

**The relationship between grounding and achieving the set goals by
the energetic guardian.**

Karin van Iersel – Peters

Center for ECOintention / Ubiquity University

Master of Science in ECOintention

Ir. Hans Andeweg and Peter Merry, PhD

June 2022

INTRODUCTION

Why is being well grounded so important? This article aims to provide more insight into the extent to which the energetic guardian's¹ personal grounding influences the achievement of his stated goals and thus the success of an ECOintention Balancing program by means of a literature search together with my own observations.

A REMARKABLE INSIGHT

In the period between 2016 – 2021 I balanced 9 projects (figure 1, A to I). Throughout as well as after the ECOintention Balancing Program, the guardian of the project has indicated, by means of a questionnaire², to what extent each goal has been achieved. One of the following options was indicated for each goal set;

1. Mission accomplished
2. Partial goal achieved
3. Goal will be fixed in the near future
4. Goal is in progress but needs a little more time
5. There is no progression as of yet

I compared the answers of the questionnaires of these projects. This gave me the following remarkable insight.

Figure 1: schematic overview of the end results

Project	A	B	C	D	E	F	G	H	I	
Options	1	60,0%	11,8%	42,3%	25,0%	11,8%	67,5%	90,9%	43,5%	2,2%
	2	20,0%	29,4%	50,0%	16,7%	29,4%	30,2%	9,1%	26,0%	57,8%
	3	10,0%	14,7%	7,7%	16,7%	5,9%	0,0%	0,0%	21,7%	33,3%
	4	10,0%	29,4%	0,0%	19,4%	17,6%	0,0%	0,0%	4,4%	6,7%
	5	0,0%	14,7%	0,0%	22,2%	35,3%	2,3%	0,0%	4,4%	0,0%

On projects in which the guardian improved his personal grounding during the process (indicated in green), an average of 88% of the goals were partially or fully achieved within the first year. On the

projects, where for various reasons, the guardian was unable or hardly able to improve his personal grounding, this percentage did not exceed 47%. A significant difference! But how is this possible?

GROUNDING: A DESCRIPTION

First we must understand what grounding is exactly.

In regular dictionaries grounding is described as “thriving, growing” and “feeling at home somewhere” or “connecting conductively with the earth”. Grounding is explained here in a literal and pragmatic way.

The website ‘spiritueel-woordenboek.nl’ offers a different explanation: “Grounding means being in balance with yourself and nature.” The principles encompass the same as in the regular explanation, but it goes much further here. The spiritual and energetic reality is involved. Everything and everyone consists of both positive and negative energy. Once grounded, this energy flows freely between the guardian and the earth (Lazet 2022).

Grounding, also called Earthing, means that the guardian connects with his body and with the earth. When he is well grounded, he 'inhabits' his body completely with his attention and energy (Langeveld 2021).

GROUNDING SCIENTIFICALLY EXPLAINED

“People feel better when they walk barefoot on the earth,” claims the Earthing Institute. Studies³ explain that the body functions more effectively when it is connected to the natural electrical charge of the earth's surface.

Every living being has an electrical charge which influences bioelectrical and bioenergetic processes. By living, breathing and digesting food, the human body builds up a static tension field of positive (+) protons, called free radicals.

The Earth's surface is filled with an unlimited supply of free negative (-) electrons and releases them to every living being that comes into contact with it. Resulting in balanced internal tension, leading to a healthier internal state.

As soon as the human body comes in contact with the earth's surface tension, pressure, emotions and stress flow out of the body and its energy field.

