



**The Energy Lab**  
**Class #1: Earth Energy/Grounding**

**Pre-Work Questions**

1. As you go through the day the next few days, notice when you feel connected, together, balanced; be aware of the feeling of wellness. Pay attention to what you were doing, who you were with and where you were at the time.
2. As you go through the day over the next few days, notice when you feel out of sorts, disconnected, off-balance; be aware of the feeling of disequilibrium. Pay attention to what you were doing, who you were with and where you were at the time. Record and note as many details as you recall. (Remember, even if you record a small amount of information, you “know” more than you did before you asked the question!)
3. Had you ever thought about the earth having “an energy” and if you did, what did you think and how did you experience the earth’s energy?
4. What does “gravity” feel like for you?
5. Are you aware of the concept and experience of grounding and if you are, what does being grounded or grounding mean to you? When do you notice you are grounded or ungrounded? Note any observations.
6. At least once over the next two days, prior to the first class on Wednesday, find a few minutes to be with the earth and the ground. A few examples, gardening, opening a bag of soil and running through your fingers, lying on the grass in the backyard or a park, visiting a favorite tree, lying on the ground in the living room or your bedroom, eyes closed, body open, swimming, etc. Observe and record any and all experiences, including images, feelings, smells, tastes, colors, sounds and vibration.
7. At least one over the next two days, prior to the first class on Wednesday, find a time to note an episode or experience where you were just in your daily life routine. Go back in your mind’s eye and observe and record any and all information. I want this to be a memory, not an “in the moment” observation. Observe and record any and all experiences, including images, feelings, smell, taste, color, sound, vibration.

Remember, this course is focused on direct experience and observation. You are a rich and vital resource in your own health and wellness and to *tap the energy sap* in your own 24/7 life.