



## Video Transcript

### Grandmother Cedar Movement Practice for Grounding

Welcome to today's video. My name is Amy Sarjan and this is a wonderful guide goddess. And today I want to guide you into a visualization to connect with Grandma Cedar. She is an ancient part of Native American culture.

And today we're going to utilize her presence to help us understand what it means to be present, to stop projecting, create in expectations, and to see things and accept reality as it is.

So I encourage you now, place both hands on your stomach, and just begin to breathe in and out

allowing the breath to become deeper with each inhale and exhale

I encourage you to where you're standing. Just begin to close your eyes, scan through your body, notice in any areas of tension.

And with each air exhale, just allow yourself to create space an awareness of this tension,

not trying to change anything. Just allowing it to be what it is, no expectations.

Continuing to focus on deepening your breath,

I encourage you now to imagine yourself in a beautiful, enchanted forest

of each exhal deepening your connection to this visualization.

Looking around you or what you can see,

look all the trees around, there's a sense of mist and eeriness in this enchanted forest. Notice maybe you can hear in the distance the trickle in of a river or

stream,  
the sound of birds and the rustling of the wind upon the trees.  
With each inhale, imagining the energy of the trees drawing up into your body,  
bringing life into your presence. And with each exhale,  
imagining your roots deepening into the ground beneath you. Inhale,  
Draw up the energy of the trees within this forest.  
Allow your presence and energy to root deeper.  
Inhale, drawing the energy up. Exhale, deepening your presence.  
Inhale, drawing the energy up and exhale, deepen in your presence.  
And as you continue to inhale and draw the energy up, exhaling deepening your  
presence, you feel this urge to move,  
take a step forward. And as you do, you begin to see a path form in front of  
you. Inhaling, drawing the energy up. Exhaling,  
deepening into presence, taking a step.  
Inhaling, during the energy up.  
Exhale, deepen in your sense of presence, taking another step forward  
With each inhale and exhale and step, you move slowly closer towards Grandma Cedar.  
And slowly,  
you suddenly appear within her presence.  
You see the roots of her tree, you see her standing,  
you look up and you see the grandness of her presence and her majesty.  
She's not trying to do anything,  
be anything.  
Her power is in her presence and her acceptance of what is.  
And as you stand in front of her,  
she says to you,  
my child, the storms come, we bend, we fall,  
we root, and we endure.  
What blocks you, my child, from being present in your life?  
As you breathe,  
take this moment to acknowledge what comes forth as this question is posed to you.  
Where do I need guidance to begin to become more present?  
And as you stand,  
answer in these questions, You feel the connection to your feet, spreading your toes.  
Feel your big toe, your little toe and your heel, rooted,  
inhaling, drawing the energy of the trees up, exhaling, rooting your feet into the  
ground.  
As you begin to sway your ankles,  
soften your knees. Feel, Grandma Cedar guide you to bend and fall,  
but stay rooted.  
Moving everything, every single part of your body forward.  
To the side,  
to the other side.

Backwards, everything moving yet your feet are so rooted.  
They do not move. You are swaying. Moving freely.  
Feeling as if you are a tree,  
But you stay rooted  
whilst you sway.  
Ask Grandma Sida as you do this. If there is anything that stops you feeling rooted  
in yourself  
As you continue to move freely, yet keeping your feet rooted.  
And then suddenly she tells you to move over to one leg.  
Imagine in your hands as branches, feeling the pressure of trying to root.  
Whilst there's so much going on, ask Grandma Cedar what stops you from feeling  
rooted,  
from swaying and feeling the pressure,  
moving over to the other leg now,  
breathing,  
feeling presence in that leg, feeling the pressure of the storm.  
Notice, is there a person, a lie, a situation That makes you not feel rooted,  
that makes you lose your identity and presence.  
One more time now. Over to the other side. Hold.  
Breathe. Feel the energy rise up from one leg. Exhale.  
Feel the rooting. You can shake. Remember who you are.  
You are rooted.  
You are present.  
Over to the other side, one more time.  
Allow Grandma Cedar to speak to you as you move in this way,  
as you feel the stress of trying to root whilst feeling unbalanced and  
then bring your foot down  
bring your palms facing outwards  
and come back to your breath  
you are rooted You are here.  
Feel your energy coursing through your body.  
Feel yourself present within.  
And as you have your palms facing outwards, Ask Grandma Sida,  
what do I need to create boundaries around to help me stay present?  
How do I protect my energy so I don't have to distort and contort myself to be  
accepted by others?  
Allow her to bring forth the barriers,  
the things that stop you, being able to be you.  
And as she does, breathe in and as you exhale, begin to push your palms forward.  
And then bringing them back,  
imagining, pushing away anything that is trying to make you shrink doubt  
move away from who you truly are  
breathe in as you bring your palms back exhale as you push them forward pushing

away what is stopping you being present And  
if you choose, you can speak these words or these things out if you want to.  
Trust yourself.  
Inhale, bringing your hands back. Exhale, pushing away what no longer serves you,  
what stops you being you.  
To be in reality can be hard sometimes, can be difficult to see the truth of our  
situation, of our relationships, of everything.  
Be kind to yourself as things come forward.  
Be coming present is a process.  
It's not a destination.  
Exhale. Continue to push away what no longer serves you. Inhale,  
bringing yourself back to yourself.  
Again, ask Grandma Sida, is there a person, an energetic chord that is stopping me  
being free? Something from the past, a relationship,  
a memory that I'm holding on to,  
that I no longer need to.  
And if the answer is a yes,  
Drawing back in what you lost and pushing away what was never yours to begin with.  
Drawing in what you lost and  
pushing away what was never yours to begin with.  
And then this next minute, I will go silent and allow you to go through that  
process. Taking back what is yours and pushing away what no longer serves you.  
Allow yourself to move through anything that is coming forth, naming it,  
reclaiming what you lost  
and following the guide of Grandma Sida.  
Take these last few intentional breaths here as you push away what's no longer  
serving you and drawing back what you may have lost and  
then slowly placing your hands beside you  
if begin to come back to this moment with grandma cedar  
as she says to you Your presence is your power.  
Your power is your peace and your peace is your presence.  
Come back to me whenever you need to remember how to be present.  
take  
this last moment to acknowledge all you have learned on this journey  
bringing your hands back to your stomach  
focusing back on your breath,  
drawing the energy up,  
exhaling and rooting deeper, into the ground beneath you,  
becoming aware now, fully of your body and this present moment  
as you gently roll your shoulders and begin to open your eyes  
thanking yourself for going on this journey  
if you choose you can go and get your notebook and write down anything that has  
come up for you here. This is a journey. Be kind to yourself as you learn to

become present. Thank you for joining me today. My name is Amy Sargent and I'm here with the wonderful guide goddess. I hope this was a blessed visual for you.