

# Grounding

## Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



In our modern day world, as many find themselves 'caught up in the mind,' we often lack a full sense of being 'grounded.'

When we are grounded, we are deeply present with the body, with the breath, and with the world around and within us. The mind is at greater ease and we move through our day with greater presence.

The good news is that when we are feeling ungrounded, a simple grounding practice can bring us back into the earth and into our bodies. This simple exercise is an example of that.

### **PRACTICE:**

1. Come into a comfortable seated position, ensuring the spine is straight, the shoulders are relaxed, and the eyes are gently closed.
2. Take five full breaths, slowly and steadily, as you drop deeper into this present moment. As you breathe, let the belly be soft to encourage the breath to flow as deep as is comfortable.

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3. After these five grounding breaths, shift your attention to the earth beneath you. Depending on how you are seated (you may be cross-legged on the floor, seated on a chair, or in some other position), tune into whatever physical reality supports you. Hold your attention on the areas of your body that are in direct contact with what is beneath you. Stay present with this for ten to fifteen full breaths.
4. Then, gently shift your attention to hold the fullness of your body in your awareness. Note what it feels like to be in or with your physical body right now. Observe whatever sensations might be here for ten to fifteen full breaths.
5. Come back to the breath for another minute of mindful breathing. Remain attuned to the sensations of each breath cycle.
6. When you feel ready, gently open your eyes and begin to reflect upon your experience of this practice.

### REFLECTION QUESTIONS:

1. How did it feel to ground yourself in this way? Which parts of it were the most settling for you (i.e. connecting with the earth, with the breath, or with your body)?

2. How did your sense of presence change from before the practice to the end of it? Reflect upon any shifts that occurred in both mind and body.