

## Grounding Meditation



Find a comfortable position in your chair with your back in an upright position. If possible try to sit up straight, providing your back with full support on the chair or by perhaps using a pillow. Keep your legs uncrossed with your feet flat on the ground while resting your hands on your legs with the palms either facing up or down. You can close your eyes if you wish.

While becoming used to this posture, gently monitor your breathing. Do not make any attempts to control it but instead simply observe how the breath effortlessly comes in and goes back out again. Notice how each in breath is naturally followed by an out breath. If any thoughts come to your awareness, congratulate yourself for noticing and simply return to your breath.

Now gently direct your attention to your feet. Notice how the soles are touching the ground and make a connection with this feeling. As you breathe in deeply direct your breath all the way down to your feet and then let it go. Take one more deep breath all the way down to the soles of your feet allowing the breath to enfold them fully and exhale.

Visualise at the soles of your feet two wonderful red circles forming, one on each foot, connecting your feet with the floor. Observe how the bright ruby red light glows from within these circles and notice what sensations are there. It could be tingling or sensations of coolness or pressure.

Now take one deep breath and imagine your exhalation forming roots from these red circles, pushing further down into the earth beneath you with each out breath that you take. Notice how as you keep on breathing these roots carry on growing, healthy and strong, penetrating the layers of the earth.

They pierce through the ground and the waters and the crystals of the earth, travelling further down as they grow even thicker and stronger, untangled and powerful.

As they keep on travelling down you notice that they stopped just outside the beautiful red core of the earth.

By taking one more deep breath, push your roots all the way into the core. As they penetrate the core completely, you notice that they are bound there, firmly tying you to the earth. The red light of the core now travels up your roots, through all the layers, making your roots glow too, all the way up to your soles. Notice how sensations might begin to change at your feet. The warmth of this nurturing red light completely enfolds your roots and your feet; letting you know that this is your point of connection to the earth. Stay with this feeling for a while and enjoy being connected with everything, knowing that you are safe. There is nothing that can break this connection. There is nothing that can move you. There is an entire planet right under your feet.

With your breath, expand your awareness and scan your body for any tension or toxin and visualise them as clouds of smoke surrounding the area that feels tense. With a deep breath exhale this cloud of energy through your roots and watch as it travels down all the way and enters the core, leaving your body relaxed and purified.

Now return to your breath, noticing its rhythm while being aware of this powerful connection. Know that your roots are always there keeping you connected, safe and unmoved. All you need to do each time is to simply remind yourself of this connection.

As you breathe in and out, bring your attention back to your entire body, centre yourself with your breath and bring your awareness to your heart and its beating rhythm. Move your fingers and perhaps wiggle your toes. Gradually bringing yourself back, becoming more aware of the sounds around you, the floor beneath your feet and the room you are in. take a few more breaths and whenever you're ready, open your eyes.