

GROUNDING VISUALISATION

- Sit comfortably
- Gently check your body and make adjustments as needed to your posture
- Take your awareness to your breath. Notice where you move your chest as you breathe in - does the front of your chest move, your back, or sides?
- Breathe in, hold the breath and then breathe out - hold the breath and then breathe in. Do this for 3 or 4 breaths
- Relax and breathe naturally without holding the breath
- Now sink into your seat more - slowing down and letting go
- Take a deep breath in, raise your shoulders, breathe out and drop your shoulders. Do this 3 more times
- Loosen your jaw
- Now slow down more - let go more
- Take your awareness to your lower abdomen, below your navel
- The life force of energy is in this place
- Allow yourself to connect with this space
- Now send some of your energy down each leg
- Energy passing down - out through the soles/soles of your feet
- Send the energy, down and down, deeply into the earth, passing underground rocks, rivers and plant life
- Deeply penetrating the earth
- Find a place within the earth to bring your energy to
- Now allow the energy to spread out and form fibres or threads which anchor themselves to the earth. Firmly rooted
- Now allow the anchored or rooted fibres to stay fixed but to become hollow tubes
- Draw up through the tubes the earth's energies
- Bring the energy up and into your abdomen
- Mix earth energy with your own - blending, strengthening your energy
- Allow the energy to rise up to your heart and to be pumped around your body
- Send it up and out through the top of your head and allow it to fall down and around you - like a shower or fountain
- This shower finds it's way back into the earth. You are now held in this blended energy field
- Close the seal under your feet and feel safe and nurtured by this blended earth energy with your own
- Relax and return to wakefulness when you are ready