

# Natural Grounding Guide:

## The Basic Starter Guide to Shakti Meditation

2011 Version

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# Introduction

Whether you're new to Natural Grounding or you've been doing it a while, this simple, basic guide should help you to get started with it.

Discovered from Thailand starting in 2002, Natural Grounding is a fairly new form of meditation that is growing around the world. We meditate in relation to pure female energy usually in video format.

It's important to note that in earlier trainings (as Rion Williams which is my middle name), I noticed that I had FAR too much of my ego 'talking', filtering and judging.

The best advice I can do I realize is to just to help you get started on your own with it. All of the pleasure and benefits will come from you specifically experiencing it yourself - especially in the egoless. Their energy is the focus and what you should value, not any interpretation of it.

The less we can 'taint' or view it from an ego-based perspective, the better. This is also why the basics are simpler now and should just get you up and running.

Shakti energy is infinite. We'll talk about that a bit.

If you're new, I encourage you to get some results quickly out of it and you can expand the value from there. There are more videos and resources you can use to draw from. The ones within here are a good starting point.

Natural Grounding is a free form of meditation. Most of it you can do on YouTube although it is strongly encouraged to buy the original resources from a distributor if they are available. It gives the producer and artists deserved attribution and you get higher quality. More importantly, it allows you to watch an hour of continuous full-screen video without interruption. It allows you to get more in the flow state.

The entire goal is to be 'egoless' in relation to pure shakti, yin female energy. As you'll discover, it will do amazing things. There are no limits to its healing power and its inspirational qualities as well as for substance-free states of bliss.

If you don't 'get it' yet it is only because your ego is in the way. You will want to fade that.

If you've only done traditional and silent meditation, give N.G. a shot. Those who have been doing it have experienced a lot of rewards, healing and benefits.

For men, if you have anxiety around women it can not only cure that, but also empower your masculine confidence. There are so many benefits I won't even start to list them. You're probably here because you heard some of the many great things about it or someone's success story.

So let's get started!

## Shakti Energy

This is also a huge topic on its own that you could spend a lifetime getting infinite value and wisdom from.

It took me years to see things more clearly but stemming back to the advent of Natural Grounding several years ago, this is what we were attracted to: core feminine energy and from the physiological frame of heterosexual polarity.

What is Shakti? It's a Hindi name that represents the 'universal feminine energy'.

When you consider that Yin/Yang: feminine and masculine energy are the equal and opposite driving force of life, attraction, reproduction and creation, it might be interesting to look more into!

It's that heterosexual driving force of sexual energy that brings man and woman together to procreate. It exists in the Animal Kingdom as well and drives sexual behavior and physical attraction.

We are just energy manifest in physical form, so the closer we get to working with the core sexual energy itself (in its purer forms), the stronger the effect and ability to harness it becomes.

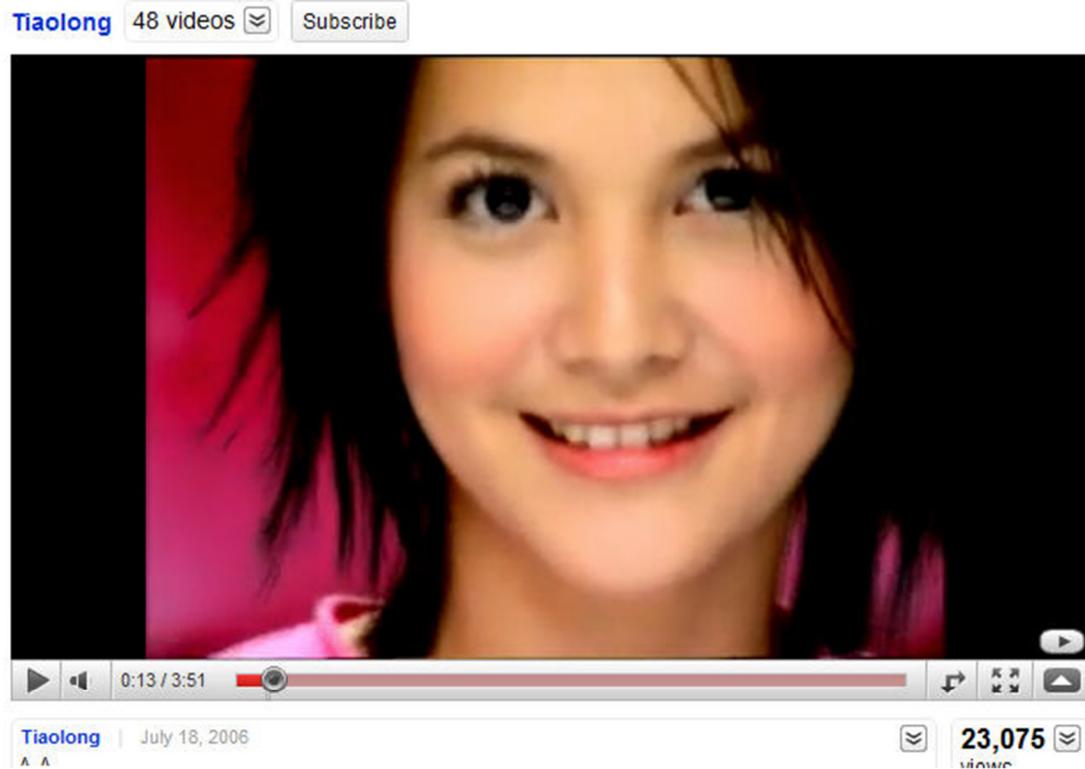
With Natural Grounding and some of our other Power techniques, we'll be able to draw Flow, wisdom, inspiration and bliss from this core energy manifested in already radiant women. We can also draw these peak states from men who have a strong unshakable presence.