Figure 2: A graphic view of improvements

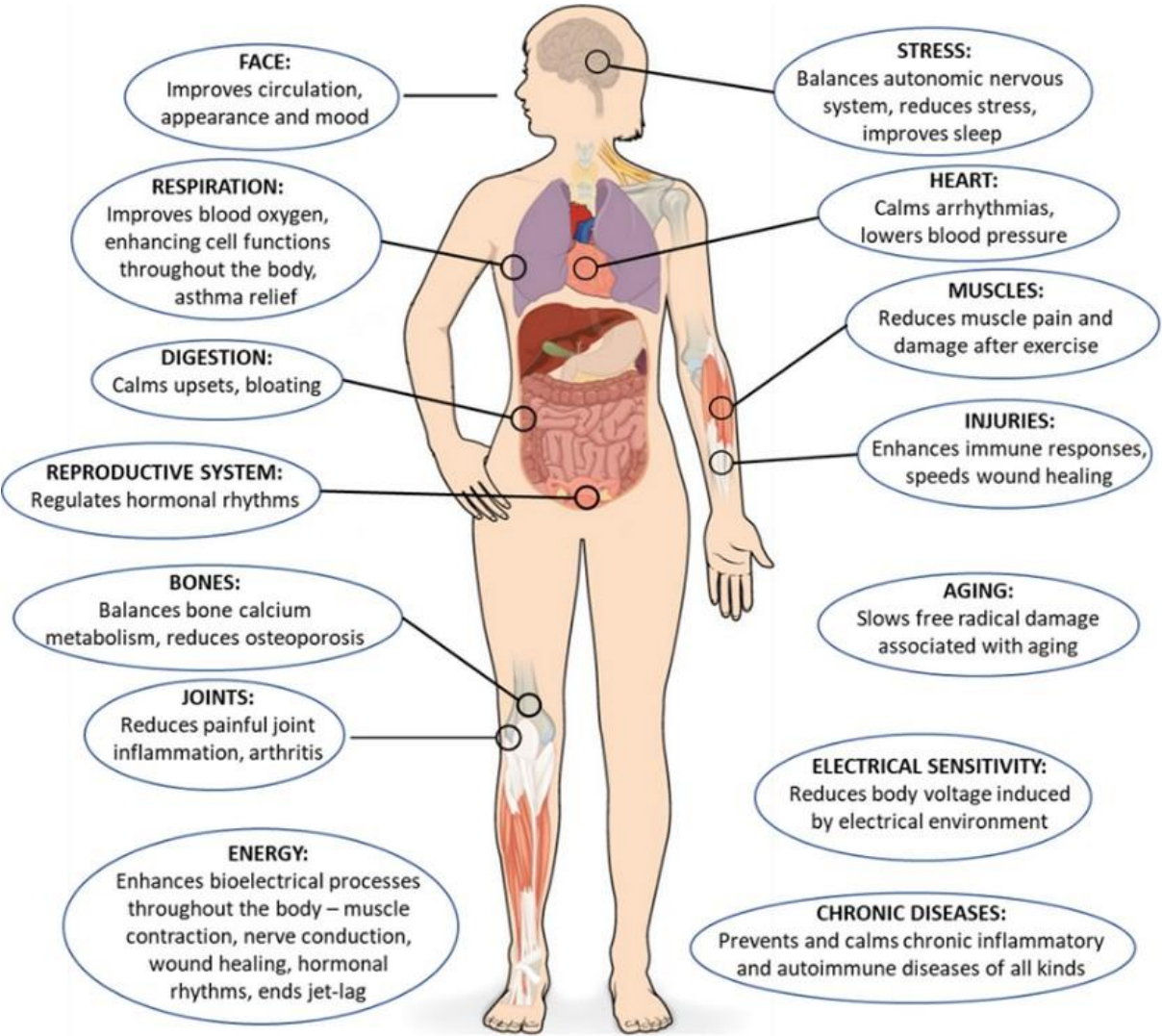


Fig 2 Source: <https://earthinginstitute.net/what-is-earthing/#ref1>

ENERGETIC GROUNDING

For the purpose of personal grounding ECOintention works with a so-called grounding cord: an energetic cord tethered to the feet and first chakra⁴, which is connected to the energy of the Earth. Energetic grounding is mainly regulated by the first chakra, the root chakra. This chakra has an area of consciousness, security and trust; it's the foundation, the base (Andeweg 2016).

