

podcast episode 43 tip sheet

Do you spend a lot of time in your head thinking and worrying? Have trouble getting down into your heart, feeling your feelings or getting grounded? Yeah, me too. I can relate. Over the past few years, I've worked hard to get out of my head and into my heart. Please note this information is not legal advice or medical advice, nor is it psychological advice. These are just my 3 favorite ways to get out of my head and into my heart.

It's been one month to the day that my father passed. Over the past few weeks, I've given myself space to unplug, to feel sad, to feel angry, and to feel scared. I've given myself space to lean in and really feel my emotions, to cry the "ugly cry" on my husband's shoulder with mascara-tears running down my cheeks and watery nose dripping down onto my upper lip. It hasn't been pretty...but it's been necessary. And it's healthy to grieve.

But I didn't always let myself cry so easily. It wasn't always this way.

For sooo many years – decades, really, as I look back – I didn't feel safe to sob, to get pissed off, or to get red-faced angry. After all, there's not very much room for emotion in the traditional practice of law. As you can imagine, law is filled up by reason. Logic. Left-brained analysis, arguments and answers.

As a result, I've had to learn how to sink into my emotions on my own time. Over the years, I've had to learn how to get out of my head and into my heart all by myself. These are several ways that I now know how to tune into my body and emotions and get grounded:

1. Essential oils.

I love essential oils. I have over 70 bottles of essential oils – mostly doTerra for which, I'm a distributor in full disclosure (but mostly I just buy them for myself!), a few Young Living oils, and a few from Rocky Mountain Oils, Annemarie Skin Care and other random oils that are pure and therapeutic-grade that I've just picked up along the way. Here are my 5 best grounding essential oils that use almost every day. There are MANY essential oils that are good for helping you to feel grounded...these aren't the only ones. These are just some of my favorites:

1. Frankincense - It always helps me feel rooted to the ground but uplifted too. There's a reason that the 3 Wise Men brought frankincense to Baby Jesus. The stuff is like gold – it's both pricey like gold but it's also quite precious.

2. Balance – doTerra has a blend of essential oils that they call Balance. As they say on their website "The warm, woody aroma of Balance Grounding Blend creates a sense of calm and well-being. We perfectly blend Spruce, Ho Wood, Frankincense, Blue Tansy, and Blue Chamomile with Fractionated Coconut Oil to offer an enticing fragrance that promotes tranquility and relaxation."

3. White Fir – Using this oil does make you smell somewhat like a pine tree, but if you like smelling like the great outdoors like I do, it will either remind you of going to summer camp as a kid, or you will love the calming and rooted feeling that comes along with its crisp evergreen aroma.

4. Vetiver – Vetiver is a thick oil derived from a type of grass that has a smoky scent. Vetiver can be used before bedtime to induce relaxation or you can use it when you just need to take a deep breath, inhale and refocus.

5. OnGuard – OnGuard is another of doTerra's blend of essential oils which contains a number of warming oils that are really good for your immunity, including Wild Orange Peel, Clove Bud, Cinnamon Leaf, Cinnamon Bark, Eucalyptus Leaf, and Rosemary Leaf/Flower essential oils. I love curling up under a blanket with a cup of tea and this essential oil always reminds me of that somehow.

These are just my 5 go-to essential oils You may want to try a bunch to see which ones resonate best with you.

2. Tapping – or EFT

I was never really into tapping (which is also called the Emotional Freedom Technique - EFT) but I attended a workshop recently at a live event in beautiful Kelowna, British Columbia called Shine Live by Chantelle Adams. One of the breakout sessions was hosted by Jackie McDonald. Jackie is a Certified Advanced EFT Practitioner who got the room tapping and it was energy-shifting for sure.

I've known about tapping actually since way back in 2001, but it didn't resonate with me then. Denise Duffield-Thomas has used it in her online course that I've taken around releasing money blocks and people love it, and Nick Ortner wrote a popular book called The Tapping Solution, but Jackie's energy and method are slightly different and it was really powerful.

Tapping, if you don't know, is a form of acupuncture that uses affirmations in combination with tapping your fingers on some of the body's meridian points in a particular order.

After just one session, I felt clearer and lighter - like a 20-pound weight was lifted off of my shoulders. It was amazing. I've now added tapping to my toolkit for moving my energy and getting from my head back into my heart and body.

3. Meditation

My husband Scott and I meditate together every day – or almost every day. We're not perfect at it. And we don't meditate for long because we are busy peeps. We only meditate for 10-15 minutes in the morning or evening – basically, whenever we're in the same place and we can squeeze it in. Even short periods of meditation shift your mood and your energy very quickly – and it's not as hard to settle down and do it as you might think.

Without fail, when we meditate, we come out the other side feeling clear and calm and rested and grounded.

Getting grounded is aligned with the **root chakra**. Your root chakra extends from the base of your spine down through your feet. It is the energy center of the body associated with feeling safe and secure – starting with your family of origin, but also extending to your life and business. Feeling like you have your feet solidly on the ground, and not wanting in basic needs like food and shelter, but also physically, mentally and emotionally as you move through life – that's all associated with the root chakra.



I don't know about you but when I get grounded and I feel safe, I feel rooted in my lower chakras and it helps to open me up to getting out of my head and get into feeling my emotions. My heart opens. I let in more light and more love, and I connect heart to heart with other people. I am more open to receive... and good things happen.

How about you? What do you do to get out of your head and into your heart? Do you use essential oils or tapping or meditation to get grounded? What do you find works best for you? Please feel free to reach out to me at clientlove@lisafraley.com and let me know. I would love to hear from you.

Here's to getting legally enlightened!

With Legal Love,



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Lisa Fraley, JD, CHHC, AADP, is an acclaimed attorney, Legal Coach®, speaker and #1 Best Selling Author of "Easy Legal Steps...That are Also Good for Your Soul." With her unique blend of coaching, legal expertise, and spirituality, Lisa has supported thousands of heart-centered entrepreneurs and small business owners to protect themselves, their businesses and their brands through DIY legal templates, online legal courses and one-on-one services.

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