When Napoleon Hill brought up 'Sexual Transmutation' in 'Think & Grow Rich', I remember being fascinated by the topic. I didn't know then that I'd become a (if not **'THE'**) world authority on Sexual Transmutation.

So what is 'Shakti' on a practical level?

It is extremely open and feminine energy. A woman in her Shakti self would be at a high level of Peak State in her 'mix' even at a daily stand still. She'd be very dynamic.

It's really just best to see it or reference it from what I call 'Alpha' models. Here is an example of great feminine energy, free of ego-based or social influence on behavior to 'conform' or suppress. The energy is truly free.



Remember that we are energy manifest in physical form.

For women:

The more you can 'clear' your energy blocks, trauma's, stress and social conditioning,



the more you will get in touch with your true feminine energy, radiance and essence which is part of YOUR holistic, egoless self.

The more you can be in your egoless self, the more influence you will have on men and your environment.

The more you can value and lock into the e3 dynamic (this is the **HUGE** latest, greatest breakthrough recently discovered that I'm only adding in on a last minute additional revision: look for it on [www.mindreel.tv](http://www.mindreel.tv) which I'll be teaching in PSM)

Women like **Pim** above are great examples of this natural 'lack of ego' and who have true connection and expression to their feminine energy.

Not only that, but this concept alone can completely liberate you so that you FEEL like a living Goddess. Look into the work of Gina Cloud ([www.redefiningwoman.com](http://www.redefiningwoman.com)). She is one woman I have found who has really 'locked in' on this accurate definition of women, sexuality and their inherent power.

When I start working with women on releasing the blocks to their raw, feminine energy, I don't know, things are going to be good crazy...I'll just make sure we don't turn those events into Vegas Chippendale's level of release! Despite the demands I won't just keep stripteasing, j/k.

If you're a woman, you were born a Goddess. The great news is that you can work with your energy to clear things at the core and all of this will manifest in how you feel, how you look, how you behave and communicate. (Everything is energy remember!)

Empowerment for a woman does NOT mean more 'social' power like a stripper, porn star or webcam girl. It does NOT mean being more 'independent' and logical, thinking like a man. And this message is NOT popular right now however I know that women know and sense it is the truth. The feminine energy is currently raising on the planet which is affecting every aspects of our society from consciousness shift to collapsing economical systems, but that's a whole other topic. The world renaissance will be easy if we adapt and reconnect with the feminine again. It will be painful if we resist and hold onto the way we identify ourselves.

It really means opening up your Energy on all of your Non-Egoic levels to truly be the essence of a woman: free from ANY stereotyped cliché.

To 'be' in your sexual and egoless state while fading your logical and developed 'mind' in the equation. That is sexiness.

Just look at the actresses in movies from 50 years ago. Sense and feel how free they were in their energy. There is nothing WRONG with being in touch with your true feminine self.

And for men, THIS is the quality you ought to really start valuing instead of the illusion and promotion of exploitation and that definition of sexuality.

Women have STRENGTHs that the West doesn't know about because we've repressed and SHACKLED all of this power, beauty, intuition and influence. I do think the world would be in a new Renaissance Era if millions of Western Women can take back what's theirs: their own inner feminine beauty (in the energy sense).

Unfortunately, that 'life force' energy has been suppressed by our social cultures with their own agendas and values. Really, we could be doing entire events JUST on this . There's a LOT to say on this topic, but let's move on.

The thing is, yin energy is not only found in women... men have it as well but generally have far more yang energy. Gay men generally have a lot of feminine energy.

Like magnetism and attraction, it's the equal and opposite polarity that attracts so the stronger the feminine energy (a.k.a. 'Shakti'), the stronger she will attract men. The stronger a man's physical and sexual energy, the more he will affect and attract women (and strangely, also gay men as a byproduct sometimes :s) on those levels.

