

Grounding Meditation

With Emily

Welcome to this grounding meditation. I recommend you do this standing, sitting or lying down outside in nature, but indoors is also fine. If you are warm enough, try this barefoot or just wearing socks. Please find a natural object for this meditation, for example a stone, feather, stick or flower. You can do this meditation with your eyes open or closed, or a mix of both. This journey makes use of the human senses, but if you have particular sensory needs come back to the breath or physical sensations. For the touch part of this meditation please feel free to use any body part you choose. This mediation can also be done with two people if you would like assistance or to share the experience.

If you're ready, let's begin....

Hold your natural object in one hand or place it on your body somewhere. Focus on your breath and feel the earth beneath you. Notice the texture and temperature of the ground. If you're standing, walk a circle around where you're standing and come back to your original spot. Tune into your inhale and exhale, lengthening the out breath slightly.



Now, bring your attention to what you can see. If you prefer to close your eyes you can imagine a landscape or place you love, or with eyes open focus on what you can see far away in the distance. What do you see on the horizon? Without labelling what you can see, just notice shapes, colours and lines. Then bring your vision in close. What is the closest thing you can focus on? Perhaps it's the ground near you. What textures, colours, objects and life forms can you see? Finally, I'd like you to bring your attention to your peripheral vision, perhaps tracing a circle around the edges of what you can see. What can you make out? Tune into the slightly blurry quality of seeing here.

Come back to the breath, your inhales and exhales, calm and slow.

Next, close your eyes if you've had them open and concentrate on what you can hear. Your environment will have it's own unique soundscape. Without labelling the sounds, notice how your body is responding to the layers of noises around you, however quiet or loud they might be.

Return to the breath, how your body feels as you breathe



After focusing on sounds, I'd like you to be aware of what you can smell. What does your environment smell like? Tune into your animal body and how it feels to concentrate on scent. You may smell flowers, cut grass, the air, dust, your house. You can also imagine a particular scent, such as roses or the sea.

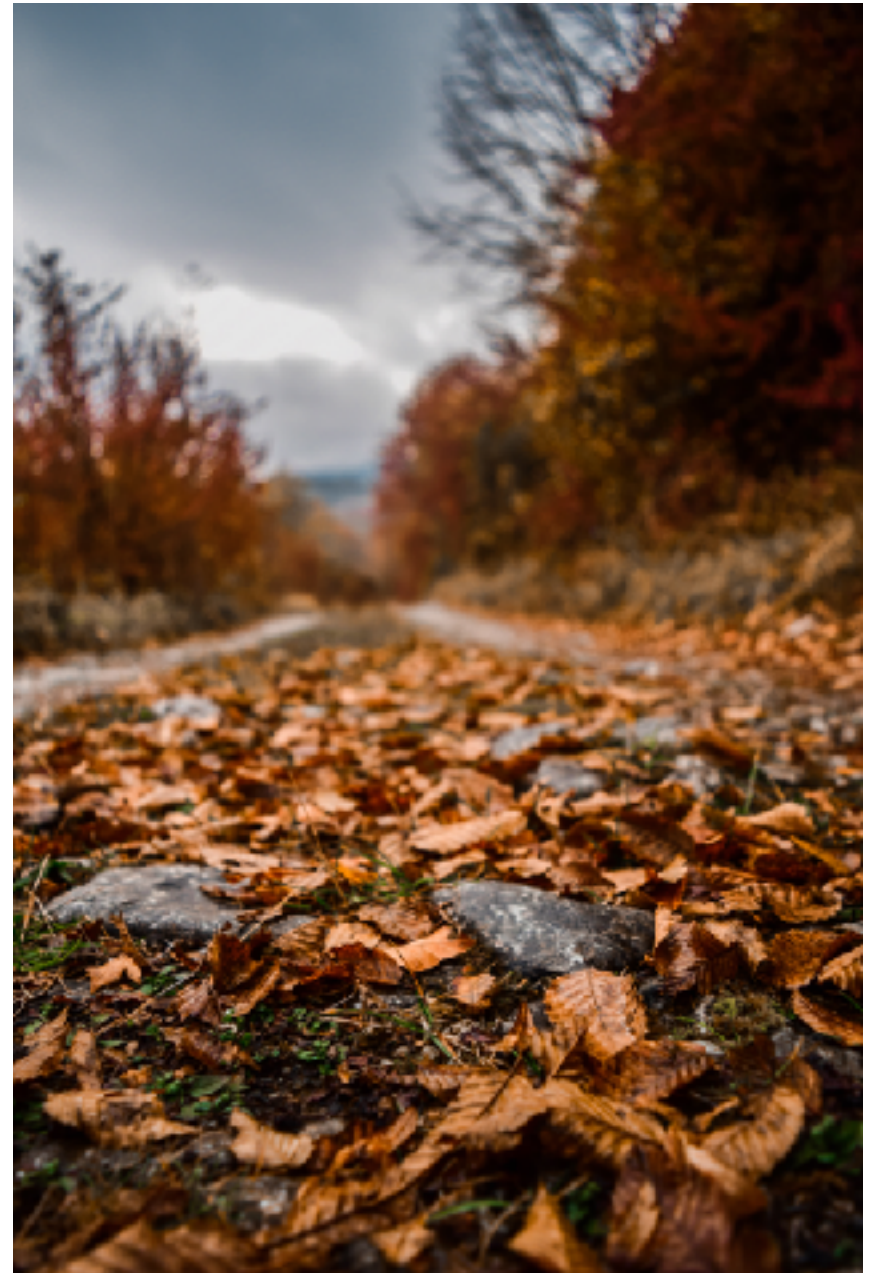
Come to the object you're holding and how it feels in your hands. What is it like to touch that object or handle it? Notice weight, texture, size and how your body responds to it, again without trying to label the object...rather noticing its' qualities. Once again, bring your attention to your breath, the air as it enters and leaves your body.

Finally, I'd like you to visualise you have roots like a tree. Imagine these roots coming out of your feet or wherever your body makes contact with the floor. These roots run down, down through the earth or floor. If you're outside, they run down through the topsoil and down through layers of earth and stone. If you're in a building, they shoot right down through the building, past the foundations and into the earth. Imagine your unique roots reaching deeper and deeper, until they meet with the roots of other humans, animals and plants and entangle with them. Visualise yourself drawing energy up from your roots, perhaps as a coloured light moving up through the earth and into your

body. Notice your breath once more, and the sensations in your body as this light fills you completely.



It's time to gently start coming back now. Going deep once more, say a silent thank you to the other roots you've been entwined with and start to draw your roots back up, up through the earth's layers, through the topsoil of floor, and back into your body. Take three long, deep breaths in and out, begin to make any small movements you choose to wake your body up, and blink your eyes open if you've had them closed. As you go about your day, see if you can stay tuned into a sense of the ground beneath you, holding and supporting you.



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