

Grounding Recommendations

The following are some general recommendations that we have found useful in assisting new initiates to effectively ground themselves and integrate their experience into their lives. Some of these recommendations may prove more effective for you than others. We invite you to explore them and discover what works best for you. Also, should you discover a specific technique or practice that you find particularly useful in your integration process we invite you to share it with us in order to benefit the wider Temple community.

The Taste of Authentic Divinity ceremony is extremely powerful and profound. Most initiates find that the experience easily integrates into their lives and organically unfolds over the next several days, weeks and, in some cases, months after their participation in the Temple, offering unique insights and deeper understandings about the Self, the nature of the Universe, the Divine and the interrelatedness and ultimate unity of these aspects of the All. In some cases certain challenges may arise in this process, including extended activations of the Samadhi state of consciousness.

For most, this extended activation is extremely positive and a natural part of the integration process. Generally, in most all cases when this occurs, we have found that the fundamental “rules” of the Temple apply - “Surrender and remember to breathe”. This requires developing deeper levels of presence and relaxation within the Samadhi state as well as a deeper, concentrated and intentional focus on the breathing process itself. This will be further addressed below. Should you be experiencing any specific challenges in your integrative process including reactivation, restlessness, unusual bodily sensations, difficulty sleeping, etc., we invite you to communicate directly with Temple officiants or your sponsor for guidance and counsel.

Different circumstances may require different approaches to the integration process; however, the following suggestions and techniques should prove helpful to you if any of these issues happen to arise.

Helpful Things To Try:

1. **Acupuncture** – We have found, generally, that even one session of acupuncture with a knowledgeable, skilled practitioner can be extremely grounding. If you feel comfortable, let them know about your experience, or you can explain that you’ve had a “Kundalini Awakening”, are running a lot of energy and may need some assistance spreading this energy through your subtle body. This is especially true if you are experiencing any difficulty in sleeping. Be sure to let your practitioner know you are specifically looking for assistance with getting a good night’s sleep.
2. **Hot & Cold Bathing** – If you have access to natural hot springs, a hot tub, cold pool and/or sauna and steam, alternative hot and cold bathing can be a very effective grounding method. Even a piping hot bath, followed by a cold shower can be useful for this. The use of mineral salts in this regard can also be effective in this process.
3. **Grounding Foods** – We have found the following foods to be effective in assisting initiates to ground themselves after their Temple experience. Grains (wheat & rice), corn, salt, root vegetables such as potatoes, carrots, beets, etc., breads and pasta, and cheese. Organics, natural and the freshest foods are always preferred.
4. **Yoga & Breathwork** – Physical forms of Hatha yoga as well as various focused conscious deep breathing techniques (Pranayama) can be extremely helpful in centering and relaxing into the energetic flow of the opening and expanding of the Samadhi experience. Focus on keeping the breath slow and deep. Belly breathing is a great technique for this. Lay on your back. Place your hands over the navel and breathe such that your diaphragm distends and causes your hands to rise and fall. This may take some practice.

Once you are able to effectively breathe into the belly, practice breathing in fully for a count of 10, hold for a moment or two, then exhale slowly for a count of 20. Don't force it. Use a shorter duration of count if need be to start.

5. Rigorous Physical Exercise - Many other forms of rigorous physical exercise can be extremely helpful for grounding your experience into the body. Jogging, running, biking, swimming, weight training, love-making etc. are effective grounding tools. We have especially found that forms of ecstatic dance (5 Rhythms, Contact Improv, etc.) are a great way to allow the energy to flow through you while simultaneously embodying the experience into your being.

6. Touch & Being Held – One thing that has become extremely apparent in this process is, that culturally, as human beings, most of us just do not receive enough loving and caring physical touch in our lives. There is such an intense craving to be held and affectionately touched that we cannot speak highly enough of this method for grounding Source energy into ourselves. If you have a partner and are activating, especially during sleep time, ask to be spooned and gently held from behind with one hand on your heart center and one hand on your belly. Requesting loving touch or to just be held by a friend, sponsor or loved one can provide exactly the kind of loving support and nurturance that one needs to effectively ground the energy into the body.

7. Ask Someone to Just Hold Space & Listen– Often, just having a friend or loved one present to provide deep listening as a new initiate openly shares aspects of their experience and continuing process; allowing any emotions to flow unrestricted, without the other person feeling the need to “fix” something or offer feedback or advice, can be extremely helpful in the integration process. Simple reassurance in the knowledge that the new initiate is just continuing to process subconscious material from the deep psyche and giving this material room to arise and come out in the presence of another can be extremely healing and beneficial. Be sure to choose this person wisely and request that they just “be a listening” for you and hold space. This can be challenging for some, who may not have the understanding of what you’ve just experienced and may be challenged holding space for intense emotional expressions that may arise. Often the best person for this is the initiate who sponsored or recommended you for participation in the Eucharist. They should be the first person you reach out to in this process as they have both a shared experience and pre-existing relationship with you.