The stronger the magnet, the stronger the attraction. Natural Grounding helps you to empower that magnetic relationship between you and the core, feminine energy within all women.

So anyways, I just wanted to give an introduction to Shakti.

Women: VALUE IT and DON'T be envious or jealous of other women who have it more. Try not to judge or stereotype Asian women for generally having a lot more feminine energy as that would be seeing things through a limited social filter.

Get over that as fast as you can and remember that we have ENERGY values here. That is DIFFERENT than society's agenda of coercion, peer pressure and influence of exploitation so that the Architect's can make more money exploiting women in the media.

If you're Western and white, look to Lisa Hannigan as a role model.

Opening up your feminine energy and looking/feeling YEARS younger and radiant is something to VALUE and you can get in touch with it yourself with specialized training but it will take some social defiance to really go down this path.

Men: From the eyes of Polarity, Shakti energy can and will do MIRACLES for you if you open up to it, respect it and know how to harness it. It can absolutely transform your entire life. You can even apply it directly as a creative professional into your work for unlimited, higher level inspiration and Flow.

Natural Grounding *is* Shakti Meditation done in physiological open energy relationship to the pure feminine, so you become empowered as pure masculine. That is where the key is at. It opens up authentic sexual communication and connection; the path to physical relationships as well.

It also makes you really INTERESTING to women.

If you're single, you'll want to start Grounding A.S.A.P. If you're married, Natural Grounding will bring back more of the chemistry and sparks in your relationship. Why? Read more in the N.G. chapter!

# Polarity

If I were to read this book years ago I would be thinking how far advanced and powerful it is! Where I'm coming from now, I'm used to this. When I say Polarity, I don't mean it in some abstract, new age, hairy ferry way.

I mean it in a way that in the past few years has **already** done miracles in the lives of men and women. Practical, REAL changes that they can FEEL. Attraction from the opposite sex instead of anxiety. Curing of porn addiction. Confidence and integrity.

An accurate and respectful definition of women as compared to an objectified, consumer-driven definition.

This is truly a new era of self-help and development we're entering. So anyways, let's briefly bring up Polarity before we move on.

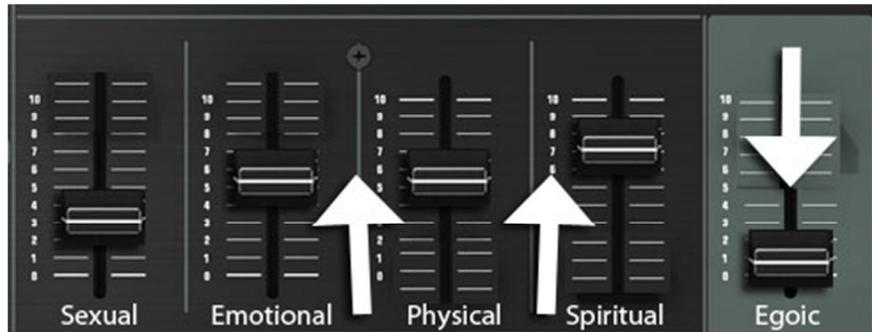
By Polarity, I specifically mean 'heterosexual polarity'. This is Yin/Yang. The creative force of new life itself. This is far beyond your Ego so I encourage you to see it as part of your greater self within you, and to respect that biological power.

When we view it from an Energy and Magnetic Attraction standpoint, the STRONGER the masculine energy, the stronger the FORCE of attraction. This is why some women can't explain how they're acting or feeling (physiologically) around certain men (ie. Alpha men).

The forces of energy and nature within us manifest in physical, emotional (feelings) and sexual forms.

Again, these forces are GREATER THAN OUR EGO. Yet it's the Western that would try to squeeze all of the life force of nature within it's own Ego. Ironically, that's what the new dating industry has done with it's 'Inner Game' approach to attraction and seduction. Big tangent, ANYWAYS...

It's important to understand that YOU have sexual energy. Remember our mixer?



So, the stronger sexual energy you have, the more you will generally ‘spark’ chemistry with the opposite sex. Why? Because that’s polarity. The stronger the energy (or magnet), the stronger the FORCE of Attraction. The more power, the more influence.

So when you EMPOWER your sexual energy (as a man or woman), you have more influence on the other sex because of the Laws of Life (heterosexual polarity). “Nature FINDS a way” – Ian Malcolm, Jurassic Park. That’s why your sexual self wants to do uncontrollable things some times (men and women).

So by taking your selfish Ego out of the equation and embracing the powers of life that are greater than you (your Ego), you can then HARNESS and fully ‘be’ more complete and powerful.

You can align yourself with the flow of the universe and physical attraction instead of the path to fantasy attraction as sexual energy is strongly and vastly manipulated with consumer media to influence behavior.

