

Find Your Ground Guided Meditation

This guided meditation will help you create a foundation of safety in your physical body...

To get started, find a comfortable position to spend the next few moments together and begin to turn your attention to your physical body simply noticing how it feels in the present moment...

Those of you that feel safe may choose to close your eyes...or soften your gaze gently down past your nose...

Turn your attention inward now by taking a few deep breaths, inhaling through your nose as you feel your lungs and belly expand, then exhaling slowly as you invite your body to begin to relax...

As you are doing this, you may begin to witness the activity in the space around you or by the endless chatter of your thinking mind... If you find yourself becoming distracted, simply notice, resisting any urge to judge yourself or this practice and return your attention to your ever-present breath... **[1-minute]**

We will now spend the next few moments together grounding or reconnecting with the safety and support that lives within you...

Bring your attention to all of the areas where you feel your body making contact upon the earth or ground below... **[1 minute]**

noticing the sensations of your heels and the soles of your feet as they provide you grounded support and stability...

noticing the sensations of your hips and lower back as they provide you grounded support and stability...

noticing the sensations of your stomach and core as it provides you grounded support and stability...

Take a few moments now to begin to imagine your body actually "*rooting*" to the ground.... some of you may choose to picture yourself as a large and sturdy ancient redwood or oak tree that is firmly grounded in the earth below **[30 seconds]**

Bring your attention to the *root* or foundation of your being—your spine and entire midsection or “*trunk*” area that supports both your body and mind through every experience...

Check-in with your belly seeing if you can soften these muscles to allow them to feel relaxed and at ease....notice how they are strong enough to provide structure for your upper back and shoulders....notice how they provide a grounded feeling of support for your mind and body...

Check-in with your shoulders seeing if you can soften these muscles to allow them to feel relaxed and at ease...notice how they are firmly rolled down and back...notice how they provide a grounded feeling of support for your mind and body...

Check-in with all of the big muscles in your back seeing if you can soften these muscles to allow them to feel relaxed and at ease...notice how they provide your body a base of connection to both the earth below and to the sky or sky or heavens above...notice how they provide a grounded feeling of support for your mind and body... **[1-2 minutes]**

Notice as your body begins to feel more settled, more calm, and more sturdy...notice as you become more aware of what it feels like to reconnect with or ground your body into the natural world around you...

Spend a moment or two now continuing to breathe deeply and evenly into the sensations of being firmly grounded and supported, letting these sensations wash over you and allowing your body to remember this feeling...

As you continue to rest your awareness in this stable feeling of centeredness, repeat the following affirmations silently or aloud:

I am grounded and centered

I am connected to the earth and the universe around me

I am safe and supported by the world around me **[1 minute]**

Some of you may decide to pause the recording now to continue with this practice while others will begin to gently expand your attention outward again returning more fully and presently to the room or space around you... wiggling your fingers and toes, opening your eyes if they have been closed ...

Remember this practice as you return to your day, taking moments to reconnect with the safety and support that lies within you...