8. Herbal Sleep Remedies & Supplements – Two effective aids to sleep that several members of the Temple have utilized successfully are the amino acid **Glycine** and the natural sleep remedy **Power to Sleep PM** (<http://www.miniurl.com/s/1xk>) from Irwin Naturals. Recommended dosage of glycine is 4000mg taken a half hour before bed time and can safely be used for any amount of time. Power to Sleep PM recommends two gel-caps taken 30 minutes before sleep. It contains valerian root extract, GABA and trace amounts of melatonin. Please note that high doses of melatonin are not necessarily recommended as, in some cases, it may trigger further activation.

9. Time Off – On occasion and when possible, taking a few days off from our “default” routine and simply connecting with nature can be extremely beneficial in allowing ourselves adequate time and space to integrate, rest and relax into this new way of being.

10. Coaching & Counseling – In some instances, an initiate may surface psychic content or issues that call for further exploration, examination and Self Work and may require the assistance of an experienced coach, counselor or guide in order to bring greater understanding and clarity to their lives. Counseling and coaching from a professional who is experienced with our particular Work can be extremely useful in the initiates individual integration process and can serve to assist in guiding the initiate upon their particular Path.

11. **Psychotherapy** – On occasion the experience can surface deeply held or repressed trauma from a person's past that needs fuller expression in a professional therapeutic setting. In these instances seeking professional psychological therapy may be in order to assist in effectively processing this material.

12. **Sedatives & Anti-anxiety Medication** – In extremely rare instances more potent sedative or anti-anxiety medication may be needed to settle the activated psyche. Choosing to utilize these medications should always be determined by your doctor and/or professional psychiatric practitioner. These generally include the benzodiazepine class of anti-anxiety medications (such as Valium, Xanax, Klonopin, etc.) and more potent sleep aids such as Lunesta, Sonata or Ambien.

Some Things to Consider Avoiding:

1. **Meditation** – Various meditation techniques generally serve well to still and calm the rational thinking mind and to rarify consciousness and are definitely recommended for long term integration. However, when activated the contents of the psyche can be highly stirred up and regular meditative techniques can sometimes trigger further activation. If the initiate's intent is to effectively ground themselves, it is recommended to suspend any regular meditative practices until activation settles itself.

2. **Stimulants & others drugs** – Any form of stimulants including caffeine and some drugs such as marijuana or other psycho-actives can stir up the initiates psyche and may cause further activation to occur. It is generally a good idea to avoid excessive coffee drinking and or drug use while grounding and integrating your experience. Some initiates have also reported, that even months following participation in the Eucharist, they have been activated by use of certain psycho-active medicines. Should this be the case for you, remember to relax, surrender and remember to breathe.

3. **Obsessing & Pathologizing-** There is a tendency, when one is continuing to activate after one's initial experience to obsess on the idea that the activation process may not cease or that something is "wrong". This can, in rare instances, lead to panic attacks or obsessive fear, especially over going to sleep. Generally, when continuing activation occurs it is due to contents within the initiate's psyche needing to process and clear.

The best way to do this is to simply relax and surrender into the activation experience, allowing it to unfold without resistance while breathing deeply, slowly and rhythmically in the understanding that the activation will indeed pass and will settle and cease in due time. Be willing to stay with the process. While continuing activation is not necessarily a "normal" condition of the psyche, viewing it as a problem or pathologizing the process merely tends to exacerbate the situation. Recognize this is a powerful transformative process that may need some time to effectively resolve and integrate.

Remember, an extended activation can serve as a natural and important part of the transformative integration process. Our highest recommendation is to simply allow this process to unfold while relaxing into it. As explained in your orientation, the Eucharistic experience can bring us beyond the edges of our comfort zone, and it is here where true transformation happens. Trust in the natural unfolding of the process and stay present to what it is revealing to you. Journaling your integration experience may also prove very effective for future review.

Once again, should you have any questions or concerns please feel free to reach out to a Temple officiant or your sponsor for guidance and assistance.

Blessings,

PLEASE NOTE: This document, as with all Temple communications, should be considered private and confidential and should not be forwarded on or shared with any other party or non-initiates, without the express permission of the sender. Thank you for your understanding and consideration.