There are some people who are gay because of imbalances in their Yin and Yang energies. Natural Grounding can help these people be more attractive. Since this meditation rebalances a person’s masculine and feminine energies, it will most likely have an impact on homosexuality but I do not know the impact. If this applies to you, let me know the results.

It may very well rebalance your energy as a heterosexual but the point is not about whether being gay is good or bad. Accept yourself the way you are. Natural Grounding will make you feel better about yourself, rebalance your energy and

help you attract whatever you want. Just keep in mind that there may be a shift in your desires.

And actually on a quick sidenote: Thailand has SO many transvestites (better known as 'ladyboys'). Why? My theory is that the feminine energy is so STRONG and influential that it converts a lot of men over to that side because they are always high in egoless energy (and bliss).

What I'm teaching though is about Polarity and empowering Polarity. That means of the heterosexual variety. This is GREAT if you're in a marriage or long-term relationship btw. It's not 'just' for singles at all. In fact, this could be the primary thing to permanently re-spark your relationship!

We're not talking about 'acting' by the way. We're not talking about being self-conscious (at all really) or 'machismo'. By doing the energy work of empowering your own sexual energy and empowering Polarity, you will become more influential to other people on those energy levels.

I've been around married couples and the woman lights up near me because she's missing that spark with him and they go off and have a rekindled relationship. A 'taken' woman can still have that same inspiring effect on men.

And this is sans manipulation like PUA (pick up artist) tactics or gimmicks to coerce women into attraction. Empowering Polarity with some of our very effective techniques WILL make you more attractive to the opposite sex.

And women if you want to 'catch' a man and have him love you for you, this is where it's at. Open, release and empower your sexual energy and you will find men being interested in you (or your husband even more, etc.).

I'm speaking from a LOT of experience here and I'm not going into the details but I have done around 6,000 hours of Polarity empowerment myself and when women are around me, they know. They can't explain it. It's the force of nature and is to be respected.

Yes, we can empower our sexual energy. Yes we can empower polarity.

This leads to an amazing quality of life to know that you are wanted for the total you and that you can have a real and endearing effect on the opposite sex. This stuff is priceless.

## The Secret of Women

This chapter is this 'abridged' version of the 'Secret of Women'. I'm trying to teach things far more simply and as undiluted as possible.

The 'secret of women' basically says that a woman's sexuality is her natural feminine energy, intuition and carefree self.

It's a secret because of the new, modern Western definition that says a woman's sexuality is her skin, flaunting, teasing and using her body. Here is an example of what I call a 'social alpha' model of sexuality:



This is unfortunately what millions of people now believe IS a woman's sexual behavior. The skin. The fantasy. But it's not the natural path of attraction. It's the path of fantasy, non-physical attraction.

They also have a lot of power energy associated with those beliefs (which helps them further attract the fantasy of women and have difficulties in real life).

That definition of sexuality, inaccurate as it is, leads to more fantasy relationships of attraction (consumerism, fashion, beauty, porn, strippers, webcam girls, etc.).

The real secret of women is suppressed inside of them through the pressure of social influence which has literally 'forced' millions of women to 'adapt' to fit in with what is popular.

So it's up to you to understand the real truth of women, that which you do not always see in our Western women because it is mostly suppressed.

That is why we look to what I call 'natural alpha models' of female behavior which represent adult women who have RETAINED that authentic pre-teen open, flirty vibe.

They are behaviorally natural which means daily and habitually open, feminine and intuitively know the instincts of being a woman. They haven't 'blocked' or repressed that energy. They are the masters of relationships.

Western women have generally lost touch with this especially around men who are confused and thus weaker themselves.

You want equality? Instead we got women behaving like men and vice versa. We've lost the 'edge'. The force of life works and I'm sticking with that. How about this:

Equality in Polarity. Empowerment in Polarity.

Sameness is not oneness, uniformity is not unity. Unity, or oneness, is complementariness, not sameness. Sameness is uncreative... and boring.

The stronger of a man you can be, the more of a real woman a woman can be around you. Don't apologize for it. It's ridiculous how influential the social power is that would come along (and millions BELIEVE IT) and warp the power of nature to its own consumer agenda.

It's up to you to take your own birthright back and get in touch with your own authentic sexual energy.

Empower masculine, empower feminine but NOT in cliché stereotypical filters of a social dynamic.

So with Natural Grounding, we look for videos where we have this feminine and liberated energy. This authentic energy and behavior is simply repressed by the ego and social dynamics of Western societies.

Here is who I have found to be a premiere example of natural, authentic and feminine energy:



This egoless feminine energy is a more accurate definition of sexuality and sexual being. That is a key caliber and it's important that you can judge and qualify that as extremely valuable.

For critics who say that we only like Asian women are only seeing the world from a socio-centric or egoic dynamic. See the 'Ego Fading' chapter for more information on that.

