

Grounding Exercises

Warmth of Divine Devotion

Allow your body to be at ease in your seat.... close your eyes or look down softly..... feel the whole weight of your body just sink a little bit more into a relaxed state of being.....

Bring your attention to your hands, notice any sensations in your hands.... sense what your thumb on your right hand is feeling like today.... give that thumb a word of appreciation for all the work that has done for you each and every day..... now shift over to your left thumb become aware of any sensations here..... again give a nod of gratitude for this one part of your body and how you unconsciously depend upon its use every day.

Move to your heart space and rest here for a moment soaking in the warmth of divine devotion.....

Melt any thought activity you might sense in your headspace..... see if you can open your heads awareness into a spacious room.....

With your body heart and mind open and here in this present moment remain still in God's 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.....