

GROUNDING MEDITATION

Sit on a chair and slide yourself forward until your feet are on the ground and you can feel a good amount of weight through them.



Find a sense of length through your spine.



Curl your fingers and wiggle your toes. Are you barefoot or in shoes? How does the floor feel against your feet?



Close your eyes and notice the sensation of your feet on the ground and your sit bones on the seat of the chair. Can you let the chair support your weight a bit more?



Notice your body breathing itself and without doing anything to change the natural rhythm, let each exhalation relax your body deeper into the support of the chair and the ground underneath you. Can you feel your feet melt into the floor?



Begin to listen to the noises around you, the sounds you can hear outside of the room you are in. Do you hear birds? Dogs barking? Machinery or traffic? If you hear people talking, what are they saying? Do you recognize the language? Let the sounds wash over you and help you to connect to the here and now.



Next listen to the sounds inside the room you are in. Maybe there is a hum of electricity or a rustle of clothing?



Finally listen to the noises inside your own body, maybe you can hear your breathing or the sound of your heart beating? Tune in to these sounds for a few moments.



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