

# GROUNDING

## GET COMFORTABLE

Sit in a comfortable chair, or lay down.  
Wherever you are, give yourself permission to relax.

## CLOSE YOUR EYES

## BREATHE INTO PRESENT TIME

Breathe in deeply for 4 seconds. Hold it for 7 seconds. Exhale for 8.  
As you exhale, notice the sensations in your body.  
Repeat this 2 more times. Then, breathe normally.  
Welcome yourself to the experience of this holy instant.

## FEEL THE PULL OF GRAVITY

As you exhale, feel the force of gravity pull your  
body ever downward and closer to the center of the Earth.  
Become heavy.

## CONNECT TO THE CENTER OF THE EARTH

Imagine and create a physical connection that solidly attaches  
your body and awareness to the center of the Earth.  
Widen and strengthen the connection.  
Send your awareness along the connection. Go deeper and deeper.  
Feel and Be One With the slow pulsing resonance of the planet.

## INVITE EARTH ENERGY AND RELEASE

Notice where you hold stress and tension in your body.  
With each inhale, invite and escort the slow pulsing resonance  
of Mother Earth up and into those places. Bathe your entire body  
with Earth Energy. As you exhale, release all that  
does not belong down into the earth to be neutralized.

Affirm: "I am Grounded."