

## Grounding Exercises

### Embodied Awareness

Allow yourself to relax into your seat and bring your awareness to your face and really sense your face as you do soften or close your eyes

Moving to your body and sense the aliveness in your body.....

Releasing any areas of tightness or tension and allowing your body to relax..... opening yourself to this embodied relaxed awareness.....

Smoothing out your eyebrows..... relax your forehead..... sense the energy between your eyes..... maybe notice any flickering of lights or movement behind your eyelids.....

unhinge your jaw relax your tongue..... sense the inside of your mouth as smiling.....

Bringing your awareness to your heart space and hearing these words 'the Lord is my shepherd I shall not want, He makes me lie down in green pastures, he leads me beside still waters'.....

the loving presence of God is with and within you at this very moment..... allow this nurturing presence of the Good Shepherd to lead you into this time of quiet and rest.....

.....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.....