feelings
- Cleanses the lymph system and intestines from toxins (psychic and physical)

FIRE

- Purges, burns away, eliminates
- Adds energy, excitement, passion, vitality
- Stimulates circulation and can clear out toxins from blood and lymph
- NOTE: do not use for inflamed areas, as fire exacerbates the imbalance

AIR

- Transmits ideas, inspiration, creativity
- Spreads energies from place to place or person to person
- Holds potential when still, activates and expresses energy when moving/directed
- Can be focused through breath, sound, words

LIGHT

- Comes in many wavelengths of electromagnetic radiation
- Divine Dark is electrons/Power, Wisdom
- Divine Light is protons/Love, Joy
- Extremely versatile in form and functions
 - Can be directed, shaped, summoned, or dispelled to produce almost any desired effect
 - Proper blend of Dark/Light can balance any problem
 - Divine Light uplifts out of depression
 - Divine Dark boosts motivation and energy to change behavior

ETHER

- The “Fifth Element”--the energy of Spirit that scientists and metaphysicians have sought to define for millennia
- Holds spiritual truths
- Can infuse any system, energy, body, mind, or soul with desired spiritual truths
- Brings healing by dispelling untruths and replacing with soul’s core “truth” patterns

STAR

- Cosmic, galactic, interdimensional energies
- Blend of Fire and Ether
- Can form and purify physical matter
- Releases harmful misperceptions by formulating truth (in conjunction with Ether)
- Etheric truths can be enfolded into a star and inserted into a chakra or energy field
- Can burn away false perceptions at any consciousness level—follow up with Ether to stimulate correct beliefs

Source: Cyndi Dale Apprenticeship Program, adapted and updated by Susan Sinclair

About Susan Sinclair

Susan Sinclair, The Unboxed Oracle and founder of Graceflow Healing Arts, describes herself as a Soul Reader, Akashic Healer, and Energy Clearing Expert.

She's devoted to helping people reclaim their spiritual wisdom and autonomy as Sovereign Souls.



Under her Spirited guidance, people discover the Graceflow to free their souls, claim their purpose, and live the Wow of a soul-powered life.

From her intensive studies of the work of Dolores Cannon and Michael Newton, along with her personal training under sound healing pioneer Jonathan Goldman, renowned energy healer Cyndi Dale, Akashic Record scholar Linda Howe, and energy master and mentor Jeffrey Allen, Susan developed her unique SoulPrint reading skills, SourcePoint energy healing techniques, and spiritual mentoring practices.

Her work is Spirit-led, Soul-powered, Client-centered, and has brought healing and guidance to hundreds of Amazing Souls (like you!) worldwide.

Would you like to know more?

Visit www.Graceflow.me to learn more about Susan's story and her powerful Intuitive or Clearing Sessions.

And if you've never experienced Susan's energy work for yourself--

[Apply for a FREE Breakthrough Session!](#)