



# 1: Grounding

This is just a way of settling yourself down, bringing yourself down to earth, as it were, if you're wound up at all. You can do it anytime and anywhere, and you don't need to wait until you're in extreme distress to benefit. It's a bit of an internal cuddle, if you like, because grounding yourself is calming and soothing. You can do it sitting, standing, waiting for a bus, in the dentist's waiting room, in the middle of an argument, when anything is bugging you, or just because it's really nice and very good for you.

So, here we go.

Maybe sit yourself down, for the first few times you do this, and just allow yourself a nice deep breath, first of all.

You might like to close your eyes for a moment, although you don't have to.

And as you exhale, let your shoulders go.

Let the next nice deep breath just come in, and when it goes out again, allow your whole spine to relax.

It's so good.

So, allow yourself two or three more in and out breaths, to allow that letting go to keep rippling right through the body.

And now continue to breathe just however it comes.

Notice how you're allowing the weight of your body to 'be' on the chair – not pushing down into it, just letting it take your weight completely - and letting the floor take the weight of you and the chair.

Feel your feet on the floor (or on the ground, if you're outside).

And grounding outside is wonderful, connecting directly into the earth, as it were.

Barefoot on grass is a great way to do it.

But even through socks, shoes, carpet, tiles, planks, joists and concrete foundations, you can just enjoy that connection between you, the floor, and the earth below.

If you like, you could even picture roots spreading down from your feet into the ground, like tree roots. Or you could find another way to visualise energy travelling through you, deep into the earth. And you could think about how the earth, in return, graciously accepts your weight - even reciprocating, by topping up your energy through your imaginary roots.

Right here is where you belong, and the Earth is here to support you.

And there you go. That's it. You're done.  
Settled. Supported.  
Just being here and breathing.  
A few nourishing moments for the system.

You can make this practice as long or as short as you like. A few seconds, or several minutes. It's yours whenever you need it, and for as long as you live, so play around and make it your own, so that you enjoy it to the max.