

Grounding Crystals

In metaphysical communities the idea of grounding is often tossed around, but rarely clearly defined. Consequently, many people don't understand the importance of grounding. So what does it mean to be grounded? In the strictest sense, to be grounded is to be connected to the planet. It means having your base and earth star chakras open and receiving earth energy, like roots in a tree (in this scenario you *are* the tree). Grounding does not just affect your lower chakras, but your upper chakras as well. If you are well grounded you'll be able to think more clearly, process all of the intuitive information you've gained better, apply the knowledge gained to your life, and be more able to move between materialistic and metaphysical cultures more easily. Grounding also allows you to be more aware of your surroundings; it gives you mental clarity when recognizing the importance of energy and spirituality in your daily life.

[Galena](#)

This metallic crystal not only grounds you, but aligns all of your energy bodies. In doing so it brings a sense of peace and harmony to you.

[Hematite](#)

Its wonderful weight not only grounds you, but balances your energy and enhances your mental capabilities (such as clear thinking and memory).

[Lodestone](#)

Not only does its physical weight aide its ability to ground, Lodestone can balance the yin/yang energies within you. It also can temporarily align your aura and chakras.

[Magnetite](#)

Often confused with Lodestone, this crystal has a different set of skills in addition to grounding. It stabilizes and balances you on all levels (physical, mental, emotional, spiritual), giving you endurance for the day.

[Obsidian](#)

Obsidian focuses on establishing and maintaining a connection to the earth. It also helps you smoothly integrate the spiritual lessons into your lifestyle.

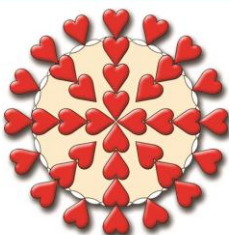
[Onyx](#)

This stone aides your mental agility while it grounds you. It enables you to concentrate more clearly.

[Smokey Quartz](#)

This crystal hones your survival instincts, enhances mental abilities, and helps you to stay in the moment instead of worrying about the past or future.

- Rachel Niemczyk



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