



## **Come Back to Your Center**

### Grounding Exercises, Meditations and Journaling Prompts

Being grounded is essential for our mental and physical health. Grounding helps us to shift the energy away from our thinking mind. This will help us feel more centered with mental clarity.

Here are some simple meditations and exercises to help you come back down to Earth! Set your intention to ground in your body and to the Earth and relax into the Presence that Created it All.

1. A simple way to ground in the body is to bring your awareness to the base of the feet and imagine drawing your breath up your feet as far as it will go. You can progress to your knees and then the base of your spine. Imagine drawing the breath up the spine.
2. Yoga poses: Mountain (<http://www.yogajournal.com/poses/mountain-pose>) and Tree Pose (<http://www.yogajournal.com/poses/8-steps-master-refine-tree-pose>)
3. Imagine a cord dropping from the base of your spine into the center of the earth. This is a two-way cord where you can release excess energy, negative energy, etc. and then draw up fresh energy from the earth.
4. Lay down on your back with your feet on the wall and your knees at a 90-degree angle. Push gently on your feet into the wall.
5. Walk in nature while feeling your feet on the ground. Becoming very mindful of your breath with each step. Really sink down into your body, feeling your feet on the ground and what supports you below your feet.

6. Make sure you are eating protein with each meal and add root vegetables.
7. Get a massage or other kinds of body work. Self-massage/tapping on the body.
8. Weather permitting, go barefoot outside.
9. Progressive relaxation techniques. Slow deep breathing with attention at your lower belly, imaging a warm ball or fire in the belly and cool sky at the head. Feel yourself connected and supported by a loving presence or your word/image of the Divine.
10. Sit quietly and tune into your senses, one at a time. What do you hear, see, smell, taste, feel? Mindfulness of the present moment is the key to grounding.