

Grounding Exercises

Light of Grace

Allow your body to relax into the seat close your eyes or look down softly.....

Bringing your awareness to your breath allow the air to drop all the way down to the bottom of your belly and rise up to the top of your chest.....

and when you reach the crescendo just let the air sigh out effortlessly.....

with each inhale picture the breath filling your entire body all the way from the bottom of your feet to the top of your head.....

Moving your awareness to your heart space, the center of compassion and love.....

imagine yourself breathing in and out through your heart each in breath fills your heart all the more with compassion and grace and love.....

and almost as if you're breathing in light imagine as you breathe through your heart space with each breath your heart is growing brighter and brighter.....

this light flows all the way down to the bottom of your feet all the way up to the top of your head, down your arms to the tips of your fingers, your whole body is filled with the light of compassion and love.....

Allow your mind to rest quietly in this light in this grace.....

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.....