Most Western people now aren't evolved to base things on an energy dynamic because of the strong socio-centric values. To me it doesn't matter what culture they're from. I want there to be FAR more Western, white women as natural alpha models.

Lisa Hannigan from Ireland is a great example. Norah Jones has good energy. But I encourage you to value egoless causes so that means attracting natural resources and valuing it on the shakti energy.

We steer away from social matrix resources because even a Selena Gomez with great energy is represented and filtered so much into a 'niche' demographic that it taints her feminine energy.

Value the energy and open yourself to that dynamic and you will be more ready to accept women from so-called 'other cultures'.

The secret of women is that simple, common, universal 'topline' shakti or yin energy that is within all of them. It is worldwide. Value that and you will be infinitely inspired.

Bringing that natural character out of the women around you could also be called 'enlightened' seduction. Zan Perrion talks about this.

I encourage you to redefine your definition of sexuality as one that is far more accurate and real than the false, superficial, fantasy based illusion of skin that is all around you promoted in the West. That is not the sexual behavior of women, that is socio-cultural adaptive behavior.

I go deeper into all of this with some of my earlier dating work if you're a single man and interested.

Otherwise, just understand the 'secret of women'. Respect it. Value it and you will attract that character and behavior out of women. As far as natural grounding, it just gives you more of a background.

The shakti energy is greater than any physical woman. It holds infinite creative power and influence which you can harness when you are egoless in relation to it.

Open up to it in polarity (as a man) and your life will be permanently changed.

You can find the video itself here:

<http://www.youtube.com/watch?v=it79dPC3egE>

# Into Natural Grounding

Natural Grounding is a very powerful and effective form of Relational Meditation that I discovered by attraction *and accident* several years ago.

What is N.G.?

Natural Grounding is Meditating to Shakti Energy. In other words, it can be known as Shakti meditation. And as far as we know, is the only form of it in history.

So, if you're new or never heard of it you might be asking "How do we do that?"

Well, it starts with watching videos of naturally open feminine women and masculine men. So at first it might seem like you're watching videos from a different culture and EVERYONE 'watches' videos on YouTube.

But there's a key word here which puts us far ahead of all consumers and prosumers: **meditation**. So, it's in achieving the higher levels of Non-Ego in 'relation to' the resource that represents this strong, open, feminine energy.

It's not the medium, it's the type of energy relationship you have at the time.

It took me years to even figure out what I was doing or what was going on, so fortunately I'm saving you all of that time so you can start getting benefits out of Natural Grounding A.S.A.P.

Actual instructions will be in the relevant Chapter coming up, so let me just say a little bit more of a background so that you can prepare for it.

A primary goal with Natural Grounding is to let it affect you as much as possible on your non-egoic and physiological self. This will help to melt your ego and because it's based on sexual polarity, you can 'lock' in to the energy and let it affect you.

There's a key differentiation point...you may be inspired in these videos (we have pre-approved and key resources which you should start with because you may not be qualified to interpret feminine energy more accurately yet) to join in to the 'happiness' and the dancing, liberty and bliss that the natural alpha women are representing.

Doing that will empower your feminine energy. For men, it has the potential to even turn you so feminine that you could start questioning your own sexuality.

The key is to view everything from a frame of polarity. When you can open your own heart to it and let it melt and affect you but from a place of equal and opposite, you will be 'grounded'. Let it ground you to the earth.

For men, LET THE FEMININE ENERGY DANCE and sing in front of you. Let it be everything you are not because it is empowering your masculine yang energy. Being in relation to pure Yin energy in feminine form with these natural alpha women, is locking in and empowering the Force of Life itself. You are empowering polarity.

It really comes down to the women. If the women are off, the world is off. If they are out of alignment with their purity, men become confused and everything is frustrating (like things are today). Fortunately you can get your entire physiology and belief system affected by natural alignment by doing Natural Grounding.

It will lock you as a man into your proper energy place in the world. Generally, you become more of a man in energy and women end up behaving more like women around you by doing this energy work and empowering polarity. That is the experience of the 1,000's of Grounder's in the world today.

Even if they can't explain it, it just works. Women in reality start behaving like the women in the videos because that is a woman's true sexuality. It's what starts and attracts physical relationships. It's not about sex or exploitation..that happens down the road in a relationship that is based off of this initial chemistry and force of attraction you're empowering.

It's so important to 'open up to it'. That means you ideally want to be affected on all of your non-egoic power channels. GET emotional and it will melt your Ego.

Getting emotional is one of the biggest secrets and I get emotional ALL of the time when I do natural grounding. This ends up giving more power or empowerment on my own non-egoic level because I'm now experiencing and being 'affected' by pure Shakti feminine energy in polarity.

