

Grounding meditation

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SUMMARY KEYWORDS

moment, feel, inhale, cherish, exhale, worries, curiosity, simply, body, present moment, awareness, rooted, breath, grounding meditation, bittersweet moment, floor, accessible, hold, beneath, lengthened

Hi everyone and welcome back. So today we are going to move through a grounding meditation just a few moments to bring ourselves back to the present moment.

So before we get started just finding a comfortable position either seated or lying down and preferably finding your position on the ground so feeling the ground beneath you.

Otherwise if this is not accessible to you, then just settling in wherever you are. We close the eyes here. Gently bringing our awareness to our breaths. Becoming aware of every inhale as you fill up. Feel the belly feel the chest rise. Exhale all the way out. Just simply let everything go.

Let's take three more like that together, sealing off the lips, inhale through the nose nice big breath in - exhale out the mouth. Two more. Inhale. Exhale. Last time, inhale. Exhale.

By becoming aware of our breath we just taking our consciousness and our awareness away from our thoughts away from our worries away from our feelings and allowing ourselves to drop into this moment, here and now.

And it's so easy to dwell on the past, to worry about the future. So can you simply let that go.

Can you let go of the group that might be holding on... to what was, to what will be. Can you untie and detach yourself from what has happened and what is yet to come.

By doing so fully and completely dropping into the present moment. There's nowhere else you have to be but here.

So just feeling yourself here. Feel your body grounded and rooted into the floor beneath you. Feel how the floor supports you. And how it allows you to let go of all these worries by drawing it out of your body.

So allow anything that's coming up for you now that doesn't serve you in this moment. Allow it to dissolve into the floor beneath you. And with this feel how your body becomes heavier, becomes more relaxed. Feel how it releases tension and stress by becoming soft.

And feel how you are more rooted and grounded in this moment. Feel the stability that the floor is providing and in moments when your mind might become a little bit more busy in moments where the body calms down and the mind ramps up... I just present a short reading to you. Take what you will from it and leave the rest.

Nostalgia. The bittersweet moment. Moving with curiosity to everything we approach... because everything has many sides, perspectives, and dimensions to it. Therefore, curiosity leads knowledge. There's always something new to learn, to experience, to feel.

When we find these moments. We allow ourselves to feel the depth of these experiences. We allow ourselves to dive into it fully.

So a reminder to stay curious, to explore, to discover, to grow and expand. Because this is truly where the lesson in openness and vulnerability lies.

How we notice everything is changing, all rearranging around us in moments of anxiety of overwhelm. Here's a reminder to find your root, to find your centre. Nostalgia. A bittersweet moment of what once was. To cherish, to hold, to love.

And knowing... that we do not need to hold on to this. We can release and let it go. And experience life as it is happening right here, right now.

Taking a moment just to bring your awareness back to your breath.

Maybe feel how it has changed, how it has shifted or transformed. Perhaps it's a little bit slower. More at ease. Deeper in the body. Maybe the inhale and the exhale is slightly lengthened out and then just feel the state of calm and ease wash over you and know that this state of being is accessible to you at any time, at any place.

And then once you are ready. Please don't rush take all the time you need here. Really enjoy... cherish this moment.

You can simply and slowly just blink the eyes open and have a beautiful day or evening further.