



Video Transcript

Grounding Meditation

If you're lucky enough to find yourself in a place like this, anywhere where you can really sit on the ground, you have an amazing opportunity to commune with the earth and become recharged by her energy, by the support she provides. I'm going to demonstrate that for you today. I'm also going to amplify this grounding practice with this beautiful tree behind me. So. Let's start by dropping into our bodies. I want you to become very aware of your breath and your physical body. So take three grounding breaths with me, starting now. Simple and effective. And if that was more than three breaths for you or less, I don't want you to worry about that. It's enough for you to become aware of your breathing.

and to become conscious and conscientious of its use and create an intention. You're already going to gain benefits that way. Notice that I had closed my eyes and I even shifted my body a little bit. That's so that I can become much more aware of my physical self. As I'm seated here, I can also feel the ground underneath me. I'm going to touch the earth.

And I'm going to also honor it by asking permission. Can I be here with you? Please help me. Help me feel stable and calm and comforted and restored with your presence, with our connection together. Honor the sanctity of your relationship with the earth by speaking to it, acknowledging her and getting that permission. I've never been rejected, so you don't have to really get nervous.

Feel the earth underneath your body. Feel that stability rising up so it's not just you plopping down. The earth is rising up to meet you. How does that feel when you let that sensation travel through the rest of you? When I become conscious of the earth underneath me this way, I can feel myself settle. And now I'm gonna further this practice by settling into the tree behind me.

Becoming aware of your back body

allows you to be more expansive in general in terms of your sensing, and this is going to help calm and soothe you once you've established the grounding. Yes, I receive the support of this

tree. Become aware of your skull as it settles against the tree, the bark, your back, any part of you that you can truly rest into and release.

How does this affect your breathing or your state of being? This beautiful breeze that I'm being blessed with right now feels amazing. And I can imagine the tree's energy wrapping around me like a restorative and protective cocoon. Let's take three more breaths together here. It's all it takes. If you have more time, take it. If it was a quick recharge, know that this will have a cumulative effect the more you do it. Say thank you.

Thank you, beautiful strong tree. Thank you, rocks and earth for supporting me. Thank you for this restorative moment. Take it in. Practice as often as you can and have a great day.