Because you're building a physiological relationship with the CORE sexual energy of women (which isn't about squirting orgasm for example...that's potentially further down the road in a consenting relationship based on attraction), anywhere you go in that State you will more powerfully attract woman or the one you're already with.

You can see it as the Shakti or 'Yin' (which I sometimes call 'Ying' because it's Thai for woman and this is where I discovered the core energy) is generally VERY repressed in our Western social culture's. I know this is true because of my experience with women, my awareness and my world travels. Without going to deep into an ancillary topic, everything works when a woman is in alignment with herself.

She feels great, she attracts, empowers AND inspires men to do amazing things. When that feminine energy is suppressed, all kinds of things start happening. To me, the suppression of female energy is very clear and it's on a pandemic level.

So anyways, when you do Natural Grounding as a man you are building a relationship with that core feminine energy. That is what you value, you're not judging 'these women are from a different social culture' and you're not seeing it on a personal level but instead you value that energy.

Building your relationship with that core of what our women can be, allows you to melt THEIR egoic and social walls when you are around them so they can more freely BE a real woman again. Because the energy already exists within women but is suppressed to varying degrees (in different women), it's the magnetism you create with her.

You have a physiological relationship of empowered polarity WITH core feminine energy. So when you meet women, they're attracted to you because of the force of that magnetism.

It's the woman's energy that is open and invites in response to his energy as the cause/stimulus. If or when a consenting relationship develops, it's a man whose biology and energy will be driving forward to spread his seed of life (to make sex happen later down the line)..those are the forces at work.

So I encourage you to see a woman's sexuality not as a 'sexy' magazine ad showing skin or even a porn video, but that of her actual intuitive and flirting energy at the start of relationships because without her consent or openness, nothing is going to develop.

Anyways, there are INFINITE benefits to doing Natural Grounding because you're letting core Shakti feminine energy affect your entire, holistic self and in sexual polarity.

You will be healed, inspired, empowered and free more than ever in your life once you really 'get' Natural Grounding. The key is to melt your ego and social values and to open up to their energy...build an emotional, sexual and physical relationship with that during Natural Grounding.

Sexual relationship... you are there by default when your energy is open because it empowers that energy relationship of Polarity. We'll go briefly over variations of Natural Grounding but the idea is to not think about it too much and to just get into it.

There is so much to say about Natural Grounding that I think I've introduced it enough to you, now it's time to start doing it! Experience the infinite possibilities and results for yourself.

Let women empower your energy and you will automatically empower them in return.

# How To Do Natural Grounding

Here are the basics and I'll try to make it as simple as possible.

Assume you're at your computer or PC/Mac connected to a T.V. with your headphones on and no distractions.

All you have to do is start watching pre-selected or pre-approved videos. It's important to stick to what is already recommended and only when you have more experience, to start seeking on your own.

And just start letting their energy affect you. Let it melt down the walls of your ego. Reaffirm that this is the sexuality of women. Get egoless in relation to it and you will find new levels of bliss you haven't ever felt.

Some of us have been doing it for 1,000's of hours so, stick with what's recommended.

You can find almost everything on YouTube alone when you know what to look for. I would recommend starting off with my official YouTube N.G.T.V. playlist here: <http://bit.ly/dj6nX1>

Otherwise, any videos by these artists should generally be good:

Palmy, Nicole Theriault, Bua Chompoo Ford, Jennifer Politanont, \*SNSD, Annita, YaYa Ying, Pop Angels, Cover Girls (DanzePlanet), Morning Musume, Lisa Hannigan.

You're looking for mostly music videos by them because it 'captures' their energy in a visual form so there is more power and more effect. You can also search for interviews or behind the scenes.

For women, start with videos of men with strong authentic energies. There are great videos from Bodyslam. Here are some great videos to start with

Bodyslam – Kaub Far <http://www.youtube.com/watch?v=GJ68Urin5Ng>

Bodyslam – Kwaam Cheua <http://www.youtube.com/watch?v=klcgAyBqx4M>

Bird Tong Chai – Oh La Naw..My Love [http://www.youtube.com/watch?v=Y\\_oCHrQnjVU](http://www.youtube.com/watch?v=Y_oCHrQnjVU)

Stay AWAY from pretension, flaunting, fronting, 'acting', and social values with a definition of sexploitation as sexuality.

This is really important. I'm a world authority on this subject and it's a big tangent so if you're a beginner you're probably not really capable to accurately judge.

Best to just stick with our recommendations for now. Fortunately, the more advanced you get with grounding, the more you'll be able to see through the fake, superficial walls and barriers of Western social behavior parading as sexuality and through to the real women.

You'll be able to connect with them on the real sexual level which is where they're flirting instead of flaunting, teasing or fronting.

Anyways, seek resources that just have energy value away from manipulative social value.

Here you'll see how their energy is BEHAVIORALLY open. This is a **great** example of shakti energy from Nicole Theriault.