WAYS TO GROUND ONESELF

Grounding can be done in different ways. "Making contact with the earth with the power of intention provides a connection and is an excellent way to ground yourself energetically" (Gouw 2022).

In addition to physical contact with the earth's surface, one can ground oneself by indulging all subjects related to the lower four chakras. Follow ones passion, have fun, play and dance. Look for colours, smells, tastes and sounds that one likes. One can also use spiritual techniques such as yoga, acupuncture, visualization and simple physical grounding exercises, such as proper breathing.

But the most important ways, by far, are the intention and the will. When one has the conviction that one really likes to be here, enjoying the material world and feeling safe, this has a huge grounding effect.

THE ENERGETIC GUARDIAN VERSUS GROUNDING

An immediate positive effect on many processes can be found when grounding improves. In addition to the positive effects on the physical body, it also provides vigorousness, flexibility, balance, and the ability to really perform in the present moment. Good grounding literally gives the guardian something to hold on to, to firmly stand on his feet, to be full of self-confidence and to live in the moment. It helps him to deal with material, earthly matters (Andeweg 2012).

In some of the balancing trajectories that I have been involved in the offered exercises to increase personal grounding, as described in the examples above and many more⁵, were generally performed irregularly by the guardians, who often appeared to be more oriented towards decisiveness in the world of action and matter. In the trajectories in which the guardians did manage to carry out the exercises properly, inner peace and focus emerged. These are the projects indicated in green in figure 1.

THE ENERGETIC GUARDIAN AND HIS WHEEL

Why is it so important for the manager to have two feet on the ground, in addition to his focus on action and matter?

ECOintention assumes that every organism, organization and ecosystem or company system is a dynamic, living whole that constantly interacts with its environment. You can compare to a wheel, on its way to its destination (Andeweg 2016). The wheel has consciousness by way of a conductor: the energetic guardian. ECOintention claims that the foundation for health and vitality is a harmonious balance between the guardian and his wheel.

Two forces are at work within this wheel: a centre-fleeing (centrifugal) **expansive force** that is connected to the cycle of decay, and a centre-seeking (centripetal) **formative force** that is connected to the circle of creation.

The centrifugal expansive force is projected outward and works in the external world. It is the masculine, extrovert force and is connected to the intellect and the ego. You connect to it by focusing your attention outward.

The centre-seeking formative force is aimed inward and works in the inner world. It manifests itself as a receptive, feminine force of being, which we find in the silence. It is connected to intuition and

to our inner being, it works in the mind. It is based on life energy and works in a constructive way, creating and integrating. You connect to it by focusing your attention inward (Est. Andeweg, 2016).

