

Grounding Exercises

Goodness and Courage

Allow yourself to settle into your seat, finding a comfortable position. Close your eyes or look down softly and bring your awareness down to your toes..... squeeze your toes like you're making a fist with your toes as much as you can for a few seconds and then let them go.....

Bring your awareness up to your hands in the same way squeeze your hands make a fist as tight as you can for a few seconds and let them go.... relax your hands...

Bring your awareness up to your face, your forehead, your eyes, your nose, your mouth tightening and relaxing all these small muscles of your face and head for a few seconds as much as you can..... relax be at ease.....

Dropping into your belly and breathe..... allow the air to drop all the way to the bottom of your belly filling your chest with air..... And bringing your attention to your heart..... breathing in goodness for yourself..... Breathing out courage for the world..... you inhale goodness you exhale courage over and over with each breath.....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.....