<http://www.youtube.com/watch?v=mN1RxixC-FU>

Just let her energy affect you. Guys, your goal with N.G. is just to get egoless in a relation of polarity (let her be a woman, and you be a man). Let her energy affect you and melt your ego in a relationship of synergy. Girls, get egoless in a polarity relation with videos of men with strong energies. When viewing videos of women, just feel their energy. Let their state of flow and bliss affect you. Don't compare yourself to them. Don't judge them. Silence that voice in your head as you listen to the music. Focus 100% of your attention on that experience.

We rarely if ever see Western women like this in medias because we have different (and oppressive) social values. We especially see choreographed, self/social 'conscious' (meaning NON-conscious), directed, contrived, scripted, fantasy acting AND a completely unnatural definition of sexuality and what a woman should behave or look like. These are very different values so it's up to you to seek the egoless.

Searching for 'Aegyo Battle' or 'Sunny Aegyo' on YouTube and you'll discover a whole new genre (of bliss when you get into it). Authentic behavior that isn't jaded by oppressive social influence.

Even if you think they're 'marketing cute' that's a **social** dynamic view. On the energy dynamic, their energy isn't oppressed.

So if you put it into a step-by-step process, it could look like this.

### **How to do N.G.:**

1. Watch pre-approved videos <http://bit.ly/dj6nX1>
2. Build playlists & buy VCD's
3. Watch more selected videos
4. Learn to stop judging, criticizing and 'thinking'
5. Switch from the Social/Egoic Dynamic, perspective of values to Energy, emotional and egoless values (E3 DYNAMIC\*...learn from PSM: Peak State Monthly coming up)
6. Start feeling things on that non-verbal and energy level of experience
7. Open yourself up more and more on the Power levels in polarity to be affected by their purity and energy
8. Spend more time in egoless States and get more emotional
9. Start bringing in other power energy or Ego Fading techniques to condition your State to higher levels
10. Achieve sustained states of synergistic bliss and the empowerment of polarity on the sexual and emotional energy level in relation to shakti energy
11. Condition continual improvement of your egoless experiences and bringing in more power energy in relation to shakti energy

Soon, you should be positively addicted!

Whether you like the music or not, know the language or not or hate their culture doesn't even matter. You have POWER values now and can see past an Ego-based world's view.

You're valuing THE feminine energy, so the sooner you can get past your own personal preferences and conditioned social beliefs, languages barriers or any junk that's holding you back (almost EVERYONE does when they start), the sooner you'll start realizing there's an entire new world of experience that was right in front of you.

If you think it's 'girly' you're not doing it 'in polarity'. In a way, this makes it the MOST masculine thing you could do. You're bringing the balance of the feminine into your belief system, physiology and habitual non-verbal behavior.

= More connection and infinite inspiration.

For women: maybe you find it hard to relate with the men in the videos. You may prefer male characters from movies such as Troy, Gladiator, Brave Heart, The Patriot and Legends of the Fall. Whether you like them or not is irrelevant. I'm not gay either, and not all the women in the videos are my type. I have preferences and I'm very picky. But that's not the point, that's just ego talking. It doesn't prevent me and you to feel their energy and to let their energy affect your state of mind. Just quiet down the mental voice and feel their energy.

There is this idea in America (which is spreading in other countries) that women shouldn't talk to, interact or look at someone who isn't their type. I call it the "living in their bubble" syndrome. Many women are endlessly trying to find love. The women in the grounding videos look to share love they already have within themselves. American women look for heroes. Thai women make the heroes.

By the way, more complete and expanded lessons are on [www.naturalgrounding.net](http://www.naturalgrounding.net) I encourage you to sign up for our official mailing list there as well. It's kind of written for single men but most of it can easily be applied to your relationship or marriage if you have one (to have more attraction and chemistry).

There will be updates and new lessons to expand N.G. from its original focus for singles empowerment and attraction to the self-help, holistic industry.

Join the mailing list and community there if you've not yet already!

## SuperHalo

This may hands down be the ultimate Shakti /Yin energy compilation ever made in history. Use it as an egoless conditioner and to empower your holistic energy.

Here's the video:

[http://www.youtube.com/watch?v=9IL6kx\\_y2vw](http://www.youtube.com/watch?v=9IL6kx_y2vw)



## **Variations of Natural Grounding**

The more you get into basic Natural Grounding yourself, the more you want to start exploring some of the other variations, transmutations or application of the Peak State experiences and the extra power and energy you're working with.

Here are some of the variations we've discovered over the past few years.

**Induction Grounding**: Generally you are doing 'personal' grounding. It's selfish because the stronger YOUR power of one, the more you can help and affect other people. This is what I mostly do...I'm 'soaking in' all of the beauty, light and bliss into my own energy.