Figure 3: The wheel

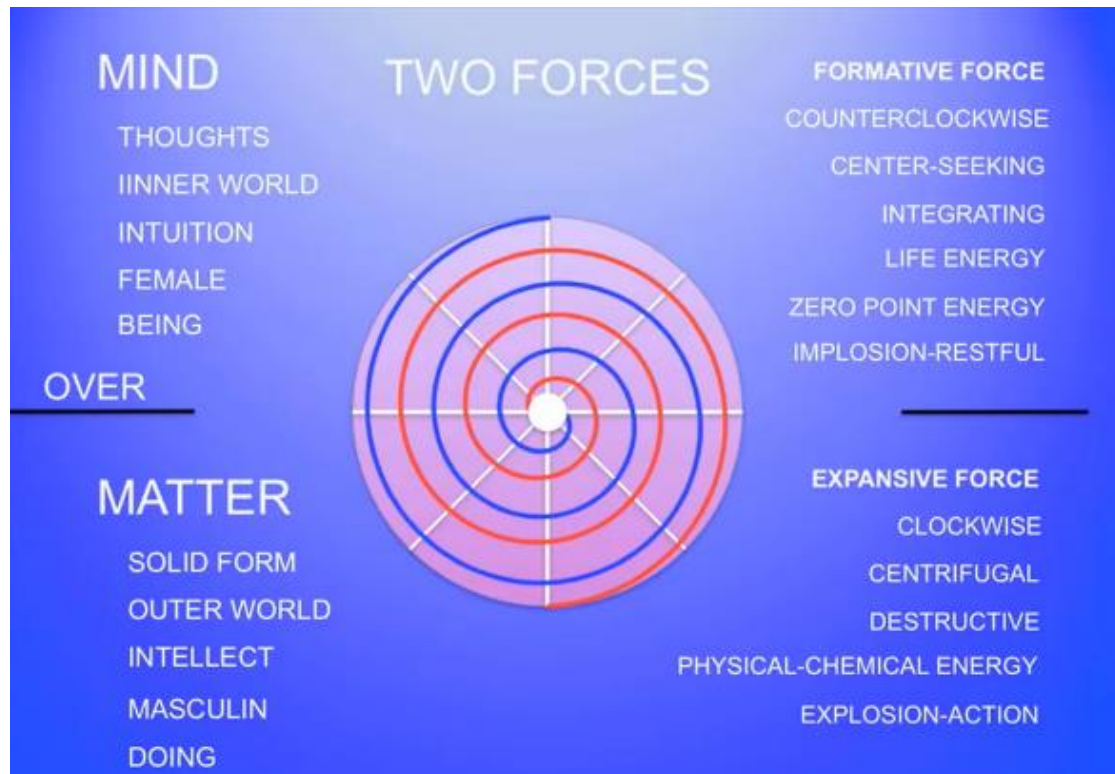


Fig. 3 Source: ECOintention course material

ECOintention teaches: Life energy plus information generates a formative force. And the formative force plus matter generates a lifeform. This life energy is created by intention from the heart. With intention, the guardian adds information to this life energy. So, to enhance and direct the formative force, the two tools are attention and intention.

“In the wheel, both forces are in balance. Nevertheless, mind over matter applies, meaning that the mind is stronger than matter. The feminine formative force is stronger than the masculine expansive force, because the solid form always comes from thought. Everything you see around you has first been thought about. Everything is preceded by a cycle of origin. After that, it reveals itself in the material world as a solid form, or life form, and the Cycle of Decay sets in” writes Hans Andeweg in his book *The Universe loves a happy ending*.

The feminine formative force is therefore essential to every development. If one wants to grow, change, and fulfil ones destiny, the feminine force must be the stronger one.

Effectively applying attention and intention in the wheel can be attained by following the basic principles of energetic guardianship as described below in figure 4.

The guardian is responsible for the energetic integrity of his wheel. He balances the two forces and gives direction to the development of the whole.

