

A Grounding Meditation

TO CENTRE YOU AND GIVE YOU A SENSE OF BEING 'GROUNDED'

THIS HELPS WHEN ANXIOUS, OVERWHELMED OR AFTER A MELTDOWN.



Practise by yourself (or take turns to read with a friend until you get the hang of it).

- 1) Find a comfortable spot in a chair, and sit with your legs uncrossed, feet flat on the *floor*. Rest your arms comfortably. Close your eyes.
- 2) Begin by breathing into your body: in through your nose; out through your mouth. Focus on how the breath flows all the way into your lungs and then all the way out. Breathe in and out... in... and out...
- 3) Bring your attention into your body space and notice any tension or pain you have held in there. Is your back sore? Do you feel any tingling? Any nasty feelings? Just notice what is there. We are just witnessing it right now.
- 4) Now bring your attention to the soles of your feet. Focus your thoughts here. Feel your feet on the floor. Feel the pressure of your feet against the floor.

- 5) With your attention on your feet, imagine now that you are growing tree roots from your soles, down, deep down and extending slowly through the floor and into the earth. You are safe, you are here, grounding yourself.

- 6) Take your attention into the image of those roots. Watch the roots grow, moving deeper and deeper into the earth, past rocks, past underground waterways, deeper and deeper into the earth.

- 7) Allow your body to feel the effects of gravity. Sense yourself getting heavier and heavier, pulling your feet down, and draining any tension, stress, negative emotions and bad energies out of your system. Anything you have noticed earlier: any tension or pain is now slipping out of you, down, and out of your body, down and down through those roots. Let the negative energies sink into the earth through your roots, and away from you. That tension, that stress, that negativity is moving into the earth, far, far away from you. Watch it disappear, as you continue to breathe deeply in... and out... in... and out...

- 8) Imagine now that you can see a ball of healing earth energy. See its pure colour, its beauty and how it moves. It is calming and soothing and gentle. See this ball of energy gathering... See it being absorbed into the ends of your tree roots. Now slowly... watch it moving up and up, through your roots, upwards towards your feet.

- 9) Allow as much time as you need in order to visualize this ball of energy reaching the soles of your feet. Notice its pathway up and up to find you. Notice how beautiful and calm and lovely it feels. This is a *special* ball of healing energy, just for you. As it reaches the soles of your feet, imagine you can feel it travelling up through your limbs and into your body.

10) Imagine the ball of energy moving throughout your body. It feels so calming and so soothing. Now choose a place within your body where you want to magnify the healing and calming energies. Will this be over your heart? In your legs? Into your hands or head? Or somewhere else? Choose the location you feel needs the most release or the most love or the most kindness today. Let the ball find its way there and pause in that spot.

Take some time to get used to this special energy and observe its physical, emotional and mental effects on you. Explore the texture of this energy, its sound, its taste, and the colours that may accompany it. Immerse yourself in all the sensations and feelings of this special energy. It is here, for you.

When you feel you understand this energy, visualize the ball of energy expanding slowly until you are completely enveloped by it, like a bubble.

Watch the bubble surround you and *grow* until it fills the room which you are in. Soak in the healing energies of this bubble of calm and know that you are safe and in control of your environment. You may stay here as long as you need to.

11) When you're ready, slowly wiggle your toes; rock your feet side to side; rock your feet back and forth gently, until you can easily lift your feet up. Slowly imagine those roots you just planted into the earth are gently dislodging from your feet. You are complete and the special healing energy is still here inside you.

12) Now, gently bring the rest of your body back to the present moment by wiggling and stretching your fingers, your arms, slowly turning your head side to side... Slowly open your eyes and look around your room. Take a few minutes to stay seated as you bring your attention back completely to the space. You may like to journal your experience.

This was a grounding meditation, to help you find peace.



You may feel a bit 'spacey' after this meditation. That's okay! It's just your energy settling after the nervous system has calmed itself. It can seem a bit disorienting at first, but please know this is normal.

As you get up from the meditation, be careful to move more slowly and allow your whole body to re-orient itself to this new grounded space. Make sure to drink a glass of water after your meditation. Be well.

About the author: Autumn O'Connor is an autistic and dyslexic person, a qualified psychotherapist and works as an Executive Editor at Untapped. In early 2020, Autumn founded a not-for-profit social enterprise which empowers neurodiverse populations, see: <https://www.cuedivergent.org/>.