

Meditation to Ground and Center

Sit in a chair that is comfortable for you. Close your eyes. Take three deep cleansing breaths. As you breathe allow your belly to gently relax outward as you inhale and rise upward with your exhalation.

As you breathe, softly imagine a grounding cord dropping out of the base of your spine. This requires no effort, just your attention. Keep breathing.

Allow this grounding cord, whatever it looks like to you, to descend through the floor, into the ground and all the way to the center of the earth. When the cord reaches the center of the earth, attach it there. Don't think about *how* you do this, simply use your attention and intention to formulate your attachment. Again, it will look like anything that is meaningful to you. It may be an anchor or a rope or a gold cord or yarn or anything at all!

Using your breath to keep your attention focused, gently bring your awareness to the bottoms of your feet. As you inhale, allow that deep earth energy to travel up all the energy channels of your legs to your pelvis. As you exhale, allow a portion of that new energy to release back down your grounding cord taking with it any excess energy that you may want to move out.

Now, staying with your gentle breathing, allow your awareness to travel to the very top and center of your head. Allow sky energy to begin flowing down through the top of your head and move easily down your neck and spine until it meets with the earth energy in your pelvis.

As you maintain breathing in earth and sky energy simply notice the free flow of these energies through your entire body. Do not apply any effort. Rest and breathe with ease, always releasing any excess energy.

Before opening your eyes, allow yourself to experience a moment of gratitude for the peace of this moment, than take one more deep breath and allow your grounding cord to gently release from the earth and bring your attention back to your surroundings.

At any time throughout the day you may reconnect with that sensation or awareness of your grounding cord as it suits your own needs or desires. I invite you to allow that energy to lend some moments of calm and peace.

In Wellness,
Pat