Figure 4: The six most important principles of energetic guardainship

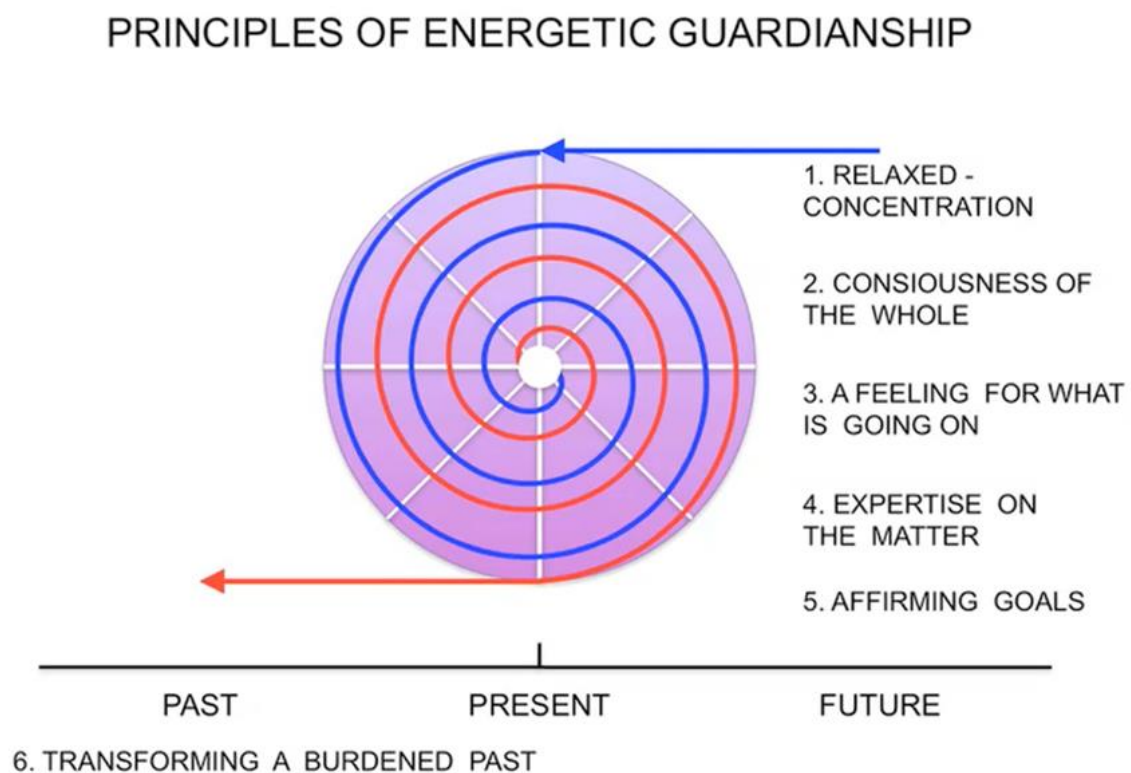


Fig. 4 Source: ECOintention course material

THE PART OF ATTENTION

Everything starts with the mind of the guardian. If it's full of thoughts, he will not reach a state of pure attention. Being able to connect with his intuitive side is imperative to reach this state. This can only be achieved when he is in a relaxed state of mind and fully embracing living in the moment. In

ECOintention, this is called "**relaxed-concentration**". Although there are various ways of reaching relaxed concentration, for example meditation, good grounding is fundamental for every chosen technique to reach this needed state of mind. This provides the guardian the necessary inner peace and focus and it's the first step of the energetic principles of guardianship.

My own research has shown that when this first and important step is not taken properly, it will affect the next steps in the process negatively.

The second step is **consciousness of the whole**. The whole stands for the project he is the guardian of. The project needs to be defined and marked out. This is also an important part, because only then, he can charge his project with energy from the heart.

He can only do this by following the third step: **feeling what is going on**, what the state of the project is. By connecting with every part of the project, matter and persons, he can feel what his project needs.

So, looking at the wheel, you will notice that the first three steps together are 'the part of attention'. These can only be completed properly if the guardian is in a state of inner peace and focus.

THE PART OF INTENTION

The following step is setting intentions to direct his energy to his set goals. The set goals have to be realistic to be able to achieve them. For this, he needs **expertise of the matter**, a good consciousness of the whole and being fully connected to the project. Only then, he can set realistic goals.

Having realistic goals, he can intentionally vividly envision as if the goals are already reached. This will help him in achieving these goals. A powerfull tool in these visualisations is **the help of affirmations**, wich is step 5.

Unresolved issues from the past can have a negative impact of achieving the goals. When the guardian grounds himself, he connects with reality, with the material earth. With reality where the resistance is, his **burden of the past**. His path is connected to his material reality. That which emerges from its grounding (eg. old sore) wants to be seen and transformed. Once the future (his goals) begins to pull, it will awaken his burdened past and it will get in his way. Facing this and solving it, it will no longer stand between him and his goals. To achieve this, the guardian has to be in the present totally.

CONCLUSION

After studying the scientific articles and doing my own observations I learned that the personal grounding of the guardian is of utmost importance to achieving his goals.

