

## Grounding Exercises

### Awareness of the Divine caring for you

Allowing yourself to settle into the seat, close your eyes or look down softly. Paying attention to your breath, noticing where your chest and belly move as you breathe in and out.....

Experience yourself not as solid but rather as flow..... give yourself a few moments to simply experience the coming and going of your breath, the coming and going of thoughts and the coming and going of feelings.....

Just as waves float gently up the beach go back down allow all the sensations to emerge and then pass away.....

Tuning to your heart area..... allowing it to melt into a kind of flow as well.... picture compassion flowing in and out of your heart space.....

Allowing your mind to soften..... your thoughts to be at rest..... letting go of any tension around your mouth..... in the muscles across your forehead.....

With a strong body, an expansive heart and a spacious mind..... opening yourself to the awareness of divine caring for you.....inhaling and exhaling to your own rhythm..... for these next minutes of quiet

*after the quiet period you want to hold*

... in your own time coming back into awareness of the space you are in....opening your eyes and acknowledging those around us in the room or on-line.....