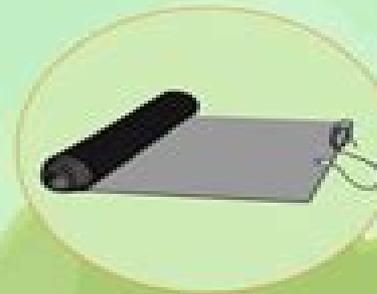


6 GROUNDING TECHNIQUES



Time in nature

Go to your favorite trail or wooded area, and go for a stroll.



Try some tech

Use earthing mat which you can stand on.



Meditation

Meditation balances many of the circuits within the NEM network.



Hug a tree

Hugging trees can be a great way to connect with the Earth.



Walk barefoot

Walk barefoot, or even just put your feet on the bare earth.



Reading by a Tree

Go out next to your favorite tree and read.



Video Techniques

Katrin Zwirgmaier



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