Here, you are the sponge and it's building up an infinite source of creativity and sunlight 'within you' (and your energy). This creates an immense depth and richness to your character. People will find you more interesting, understated and subtle at times. I do it primarily because this is a DIRECT connection to empowering and enhancing my 'production capability'.

The more shakti energy I 'take in', the more inspiration and capability (long-term and short-term), I have to be able to use and apply into my production or creative work. Keeping it all to yourself builds up your own wisdom, intelligence and ability to Flow and create applied results especially in your creative field.

Induction can also be used to 'energize' you. You can do some high energy video natural grounding ie. In the morning and it will help energize your energy field and physiology. Like this one: [http://www.youtube.com/watch?v=v\\_8PB88bo6I](http://www.youtube.com/watch?v=v_8PB88bo6I)

Examples: Rainy Season,

**OUTGrounding**: OutGrounding is a variation of Natural Grounding that creates a very social, life of the party vibe. OutGrounding is great to do before going to a party.

You get emotional or get your energy involved to higher energy 'party stuff' about men and women and their polarity or just you and your polarity with the energy of all women (which makes you a more attractive man even if you're married – and this is safe!).

It helps get you in a good 'party State' and affirms in your physiology that you love people and to socialize. It can feature involvement of men and women together.

Some Examples: "All the Small Things" –Blink 182, Ricky Martin "She Bangs" video, BassHunter "Now You're Gone"

**Open Polarity Grounding:** This is the ULTIMATE technique to create massive attraction with the opposite sex. Do OPG before you go out to meet women or socialize (if you're a single man) and you will find crazy things start happening.

Why? Because you've done your strong 'grounding' to open your sexual energy up in relation to women. That's basic N.G. anyways but what makes it 'open' polarity is that you SUSTAIN your 'open' energy State.

Before, I'd do a lot of induction grounding and 'keeping' the energy to myself so I became good at 'closing' it off. But when you just don't let anything affect your State after grounding, you will start influencing people 40 meters away from you with your energy field.

The key is to really 'get' the effect and not to question it or bring your Ego in...SUSTAIN the non-egoic State as long as you can WHEN you go out to meet people. You will have a lot more power, attraction, flirting, influence, fun and effect on people and the opposite sex.

**Yang Grounding:** It's where men reference strong, physical energy 'Alpha men' and you let their energy be parallel to yours – kind of to help ground you in a different way. Women do the same with Shakti meditation. Yang Grounding is polarity grounding for women.

Examples; alpha men clips from movies. Clint Eastwood, Marlon Brando, Lee van Cleef, James Dean, James Bond <http://www.youtube.com/watch?v=J0BrdMi-oyc>

**KOPGrounding:** Kundalini Open Polarity Grounding. You've never felt bliss like this. I won't teach how it's done here because to some people it will sound to explicit but really you're just working on channeling your sexual energy, 'amping it up' throughout your body, channeling it up your spine and having internal orgasms in a State of Bliss WHILE you're grounding to Bliss itself in polarity in a State of Bliss. This can easily overcome porn addiction and sexual neediness. For men, this can bring very strong full-body orgasms that can make you feel sexually satisfied for up to two weeks (is that even possible for young adult men :P). This is HIGH level stuff.

So you might be thinking 'energy isn't real' or 'how is my energy now'...all of this is a journey of more awakening. You *WILL* become more intuitive *and* more intuitive to energy and 'the physiological truth' of others and yourself through time.

This is an amazing ability. I went through an interesting parallel journey of awakening in my abilities to just READ people (even knowing if I can trust them).

Remember that we are ALWAYS communicating on all of these levels (the Mix of your Power/Energy even when we think we aren't. So if you want to be more powerful, effective and influential, do this energy work and you'll find yourself having more confidence, impact, presence and influence even when you aren't saying a word. In fact, this is expected and I've seen it in my students.

By clearing your blocks and harnessing your own very real sexual, physical and emotional energy, you are having infinitely more empowerment and influence..you become more holistic and truly balanced – a rare thing in the busy West.

People will wonder 'what is up with him/her? They're so radiant and attractive!'

So, there you go - get into grounding! Try and start with 20 minutes a day. Here's the World Headquarters: <http://www.naturalgrounding.net>

Make sure you're on that list! You should also be able to leave your comments on this ebook there as well. Please support the artists themselves too by buying their stuff, thanks.

-Rion Freeberg

I'd like to hear!

Once you sign up with email for IntenseDebate comments you shouldn't ever have to do it again and it'll be easier to comment from there out in the system. It's kept private and you'll also get updates of other commenters there if you want.

Look for teachings on the e3 Dynamic which will help bridge you into everything beyond what you can imagine (and you can imagine a lot).

This ebook was written in cooperation with Etienne Charland who is an attraction and intimacy specialist. You can check out his website at <http://www.shamanicattraction.com>

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