

Grounding Exercises

Awareness of God's loving presence

Allow your body to settle into the seat, close your eyes or look down softly and in this unique space and time in your day allow yourself to be fully present here and now.....

Allow your whole body to release..... releasing any tension..... rest your arms easily at your side or maybe with hands resting on your lap.....

Let go of any tension in your stomach..... your back your shoulders..... open your jaw just a little and relax all the small muscles of your face and head.....

Bring your awareness to your heart space, open up your awareness to the reality that you are immersed in divine love.... you are worth more and you are loved more than you ever dared dream..... and in that love allow your mind to quiet....

We often spend so much time thinking about the future or replaying the past and now is the time to simply be present..... allow those thoughts to just drift by..... Let this time be a gift you give yourself to just simply be..... no need to do anything just rest and abide in the healing presence of God.... washing over you warming you healing you in this space..... open to the promise that you are never alone that whatever you're facing in your life you're not alone..... God is with you and whatever you're experiencing in life open your awareness to God's loving presence it's all around and within you at this very moment.....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.....