

Grounding Exercises

Immersed in the Divine presence

Finding a comfortable position in your seat, closing your eyes or looking down softly..... begin by dropping into your body..... take a long slow breath in allowing the air to drop all the way from the bottom of your belly to the top of your chest..... and then without effort release your breath just let it sigh out.....

Now move your awareness to your heart space and give yourself some appreciation for just being here today.....

Allowing your mind to be spacious..... relax your thinking..... bring a slight smile to your face as you remember God's promise to be with you until the end of time..... scripture says that 'in God we live and move and have our being'..... this is the language of immersion....

At this moment you're saturating in God's love and presence as you enter into this time of practice this time of silence allow your body to relax into God's presence that is closer than your thoughts and closer than your 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.....