I found the significant difference between grounded and not well grounded guardians in my projects remarkable.

Only the well-grounded guardians know how to create sufficient inner peace and focus, with which the state of relaxed-concentration is reached. This state is essential to be able to proceed through the other steps of the Principles of Energetic Guardianship in the most effective way.

It can be said that good grounding is the foundation on which a guardian builds and expands his business.

Now knowing how important good grounding is, I will emphasize this even more while coaching the guardians reaching their goals.

RECOMMENDATION

Further research is needed to accurately determine the relationship between the energetic guardian's extent of personal grounding and the achievement of his set goals.

For this purpose, a method of control groups can be used, consisting of 3 different groups of guardians. Each control group performs the offered grounding exercises in a different frequency: frequently, occasionally or not at all.

Based on this study, the relationship mentioned before, can be determined more precisely.

Notes

1. *The client of an ECOintention balancing trajectory is called the energetic guardian. An energetic guardian can be a man or a woman, even a team of guardians is possible. In this article I refer to the guardian as 'he'.*
2. *The reports of the questionnaires of these cases can be requested from the author of this article.*
3. *For a comprehensive overview of these studies see: <https://earthinginstitute.net/research/>*
4. *There are several energy centres in your body. These nodes, where energy comes together and flows further, are called chakras. There are seven main chakras in your body, each with its own function.*
5. *For this, several coach tools are available, but due to the length of this article, this must now be disregarded.*

References

- Andeweg, H. (2012) *“Het antwoord op de crisis is gronden”*, Spiegelbeeld 1, J & A de Louw
- Andeweg, H. (2015). *Scheppend Leven: Over De Grondbeginselen Van Energetisch Beheer*. Juwelenschip.
- Andeweg, H. (2016). *The Universe Loves a Happy Ending: Becoming Energy Healers for the Planet, Organizations, and Ourselves*. Hunter House, an Imprint of Turner Publishing Company.
- Cerrone, J. (2017) *5 manieren om te aarden*.
<https://www.nieuwetijdskind.com/5-manieren-om-te-aarden/>
- Cincotta, J. (2021) *Get Grounded! Reclaim Your Health and Vitality Through Earthing*.
<https://jackcincotta.com/2021/06/11/get-grounded-reclaim-your-health-and-vitality-through-earthing/>
- Earthing Institute (2022) *What is Earthing*
<https://earthinginstitute.net/what-is-earthing/#ref1>
- Gouw – de Haan, R. van der (2022) *Fysiek en energetisch gronden*.
<https://riki.nl/fysiek-en-energetisch-gronden/>
- Janse, M. (2017) *Hoe aarden je wereld verbetert*.
Frontier Magazine jaargang 23.2 nummer 137
- Langeveld, I. (2021) *Gronden: hoe doe je dat en waarom is het zo belangrijk als je hooggevoelig (HSP) bent?*
<https://irenelangeveld.nl/gronden-overzicht/>
- Lazet, M. (2022) *Gronding “Hoe dieper de wortels, hoe hoger de boom kan reiken”*
<https://maximlazet.nl/archive/gronding/>
- Menigoz, W., Latz, T. T., Ely, R. A., Kamei, C., Melvin, G., & Sinatra, D. (2020). *Integrative and lifestyle medicine strategies should include Earthing (grounding): Review of research evidence and clinical observations*. EXPLORE, 16(3), 152-160. Wendy Menigoz Tracy T. Latz Robin A. Ely Cimone Kamei Gregory Melvin Drew Sinatra 123
- Nijland, C. (2017) *Aarding en gronding*
<https://shamahuis.nl/aarding-en-gronding/>
- Sinatra, S. T., Oschman, J. L., Chevalier, G., & Sinatra, D. (2017). *Electric nutrition: The surprising health and healing benefits of biological grounding (Earthing)*. Altern Ther Health Med, 23(5), 8-16. PMID: 28987038.
- Verstraete, L. (2022) <https://aarding.org/nl/pages/earthing#>