

Grounding meditation - Hettie Einzig

You may wish take your shoes off – we want you to be grounded – to literally feel the ground beneath your feet.

It will be a sitting meditation connected to your breath particularly deep breathing - knowing your breath is always available to you.

So now just pausing from your busy life and sitting with your feet in contact with the ground beneath you - feel the pull of gravity down into the earth – feel that connection. You might want to close your eyes or simply gaze at a spot in front of you.... Allow yourself to simply be here right now, allow your sitting bones to settle into the seat.

Now I invite you to bring your attention to the breath – wherever it is most vivid for you at this moment – maybe your chest, your nostrils, the back of your throat or maybe your belly. Just sitting noticing the sensations of breathing for a few moments – following the natural breath as it enters the body and as it leaves the body.

Pause

And don't worry if your mind wanders off somewhere simply notice where it went and bring your attention back to your breathing.

Now I invite you to begin to take slow deeper breaths - in and out slowly. We are deliberately calming our nervous system.

As your breaths become deeper allow your belly to relax and fill with air

You might want to place your hand on your belly and feel it moving as you breathe in deeply and then breath slowly out.

In and Out at your own deep slow pace

Now as you breathe in I want you to focus on breathing in your resilience sitting upright on the chair to the full height of your spine

And then as you breathe out slowly focus on letting go of the busyness and worry; softening into your compassion and vulnerability

Feeling the earth below your feet – grounded and connected as you sit here.

And now repeat breathing in your resilience to your full height and as you breath out letting go of the busyness and worry; softening into your compassion and vulnerability.

Now expanding the awareness and feeling the breath in the whole body. Getting a sense of the whole body sitting and breathing in this moment.

And now asking yourself I you wish to continue with this day – a pause day from the busyness of life – maybe asking yourself how you can be kind to yourself.

And as this pause is coming to an end slowly stretch open your eyes and welcome back ready continue with the day.